



# 4Leaf Guide to Vibrant Health: Using the Power of Food to Heal Ourselves and Our Planet

*J. Morris Hicks, Kerry Graff MD*

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While today's medical professionals still promise to uphold the Hippocratic oath, few modern doctors know about—or adhere to—the ancient Greek physician's maxim, "Let food be thy medicine and medicine be thy food." But the truth of Hippocrates's words still rings true as current research reveals the healing power of plant-based, whole foods.

Cowritten by a practicing MD and the author of *Healthy Eating, Healthy World*, this revolutionary guide to human nutrition fully explains not only *why* we must change what we're eating but also exactly *how* to do it.

Discover how practicing better eating habits can improve your health, as well as actually prevent disease and even reverse its damage—whether it's type II diabetes, cancer, or another type of chronic illness.

*4Leaf Guide to Vibrant Health* doesn't just give you a list of foods to avoid—it helps you plan what you are going to eat, provides you with tips to remember when you're shopping and dining out, and even includes several starter recipes.

Whether you're a physician seeking nutritional advice or an individual simply wanting to improve your own health, this invaluable guide has the tools you need to live vibrantly.

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