JAN
KWASNIEWSKI
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HOMO
OPTIMUS
Original Polish title:  
_Dieta optymalna_

Translated from the Polish by Bogdan Sikorski

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Preface

My first book entitled, *Optimal Nutrition* was released in Poland in 1990. That book was written for my patients who came for 2- or 3-week treatment periods to the Health Academy "Arkadia". During their stay, these people were nourished in the optimal way and were taught the theory and practice of optimal nutrition. At the completion of their stay, patients were given the book in order to further expand and strengthen their understanding of the principles of the diet so they could continue it at home.

In 1996 the book entitled, *Optimal Diet* was published. This book which quickly became a bestseller, and remained a bestseller for 3 years (over 300,000 sold), forms the basis of the present book.

The title for the English edition of the book, *Homo Optimus*, was chosen for two reasons. Firstly, as a tribute to the priest, Professor W. Sedlak, whose book (thus far not translated into English) entitled, *Homo Electronicus* opened up new frontiers in science, namely in bioelectronics. Secondly, the present book is far more than just an outline of the principles of "optimal" nutrition, as my first book indeed was. I hope that this book will stimulate every reader to seriously rethink what they have up until now regarded as obvious and unchallengeable truths, not just in terms of human nutrition but also in terms of human behaviour and existence. In the following pages I have attempted to prove that an individual's or a nation's behaviour and quality of their existence (prosperity) are directly and almost exclusively dependent on the quality of their nutrition.

In my books I explain the diet-induced mechanisms of various ailments and the amazing results of the "optimal diet" in the treatment of these diseases. In the *Optimal Nutrition* I have also signalled a subject the scope of which I am expanding in the current book: the potential for the improvement in human reasoning ability and the modification of human behaviour produced by this model of nutrition.

The second edition of this book- an expanded and updated version, enriched with experience gained over the past 10 years - was released in 1999. It is also available in English (*Optimal Nutrition*, WGP, 1999).
The official position of the Polish Academy of Science Medical Science Therapy Committee with regard to the "optimal nutrition" of Jan Kwasniewski

As published by the daily newspaper, Dziennik Zlota, No. 127, June 1999

The "optimal nutrition" as advocated by the medical practitioner, Jan Kwasniewski, is based on the consumption of high-fat caloric food including pork, lard, pork rind, and cream upwards of a day, as well as eggs (4 or more a day), with an accompanying avoidance of carbohydrates and other plant-origin products (including other vegetables, fruit, and cereals). The Committee is not aware of any studies conducted according to scientifically accepted principles (on a large number of subjects, under international scrutiny, expert statistical analysis) which would allow any conclusion that a diet rich in animal fat with a considerable reduction of vegetables, fruits can be considered as proper.

It is also apparent that none of the Ethical Commissions working in the field of dietetics or metabolic disorders publicly supported this type of diet as has been suggested by the medical practitioner, Jan Kwasniewski. To the contrary, all large international scientific programs (OSLO study, STARS, Study of 7 Framingham, Lifestyle Heart Trial and many others) show that dietary reduction of animal fat and pork, an increase in vegetable and fruit intake as well as caloric reduction causes the reduction of cholesterol blood concentration, reduces the incidence of ischaemic disease, heart infarct, stroke, and other so-called diseases of civilisation, leading to an increase in the lifespan of contemporary man.

The Committee considers the so-called "optimal diet" of the medical practitioner, Jan Kwasniewski as profoundly damaging to health - its author, is totally unreliable; the diet endangers health and should not be followed.

Jan Kwasniewski

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Jan Kwasniewski

"optimal nutrition" ought to transform an individual into an absolute prerequisite to enable one's brain to reach a correct level of this uniquely human ability. It is the brain function that leads to the accumulation of the subsequent achievement of wisdom. And wisdom is what we humans should do much more of, and the reader or my patient, to understand the knowledge in front of them, and to know what they should expect mistakes.

