



Mayor of the Town and the Municipality of Łazy

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The European Union has undertaken work for the prevention of obesity and chronic diseases, presented in the “Green Paper” and we would also like to raise some points in the discussion on such an important issue.

The fight against overweight and obesity has been going on for many years and, despite ever increasing financial outlays, we have been faced recently with a plague of obesity worldwide, which leads to many other diseases as serious as obesity itself. Many books are published worldwide on slimming, overweight and the treatment of obesity, thousands of recipes and diets designed in pursuit of slimming, health, keeping in good shape, and beauty, are published every year worldwide, in hundreds of periodicals and television advertisements. And yet, despite warnings against animal fats and promotion of different carbohydrates based products, vegetables and fruits, the results continue to be contrary to what is expected, and the number of obese people is increasing at a terrifying pace. The increase in overweight and obesity among children and young people is particularly dangerous. Have the authorities responsible for the health of society done their utmost to slow down this dangerous tendency and ensure that people have the correct body weight? It has to be said that methods of quick and permanent slimming of the body and combating many illnesses and ailments with which conventional medicine is not able to cope, have been known for some time. Such methods were presented in the books written by: Dr Jan Kwaśniewski - “Optimal Diet”, “Fat Life”, “Optimal Nutrition”.

Dr Wolfgang Lutz – “Life without Bread”

Dr Robert Atkins - “Diet Revolution”.

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