

TABLE OF CONTENTS

Chapter	TITLE	Pg.
	Introduction	xi
1	Physician Heal Thyself, Then Others	1
2	What is 4 Leaf?	6
3	Why is 4Leaf Needed?	10
4	Why Should We Eat Mostly Plants?	14
5	4Leaf Global Impact	18
6	Take the 4Leaf Survey	22
7	What Does Your 4Leaf Score Mean?	24
8	FAQ About the 4Leaf Survey	26
9	Got My Score, Now What?	29
10	Baby Steps or All the Way?	32
11	Explaining 4Leaf to My Patients	36
12	To 4Leaf in 4 Weeks	40
13	Recipes Are Everywhere	42
14	Food Shopping and Contraband	45
15	Eating Outside the Home	49
16	Patient Returns One Week Later	54
17	Saving Money with 4Leaf	58
18	What About PROTEIN?	63
19	Omega-3, Calcium, Iron, D & B12	66
20	It's Time to Talk with Your Doctor	71
21	Type 2 Diabetes Success Story	75
22	Gluten-Free on 4Leaf	79
23	Evidence of Detox	81
24	Losing Weight with 4Leaf	85
25	Why Do I Crave Unhealthy Foods?	90

TABLE OF CONTENTS

Chapter	TITLE	Pg.
26	Spouses, Children and Roommates	92
27	Cancer, Climate Change, World Hunger	95
28	Love is a Far Better Motivator Than Fear	99
29	The Brain-Locking Protein Myth	102
30	Patient Now on Path to Vibrant Health	105
31	Sustainability is Paramount	109
32	Profound Lessons from Easter Island	113
33	Reading List for Better Understanding	117
34	Proselytizing Not Recommended	121
35	The “Other” 5 Leaves of Vibrant Health	124
36	New World of Harmony	128
37	Calling All Doctors	130
Epilog	How Did All of This Happen?	136
APPENDIX		
A	4Leaf Survey (Standard Form)	151
B	4Leaf Survey (Daily Reporting Version)	154
C	Going 4Leaf, Week 1 Planning	156
D	Going 4Leaf, Week 2, Breakfast, Snacks	159
E	Going 4Leaf, Week 3, Lunch	165
F	Going 4Leaf, Week 4, Dinner	170
G	Exercise Routine for J. Morris Hicks	173
	A Word about Footnotes	174
	About the Authors	175
	A Special Closing from a Good Friend	177