The occasional references to the Bible, and my text, will not produce animosity but rather a desire to study this work of wisdom in greater detail and in another angle. I also sincerely hope that many readers will take this book with further reading of works by great scholars whose contributions, deliberately or not, have been mostly

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The Committee considers the so-called "optimal diet" of the medical practitioner, Jan Kwasniewski as profoundly damaging to health - its author, is totally unreliable; the diet endangers health and should not be followed.
The advances of medicine based on rational, scientific bases are considerable with some worthy achievements being: a total elimination of smallpox, reduction in the incidence of tuberculosis and other infectious diseases, reduction in deaths during the acute phase of a heart infarct, reduction in deaths caused by diabetes, prevention of the rapid course malignant hypertension, corrective surgery of congenital heart defects in children, and transplantation surgery. The achievements of medicine based on scientific research are many. It is a personal choice of each citizen if he/she wants to believe in treatment methods contrary to medical science, reviewed by one author, or if one wants to believe in treatment methods derived scientifically, reviewed rationally by specialist groups from diverse science backgrounds thus ensuring the objectiveness of the research.

treatment methods are beneficial for the ill as is the case with those following the optimal nutrition or those being treated by the "selective currents".

The research into the effects of the optimal nutrition on patients was conducted by a group of 11 scientists (mostly professors) under the guidance of Professor Henryk Rafalski. The research into effects of the diet on animals was firstly conducted as part of master's thesis by Jacek Bujko under the guidance of Professor Stanislaw Berger. (The results of this research are covered in Part 1 of this book. - translator's note) Further animal studies conducted under Professor Henryk Rafalski showed that the optimal nutrition has extraordinary anti-atherosclerotic properties and that it treats atherosclerosis in the animal model of the disease.

Patient studies recommended by the government Commission were systematically boycotted by the Minister of Health, by the Institute of Food and Nutrition, and members of the scientific establishment (professors). This is clearly confirmed by the letter of Prof. Rafalski to the director of the Department of Science, Dr Lech Dawydzik dated 28.09.1978. In it Prof. Rafalski wrote that Prof. Dr W. Szostak whilst ignoring the approval of the project, delayed and obstructed the initiation of the study by the prolonged process of renomination of referees. Szostak even stated that the funds "should have been directed to another project" ignoring the fact that the funds had already been assigned to the project. Finally, the study got under way using a group of men, mostly obese, with documented atherosclerosis of coronary arteries, but also suffering from other ailments. (The results of this research are also covered in Part 1 of this book. - translator's note) In the final report to the study, conducted in 1980, Prof. Rafalski wrote: (...) "In summary, I can acknowledge the lack of evidence which would indicate that the diet advocated by medical practitioner Jan Kwasniewski is harmful to human health. International centres working in the field of human nutrition recommend implementation of a low-carbohydrate diet under the supervision of medical staff."(...)

In the review of the study, Prof. Dr Jan Taton wrote: "The extent of direct research objectives as well as independent variables (11) or dependent variables (several dozen) was wide. The organisation of the project was well thought out. There are no reservations into the execution of the study. The documentation was prepared very well... I believe that this research should be continued in such a manner that a number of subjects and research variables may permit a full statistical analysis, particularly since preliminary results are important.

No decline in the condition of health was found especially due to the influence of a low-carbohydrate diet, and in a group of subjects many clinical and laboratory indicators of atherosclerosis (including those of coronary artery disease) had improved. In the future, it would have been appropriate therefore, to widen the scope and to make an objective assessment. I believe that the performed study is valuable and worth continuation according to the plan of the authors. Authors proved that a low-carbohydrate and fat-rich diet is not harmful within the study period of 6 months."

In the review of the study, dated 01.04.1981, Prof. Dr Jan Hasik (one of the signatories under the official statement against the diet) had written: "Finally, an objective improvement in health was found in the majority of subjects and the subjective one in all of them. Since the present research allows the conclusion that the implemented diet is not harmful, then one has to agree with the opinion of the authors that the research on patients should continue." Prof. J. Hasik made himself available to continue the research. However, in the letter, dated 30.02.1981, to Prof. Rafalski he later wrote: "With great regret I would like to inform you that I am forced to interrupt and abandon the continuation of the project entitled, 'The effect of low-carbohydrate diet on health status, nutritional status and metabolism of lipids and nitrogen in the organism'. Regardless of our intense efforts, we are unable to organise a high-fat and high-protein diet," I, therefore, fail to understand how Prof. Hasik who first joined the research project only to subsequently withdraw from it, and who wrote the positive review of the human study can be a signatory to the statement of the of the Polish Academy of Science Medical Science Therapy Committee.

