



All-Poland Association of Optimal Brotherhoods
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Directorate-General Health and Consumer Protection
Unit C4 – Health Determinants
address: L-2920 Luxembourg

In response to the PROGRAMME "**Promoting healthy diets and physical activity**: a European dimension for the prevention of overweight, obesity and chronic diseases", and on behalf of the Head Office of All-Poland Association of Optimal Brotherhoods, named after Prof. Włodzimierz Sedlak, with its registered seat in Jaworzno, I have pleasure in presenting (very briefly) suggested activities which would result in the implementation of the above-mentioned Programme:

1. Developing, as a main strategic objective, the production of dairy cattle, and production of butter, very fat sour cream, and cheeses.
2. Developing production of pigs for slaughter, using parts of proteins, carbohydrates and minerals originating from milk.
3. Developing production of laying hens and production of eggs.
4. Bringing the processing as close as possible to the primary producers.
5. Developing those areas of the crop sector which directly provide protein and fat with values beneficial for human nutrition. In practice, these will include hazel nuts, walnuts and sunflowers.
6. Developing production of soybeans, only for animal feedingstuffs.
7. Developing production of goats and of durable products processed from goat milk.
8. Developing production of geese and fattening of geese.
9. Proposing to people to adopt nutritional habits in accordance with the principles of optimal nutrition (also called the optimal diet), developed by Doctor Jan Kwaśniewski.
10. Providing people with an appropriate quantity of food products containing the best (from the point of view of human biochemistry) protein, fat, and carbohydrates. This will permit introduction of optimal human nutrition, and consequently prevent illnesses and provide causal treatment of the sick.
11. People who use the optimal diet have a lot of energy, therefore they are happy to exercise, run, and get involved in sport activities, where they obtain better results.

The above-mentioned proposals are based on objectives, already implemented, of the Association which I have the honour to represent.

In 1998 the All-Poland Association of Optimal Brotherhoods, named after Prof. Włodzimierz Sedlak, was established, with its registered seat in Jaworzno/KRS 0000165877/.

The objectives of the Association are: developing broad interest of its members in an organised activity promoting health protection, physical culture and sport, involvement in charity, aid for the disabled and professional and social rehabilitation and employment of disabled persons, as well as

stimulating the development of research, scientific, and educational activities in the area of modern, optimal human nutrition.

The Association pursues its objectives through, *inter alia*, publicising a modern, optimal model of human nutrition, and promoting achievements and effects of the use of optimal diet developed by Medical Doctor Jan Kwaśniewski, initiating and coordinating scientific research and cooperating in this area with relevant bodies involved in food production and the food economy, integrating groups interested in the optimal nutritional model, as well as an exchange of experiences, organisation of contacts between representatives of classical medicine and doctors promoting the optimal nutritional model, as well as with persons whose health improved thanks to the use of this model of nutrition. The Association also pursues its objectives through promoting healthy living, including: diet and rehabilitation, through the organisation of educational sessions and preventive activities by specialists qualified in these areas.

At present the Association has applied for the status of a non-governmental organisation.

We have more than 8000 members. However our statutory activities are directed to a broad spectrum of members of society interested in healthy living, which may be achieved through the best (optimal) diet and through maintaining a good physical condition. Our members and supporters are organised in 60 branches throughout the whole territory of Poland. They include representatives of all social groups: medical doctors, dieticians, physiotherapists, farmers, food producers. Among them are healthy people, who want to remain healthy, as well as people who, thanks to the use of healthy diet, get cured and practically prevent illnesses.

The creator of the optimal diet as a method of prevention and causal treatment of many illnesses is Doctor Jan Kwaśniewski, a balneologist from Ciechocinek.

These principles of optimal human nutrition are based on the current level of knowledge in the area of biochemistry and physiology and form the basis for the prevention of a good number of illnesses, but primarily obesity and illnesses which are the consequence of obesity.

The optimal nutrition consists of eating appropriate quantities of protein, fat, and carbohydrates, in accordance with individual requirements. To determine requirements, it is necessary to use a proportion established by Doctor Jan Kwaśniewski: Proteins 1, Fats 3.5, Carbohydrates 0.8 (g/kg of appropriate body weight/day). It is obvious that, contrary to proportions promoted in so-called food pyramids, fats considerably outweigh carbohydrates.

Today's confirmation of the effectiveness of Optimal Nutrition are people cured of incurable diseases, such as: obesity, diabetes type I and II, asthma, rheumatic diseases, arthrosis, arterial hypertension, heart diseases, and many others. Thanks to the use of Optimal Nutrition diabetes subsides very quickly, it is possible to give up drugs in 90% of cases, and diabetes is a sickness whose social costs considerably exceed expenses connected with all the others. Positive results achieved thanks to Doctor Kwaśniewski's diet lead to its increasing use in Poland and worldwide, and in particular among the Polish diaspora.

The present population of the so-called 'Optimal people' is estimated to be more than 2 million. The optimal diet is used by scientists, politicians, doctors, journalists, actors, and many people in Poland and worldwide. Among them is a famous Polish politician, Lech Wałęsa, who cured himself of diabetes and got rid of medications.

The Optimal Nutrition, thanks to the efforts of Doctor Jan Kwaśniewski, was the subject of scientific research at the beginning of the 1980s. Tests were carried out initially on animals, and subsequently on people in different age groups. These tests were carried out by 11 professors and associate professors with their teams, led by Professor H. Rafalski, at the request of a commission nominated by then Prime Minister Piotr Jaroszewicz. The Government provided for these tests funds from the Ministry of Science, despite difficulties raised by the Ministry of Health and the Institute of Food and Nutrition. Independent opinions regarding these tests, on the basis of documentation supplied, were given by Professor Jan Tatoń and Professor Jan Hasik. Professor J. Tatoń wrote in his opinion: "...the authors proved that in the period of tests (6 months) low-carbohydrate and high-fat diet is not harmful". On the other hand, Professor J. Hasik wrote: "Since on the basis of tests carried out so far it is possible to confirm that the diet used is not harmful, one should agree with the authors that tests carried out on sick people should be continued". An

extensive testing programme which was to be carried out on people in the years 1981-85 did not materialise and funds granted for them were used differently during the Martial Law period. There are documents to confirm these facts.

Doctor Jan Kwaśniewski is the author of a large number of articles books which during the last ten years were among the bestsellers in Poland. Some of them were translated into English, German, Czech, and Russian. Translations into French are prepared for publication. The expertise of Doctor Jan Kwaśniewski is also available in the following book publications:

1. Jan Kwaśniewski, Tomasz Kwaśniewski "Fat Life" – Publishing House "WGP" Warsaw 1997
2. Jan Kwaśniewski "Optimal Nutrition" – Publishing House "WGP" Warsaw 1999
3. Jan Kwaśniewski, Marek Chyliński "Optimal Diet" – Publishing House "WGP" Warsaw 1999
4. Jan Kwaśniewski "Replies to letters I" - Publishing House "WGP" Warsaw 2001
5. Jan Kwaśniewski "Replies to letters II" - Publishing House "WGP" Warsaw 2001
6. Jan Kwaśniewski "Replies to letters III" - Publishing House "WGP" Warsaw 2002
7. Jan Kwaśniewski "Cookery Book" – Publishing House "WGP" Warsaw 2002
8. Jan Kwaśniewski Marek Chyliński "Optimal Diet, Ideal Diet" – Publishing House "WGP" Warsaw 2004
9. Jan Kwaśniewski "How not to get sick" – Publishing House "WGP" Warsaw 2005

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