



## J. MORRIS HICKS

A former career business executive and senior vice president with Ralph Lauren in New York, Jim Hicks has always focused on the “big picture” when analyzing any issue. In 2002, after becoming curious about the “optimal diet” for humans, he began a comprehensive study of what we eat from a global perspective--discovering many startling issues and opportunities along the way.

He holds a BS in Industrial Engineering from Auburn University and an MBA from the University of Hawaii, a degree he earned while serving as an officer in the U.S. Coast Guard in Honolulu. In 2009, he earned a Certificate in Plant-Based Nutrition from eCornell and the *T. Colin Campbell Center for Nutrition Studies*, where he has served on the board of directors since 2012.

A prolific writer and blogger, he published his first book, *Healthy Eating, Healthy World*, in 2011 and, four years later, teamed up with a medical doctor to publish the *4Leaf Guide to Vibrant Health*. Since 2002, he has invested over 10,000 hours of study and has posted over 1,000 health and sustainability articles on his website at [hpjmh.com](http://hpjmh.com).

J. Morris Hicks ultimately concluded that our food choices in the 21<sup>st</sup> century comprise the most important issue in the history of humanity—after realizing that our future as a species is riding on those choices. Since then, as a writer, speaker and activist, he has focused on that crucial issue in a never-ending effort to *promote health, hope and harmony on planet Earth*.

[jmorrishicks@me.com](mailto:jmorrishicks@me.com) -- 917-399-9700  
[hpjmh.com](http://hpjmh.com), [archby4leaf.com](http://archby4leaf.com) and [4leafprogram.com](http://4leafprogram.com)