I fail to understand why the Committee has not proclaimed the diet of Canadian Air Force pilots (the high-protein, high-fat and low-carbohydrate diet known as the "point-diet") as extremely harmful, why the diet advocated for many years by Dr Atkins was not described as extremely harmful. Both of these diets can indeed, at times, be
harmful since their descriptive criteria are not precise and thus this may lead to mistakes on the part of their followers, e.g., too high a consumption of protein or too low a consumption of carbohydrate, producing negative effects in their bodies.

The optimal diet implemented precisely cannot be harmful and that has been proven in scientific studies.

Adjunct Dr. W. Ponomarenko working with Prof. Rafalski, in a letter dated 26.05.1994 wrote to Prof. T. Kozluk: "Based on the positive opinion given by our institution with regard to the competence in the area of nutrition, Dr Jan Kwasniewski led the Academy of Health Arkadia. From direct contacts with patients I was able to ascertain the effectiveness of the diet in the treatment of obesity, cardiovascular diseases, hypertension, multiple sclerosis, rheumatoid arthritis, and other diseases. (...) The composition of the optimal diet draws reservations from dietitians and cardiologists because of its high content of saturated animal fat. However, Dr Kwasniewski proves that saturated fats are "damaging" only in the presence of a certain amount of carbohydrate in the diet. (...) Such reasoning is in agreement with contemporary biochemical knowledge as well as practical observations. (...) There are solid indications that the 'optimal diet' can be used with good results in the treatment of many pathological conditions."

The optimal diet is based on basic science. It is in agreement with all the laws of physics and chemistry, according to which all modern technological devices operate.

Official contemporary dietetics recommend following nutritional rules based on beliefs or on pathological opinions whilst totally omitting knowledge, and that cannot be done with impunity.

_**Jan Kwasniewski**_

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**Part 1**

**Interview with Jan Kwasniewski M.D.**

**Chapter I**

**THE WAY TO PERFECTION**

- In your opinion knowledge is the source of the perfect form of life, but only those with a healthy brain function can have an access to this knowledge. No one who does not eat optimally is able to possess such knowledge, thus their life is chaotic, incidental and without reason. Consequently, no one is able to stop this bad cycle which has been propagated for the last few millennia.

- Humankind needs knowledge, truth and wisdom. Most people, including those with the best education, do not suspect the existence of a blueprint for proper nourishment of the human body, nourishment which underlines the correct functioning of the brain, nourishment which causes one to stop following beliefs and opinions but instead enables one to gain and follow knowledge. Thus, one stops using the words "I think", "I believe" and "I reckon", but instead simply states, "I know". So-called Original Sin, took away human wisdom, almost without exception. Consequently, human life was shortened, the human body underwent pathological changes, distortions in the functioning of the human brain developed, and in effect humans were unable to distinguish between good and bad. In order to make such a simple recognition - one has to appreciate that there is a blueprint for nourishment which guarantees healthy functioning of the brain - one has to follow this blueprint.

- In that case, these pathological changes which you have mentioned, are reversible. Can humankind become the wise kind again.
- Of course, because Original Sin did not greatly distort the human genome. Even now, most of our genes do not differ from those of our ancestors. Original Sin led to a departure from the blueprint for the nourishment (as passed onto humans from gods), the best example being an apple - the symbol of food most unsuitable for human consumption, chosen precisely, based on the scientific knowledge unavailable to man at the time. Incredibly, we can readjust our nutrition in a single day.

With the help of today's science we are able to recreate the type of nutrition developed by gods for humans. At the same time, we can identify and eliminate from our food all the products forbidden by gods. My model of optimal nutrition closely resembles the type of nourishment designed by gods for humankind. In this diet all the products which are responsible for the negative changes in the human biology, are eliminated.

