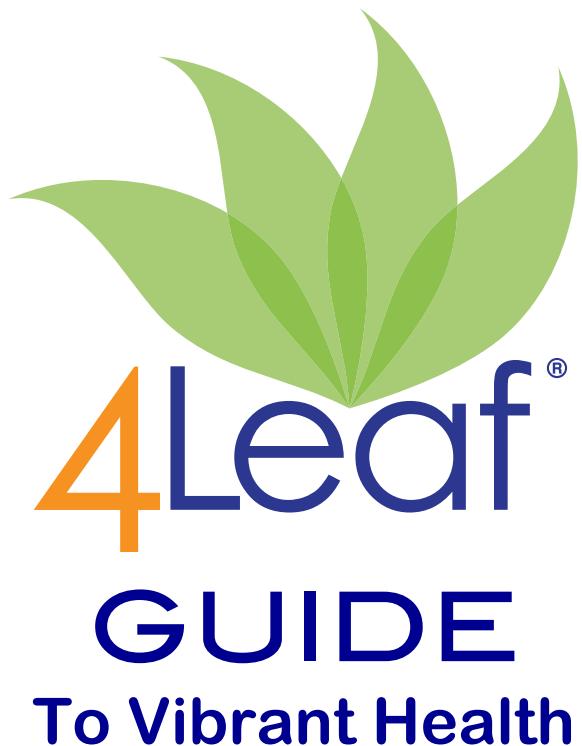


“CONCISE AND POWERFUL INFORMATION THAT CUTS TO THE CRITICALLY
IMPORTANT ISSUES OF PLANT-BASED NUTRITION AND ITS CRUCIAL
IMPACT ON OUR HEALTH AND OUR PLANET”

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USING THE POWER OF FOOD TO HEAL
OURSELVES AND OUR PLANET

KERRY GRAFF, MD
AND
J. MORRIS HICKS

Author, *Healthy Eating, Healthy World*