

Szprotawa, 13.03.2006

All-Poland Association of Optimal Brotherhoods
named after Prof. Włodzimierz Sedlak, with its registered seat in Jaworzno
Branch No 90 in Szprotawa, "Zabobrze"
67-300 Szprotawa, ul. Wieniawskiego 3

European Commission
Directorate-General Health and Consumer Protection
Unit C4 – Health Determinants

In connection with the implementation by the Commission of the European Communities of the Programme "Green Paper", aiming at "Promoting healthy diets and physical activity: a European dimension for the prevention of overweight, obesity and chronic diseases", we would like to inform you that the objectives and tasks of this Programme are in line with the objectives and tasks of our Association. Therefore we would like to participate in their implementation.

We are a branch of All-Poland Association of Optimal Brotherhoods OSBO "Zabobrze" in Szprotawa. We are active on the territory of the town and commune of Szprotawa, Żagań, Gozdnicza, Bolesławiec, and Głogów. Our members are people interested in getting cured from civilisation-related diseases by using Optimal Nutrition developed in 1974 by a Pole, Doctor Jan Kwaśniewski from Ciechocinek.

In the seventies Doctor Jan Kwaśniewski, together with a team of 11 professors and associate-professors, carried out tests on animals and on 60 males. The results of these tests confirmed the effectiveness of the Optimal Nutrition in the treatment of the following diseases: diabetes, arteriosclerosis, hypertension, obesity, asthma, neuroses, and heart diseases.

Our objective being the well-being of the society, and in particular the health of our inhabitants, we organise cycles of meetings, training sessions, and lectures with the participation of medical doctors who have certificates of optimal doctors.

Optimal Nutrition is cheap! - butter, sour cream, eggs, goose, mutton, veal, pork are all regional products, produced by local farmers and easily available.

In fact economic reasons are another argument for promoting optimal nutrition as beneficial.

In the near future our “Zabobrze” Branch in Szprotawa plans to introduce optimal principles (as provided for in the Articles of Association) into the Sustainable Programme of Regional Development of our gmina (commune), favouring activities promoting ecology, healthy diet, health of inhabitants, and entrepreneurship, through the following actions:

1. Support for the economic and social development of the commune of Szprotawa by promoting Optimal Nutrition.
2. Promoting the production of healthy food using ecological methods to improve the health of children, young people and the elderly.
3. Counteracting rural unemployment and social pathologies.
4. Introducing food with good nutritional values (produced using ecological methods) to canteens in kindergartens, crèches, hospitals, and schools.
5. Concern for the natural environment, in particular for the quality of water, air, and arable land.
6. Improvement of the health of children and young people without additional funds from the commune’s budget, without modernisation and overexploitation of the healthcare centres.
7. Promotion of agricultural production, ecological and environmentally friendly.
8. Improving public knowledge of ecology among inhabitants of the commune.

Within the framework of exchanging good practice, we would like to share with you our knowledge and experience acquired during 8 years of activity. We feel healthy, happy and wealthy, and we wish the same to you. The correctness of your choice is in accordance with insight into the most fundamental needs of people, therefore we believe in the success of your actions.