If one could ask a thousand people what they lack in their life, almost none of them would be prepared to admit that they lack wisdom. They won't admit it, because they do not realize that pain, diseases, fear and aggression result from the errant function of the brain which can only be changed by correct nourishment. A few thousand years ago human brains were incredibly effective, for instance the brains of the authors of the Bible.

- **So the Bible can not be fully comprehended if the brain is not functioning properly?**

- And that is why one has to nourish the body like those who had originally written this most remarkable of works. Therefore, one has to follow the method of nutrition as used by the Israeli priests - the optimal diet. "When those first few of the humankind stopped following directives of gods they lost their perfection. As a result their descendants became similar to their parents - they became imperfect. Thus, everyone thereafter is born imperfect, becomes ill, and gets old. Disregard for the directives of God opened the gates for human insanity. Therefore, human history is characterised by suffering, sadness, fear, disease and death" - so says the Psalm.

All "sins" committed by humankind during its chronicled and unchronicled history, as well as those being presently committed, are the direct result of changes in the biology of the human body, but most importantly in the structure, the supply of energy to, and the functioning of the human brain.

- There are plenty of Bible scholars. **Millions of people have read the Bible and no one was able to come to the same conclusions as you have?**

- The Bible mentions seven times without hiding it behind any code - "the recipe for life" - as prescribed for the Israeli priests: "all fat, liver, kidneys and a little bit of meat from the shoulder". No ham! At that time, a good butcher was able to dissect out all of the lymphatic system which accumulates hormones, sex hormones, and other steroids. After all, priests would not allow themselves to be contaminated with hormones. The Prophet Isaiah described all the necessary conditions for the appearance of the one who would resolve all of the problems of humankind and erase the consequences of Original Sin. Isaiah said: "he will eat shepherd's food". A shepherd's diet guarantees correct brain function, but that is not enough: one has to gain knowledge. But what knowledge? Exactly! How to distinguish the good from the bad which in Hebrew is represented by the synonym "to know all". Now, those two pre-requisites negate each other since a shepherd's son's diet would have changed when he went to school. This clearly would jeopardise his ability to find the key to enlightenment.

- In your case, **you might not have the key yet, but you surely have the template for such a key. Have you gained access to the ultimate enlightenment? Have you broken the cycle which has been destroying humankind?**

- It was the result of a series of lucky coincidences that occurred in my life, perhaps the result of some peculiar traits of my intellect, my need to synthesise information, my inquisitive nature. One of my patients, who recovered from the disease presently considered incurable - multiple sclerosis (MS), wrote to me after four years of following the optimal diet. He said: "I have regained a belief in miracles. Yes sir, without exaggerating, the very fact that you have worked out this diet is a miracle, but the fact that I have heard about you is the second one".

Indeed, the fact that I was able to work out the optimal diet was a miracle which should not have happened. Since to be able to gain access to this diet I would have had to firstly nourish my body on such
a diet, so then I could solve thousands of problems and finally collate all the accumulated knowledge. Nevertheless it happened, but I had to check the correctness of this knowledge on myself, on my family, on sufferers of various diseases. I had to find an influential man who was able to recognise the magnitude of the problem (coincidentally, that part was the most difficult), gain the necessary funds for the research, conduct the research on animals, conduct the research on patients, prove that the optimal diet does not have negative consequences on health, show that in each case the optimal diet was able to deliver far better results than conventional methods of treatment, confirm those results on large groups of patients, follow those groups for number of years and finally, ascertain the effect of the optimal diet on the function of the human intellect. All of that, I had to do practically by myself, with a little help from a few sympathetic people, sacrificing for that purpose a significant part of my income, working regardless of mounting obstacles, in the atmosphere of name-calling, slander and hate on the part of those (quite numerous) who controlled the health of the nation, and who had led the nation to biological catastrophe which in turn led to the economical ruin of the country (Poland).

I remember prac-classes in physics and chemistry at Medical School. I always tackled problems from the end, but the results I was getting were, typically, correct! On one occasion, we were driven into the forest and ordered to march on azimuth (orienteering). Every group was given a set of directions. I did not like these squiggles suggesting the direction: first southeast, then south, then west... In a few minutes I worked out my own azimuth: a shortcut. It saved a lot of time and energy, but what was most important - this allowed me to get to the point much faster. Three hundred steps to the right, eight hundred to the left, three hundred forward, a few hundred back, going around and around - that's not for me.

