



Mayor of the Town and the Municipality of Łazy

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of Optimal Brotherhoods in Łazy
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In connection with the work undertaken by the European Union for the prevention of obesity and chronic diseases presented in the “Green Paper”, 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”.

All these studies (although they differ in terms of quantities, and the proteins and fats) have been tested on millions of people and confirm that: the reason for putting on weight is the excessive consumption of carbohydrates, which are turned into fats and deposited in the fatty tissue.



Being acquainted with the healthy consequences of optimal nutrition as developed by Dr Jan Kwaśniewski, and without waiting for instructions from the higher authorities, the Mayor of the Town and the Commune of Łazy, Tadeusz Czop, already in 1997 established in Łazy the “Optimal Nutrition Club”, as well as Arkadia, where an optimal doctor (using the optimal nutrition method) prepares appropriate diets for his patients and advises them on appropriate, healthy, ecological food products in the correct proportions: proteins, fats and carbohydrates.

At the monthly meetings of the members of the “Club” and other people interested in optimal nutrition, lectures were and are given on the subject of healthy eating and proper, healthy diets which the body requires in order to stay in good condition.

The local paper “Echoes of Łazy” has for several years been promoting optimal nutrition and its consequences for people’s health. These activities yielded the expected results, including a decrease in overweight and a cure for obesity and for many illnesses and ailments.

Eight years of activity of the “Club of Optimal Nutrition in Łazy”, as well as several years of activity of a Branch of the All-Poland Association of Optimal Brotherhoods, with registered seat in Jaworzno, whose Articles of Association include, *inter alia*, activities promoting health protection, physical culture and sport, have contributed to a better knowledge on the part of some members of our society regarding the importance of healthy food for their health.

Appreciating the importance of physical exercise, the town authorities have built a fitness centre and gym attached to the Schools Complex, and have started construction of an indoor swimming pool. Possible changes of meals served to school children are under consideration, with a view to replacing them with more healthy food. Removal from school kiosks of food products with high glycaemic index is also being considered.

The “Green Paper” mentions many topics regarding people’s health, and in particular the plague of obesity and healthy diets. However, a discussion on its own will not bring any results; it will not reduce illnesses or obesity if we do not eliminate the main reason causing obesity and chronic (civilisation-related) diseases, i.e. an excessive consumption of carbohydrates. We must also, in the construction of diets, take into account the fact that human beings are metabolically adapted only to products which constitute components of human cells and tissues, i.e. fats and proteins.

Our proposal, based on practical evidence regarding the use of a really healthy method of nutrition, based on the knowledge of Medical Doctor Jan Kwaśniewski (which is available in his books and publications), is as follows:

To take into account in the work of the European Commission the topic “Continuation of research (interrupted in the 1980s) regarding the influence on human health of the optimal diet of Dr Jan Kwaśniewski”.

Finalising this research and implementing the optimal nutrition developed by Dr Jan Kwaśniewski and recognised scientifically will interrupt ‘going round in circles’ and will make it possible to get out of the ‘vicious circle’ of helplessness. This would be the greatest achievement of the European Commission. Humanity will not only get rid of the plague of obesity, but also of many other diseases brought on by it.

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