- One day I received a phone call from your friend who studied with you at the Military Medical Academy. He corroborated what you have just said. But he also suggested that your curiosity, uncompromising attitude, your white is white - black is black attitude may have been responsible for your loneliness and a relative separation from within the peer group. He then said: "I know very well that Kwasniewski's proposition is correct, but personally, I would never have had enough courage to say it the way he did. The pressure of society, fear of retribution from the authorities would had been too strong for me".

- Right after the Medical Academy I was delegated to the Army corps in Braniewo. There, I found myself in a somewhat strange but typical situation: there were official rules I had to follow as a medical practitioner, and there were informal rules which were followed by the officers and the command. Pretty soon I recognised that those unwritten, informal rules were the deciding ones. These were the 1960s, similar situations would not occur in the Army today. But then, these eventually led to conflict between the command and me. The decision was made to transfer me to Ciechocinek. As it happened, I found myself in the military sanatorium. Immediately, I had noticed that some of my colleagues were using the same methods of treatment as those used in a closed health environment, i.e., the hospital. A neurologist was prescribing pills and injections, an enterologist or a cardiologist were also giving away hundreds of prescriptions. The pharmacy was working overtime, but the condition of patients did not improve. To the contrary, when they later returned to Ciechocinek they were sicker than on the first visit. I asked myself how I could help these poor people. At the Academy everything was so simple. Disease - diagnosis - therapy and medication; here most of us were following this path of treatment.

One day, I saw a patient suffering from Buerger's disease. I applied traditional topical and pharmacological treatments, then over a period of time I checked the strength of affected muscles and the distance of lameness. Result - no apparent improvement! As the saying goes - we are making a good face to a bad game plan. Rheumatoid arthritis - the same story. Some kind of incomplete treatment but no end to the patient's suffering. Time to think - what is going on? Either the rehabilitation procedures were not well selected or the drugs were not correctly prescribed. I went over the underlying reasons of diseases and the lack of results following each treatment. I assimilated a lot of knowledge. My first and second levels of specialisation were in physical medicine and in balneoclimatology, followed soon after, because I wanted to treat the whole of the human body. At the time, I was already thinking about the utilisation of electric fields in the
treatment of some diseases, I analysed the suitability of natural treatments such as peal bath, saline bath, and hydrotherapy. I knew that it was wrong to approach the patient as one would approach a broken-down car — one person fixes the engine, the other the electrical system, someone else the bodywork. The human body exists as a totality, therefore it has to be treated as a unit. And courage... I knew I would need a lot of it.

- **In your endeavour to uncover the causes of diseases you went into the kitchen - how did it happen?**

- I had been working in a military sanatorium spending most of the day with my patients and it was unavoidable that I had to look at what they were eating. Coincidentally, at that time, I was instructed to take care of the sanatorium's diet regimen, more specifically - the various kinds of diet. You know how it is done in the army, there is an order "you will be the dietitian" and that is it. So I became one, of course I had no idea about cooking, it never interested me. But since that was an order, I decided to treat my new duties seriously. I spent many hours figuring out the protein, carbohydrate and fat content, counting calories. Initially, it was all a terrible mix-up for me. Daily menus contained dozens of different entries. Carrots, potatoes, flour, pudding, biscuits - I had to know the chemical composition of each serving. In those days there were no computers or calculators so I had to calculate it all manually. What a task! To speed up this process I decided to memorise the chemical content of each product. You can ask today's dietitians about the precise chemical composition of some food products. They won't know. I had no time to waste. Then, I had to devise the particular order of the suitability of each of these products for the human body. I rejected the order set according to the caloric content, I did not like the order set according to the content of the three main constituents. One day it hit me, the only rational way to go was to devise a correct proportion. I was using the same method as used in mechanical technology, counting: energy, additives, and spare parts. Using this key, I was able to arrive at the particular order of the products. I noticed that protein and fat occur together in animal products but in very few plant products. I made a list of such products. Then, I prepared the second list - one with products containing plant protein and carbohydrates. There was no third list, because Nature does not provide products with protein, fat and carbohydrates together (in significant proportions). The conclusion was obvious: if Nature intended for some animal to feed on products containing protein, fat and carbohydrates together, Nature would have designed such a product! But it had not happened, so the ability to feed on all three products had been excluded. Protein and fat are contained in all products of animal origin such as: milk, cheese, meat; but also in some plant products: almonds, walnuts, coconuts, sunflower seeds. I started to analyse the exact content of each of those plant products. Incredibly, their content did not differ very much from the animal products. It meant that it did not matter if one ate bacon or nuts - the result was the same - in each case, one was supplying the body with the best fuel!

- **Nevertheless, some medical practitioners are advising not to eat fatty bacon but are happy to recommend nuts.**

- There are many similar contradictions. We are also told not to eat eggs. Biochemically, bacon and nuts are virtually identical. Clearly, the taste and the smell of the two are different. But we can not measure or count these differences.

- **I know that you first tested your hypothesis of the optimal diet on your family. That reminds me about those crazy scientists, who without access to laboratory animals, experimented on themselves.**

- As a matter of fact there was no risk. I already knew that the present model of our diet was the worst possible, so I had to make quick and decisive changes. I started with my loved ones. Is it not natural for someone to take care of one's loved ones first? And they were facing incredible danger. At the time, my wife was very ill. She was suffering from many ailments including arthritis and migraine. Although she was quite young, her finger joints were deformed. It was not easy for her to climb a few flights of steps. My kid was totally exhausted. His first teeth were decayed, inflammations of the oral cavity were a common occurrence. Today he is 35 y.o. and none of his teeth shows any decay. And this will not change until he is very old. My wife lost weight, her skin became smooth, headaches disappeared, she started to jog forgetting about the joint pain...I also used to jog many kilometres a day, I used to play football with kids. At the same time I observed that our psychosomatic reactions were becoming dramatically different.
- So when did you discover that incorrect nourishment is the cause of an aberrant function of our bodies?

- Everything in human life and in Nature generally follows a particular pattern of relationship between the cause and the effect, and for instance there is no disease that is autonomous (idiopathic). There are always biological causes which change a good human being into a bad one, and a bad one into a converted sinner. Of course the environment is the best example that we are able to modify. But we have to know how to do it. An ability to recognise the influencing factors and their effects would enable sensible, causative modifications of such interactions for the good of humankind, I hope.

Humans were "designed" to live a long, healthy and wise life provided he or she would follow the "instruction manual" for the human body supplied by the gods. Correct height, build and functioning of the body are possible only when the supply of the best quality building blocks, the most efficient and the best utilised fuel (always uniform), and millions of other ingredients necessary for healthy and long life, is guaranteed. All of these ingredients should be of the highest biological value and in proportions optimal for the needs of the body. The present level of knowledge of the biological sciences is relatively very low. Science is preoccupied with describing phenomena but not uncovering the laws governing them. Pavlov taught: "one should not describe phenomena but uncover the laws governing them. The progress of science is not based on description". Scientists whose intellects are distorted by Original Sin interpret scientific observations. Those involved in science are not able to realise their own ignorance. Only the outsider, whose intellect is functioning correctly, may be able to assess the current state of the basic biological sciences.

- At one stage you criticised a low-fat diet as used in sanatorium's health care. You wrote: "low caloric diet destroys the human body."

- The diet you refer to was devised by Prof. Aleksandrow. When I noticed that the condition of the patients fed on vegies, jams, apples and grains, regardless of therapeutic interventions, was not improving, and that patients were always complaining of feeling cold (the room temperature was kept as high as 35 C), I recognised the secret of their good health. Those patients who were fed higher calorie diets were returning to health, physical treatments relieved their limb problems. I noticed that the same physical treatment applied to the same disease in different people gave different results. Electric currents, massage, peat baths were able to help the supply of blood to the affected tissues, but these treatments also had the potential to have a reverse effect - underprivileged tissues were robbed of supplies. Organs such as the brain, the heart and the liver were able to support themselves in any condition to the detriment of the other parts of the body.

- There were no major dramas in Ciechocinek's sanatorium. People were ill, of course, but no one was dying because of bad diet.

- You are right, the real dramas were being played out in hospitals. These institutions were taken over by soullessness. I recall a situation which occurred when I was visiting Warsaw for a 3-month training course. I was placed in a clinic which amongst many other procedures was conducting vascular operations. One day I took a closer interest in a patient with Buerger's disease, who until then had undergone 27 operations. Both of his legs and the left hand were amputated, on his right hand he had only two fingers left, well, so he could hold a cigarette. It was a terrible picture. "Dear doctor, please save this poor guy", one of the staff turned to me. "What do you suggest?", asked the professor, the head of the clinic, in which, for more than the last 5 years, he had been "curing" the patient. "Fat and protein", was my response. "Protein OK, but fat definitely not", I heard. I started to feed the guy on my own. I brought him cream, cheeses, butter, processed meats. He ate and ate. After three weeks, during a doctor's round, the professor asks the guy: "How is your pain?"- and the guy says: "It is gone". "24 ampoules of Dolargan", instructed the professor. "The patient is not suppose to suffer", he added. Dolargan is a very strong narcotic, and the effect of it on the body of the patient who was continually on painkillers for the past 5 years is not hard to imagine. Until then he had been prescribed 12 ampoules, and now that was doubled. After a few weeks 24 became 48. "The boss said not to spare Dolargan on this patient" - I heard in the clinic. After two weeks the patient died. I asked why after 5 years of the same dose of the painkiller the dosage was increased. The response was: "If that patient recovered it would have been a disaster for our clinic. What would we do?" From another perspective, I have to tell you that those medics were really good.
people, but "goodness" must have some kind of limit. Thai professor was very dedicated to his patients, he would spend 10 hours a day at the operating table, but his patients had no right to survive. It is very sad. I realise - this is all very hard to believe.

- At the same time, in Ciechocinek, the results of your diet treatment are amazingly good. Your patients are being cured; it looks like the optimal diet may become the panaceum for most modern diseases. The long-standing dream of humanity is being realised, without publicity, a long way from the acknowledged medical centres...

- I was constantly thinking of how to pass my knowledge on to those who are in control of the health of the nation. I believed it was my duty - to help the sick, to relieve the pain of the suffering. I made a decision - the Advisory Body to the Minister of Health would be the best way to go. I was invited for a meeting. First I explained, then I was trying to convince and then I finished with one sentence: there is a way to dramatically improve the health of the nation. But the chairman of the Advisory Body, now a well respected professor, was totally uninterested in what I was saying. It felt like I was talking to a picture. I suggested that he could set up a research facility which could investigate my methods of treatment of variety of diseases. They agreed. I was to write the necessary submission. After some time I got a response: that my aim was not to improve the health of the nation but to become the head of some research institute.

- To tell the truth, I am not surprised with the response of that "Grand Body". A serious government institution, a solid bureaucracy against some insignificant medic who dares them to set up some pretend hospital, in which he proposes to treat most of the diseases with full-fat cream and leg of pork.

- It was their duty to understand! At that time I already had convincing results, I was ready to provide all supporting and meritorious arguments from the field of biochemistry. If they disputed my knowledge they should have proven me wrong.

- This was not the end of your struggle with "those of a different persuasion". Later you tackled the diet of military pilots, whose bodies were being critically impoverished.

- In the seventies, the specialist medical publications were full of reports on critical psychosomatic conditions of Polish military pilots; 90% of them were overweight, 90% reacted to stress by overeating, and they were suffering from atherosclerosis of the brain and the heart. Those conditions were not the result of the extended time spend in the air, because British or Canadian pilots were free from them.

- So, you concluded that the pilots constituted the most biologically impoverished social group, not just in the Army, but in the whole of the nation. What transpired from it?

- I asked a few notable people if flying could cause the higher level of cholesterol? If the General Command, the Minister of Health, the head of the Army Health Services, could have answered one of the simplest questions, there would have been no nonsense of slimming therapies for pilots which in most cases ended with weightgain... One day, the Vice-Commander of the Air Force visited Ciechocinek. During a chat I asked him: "Why are you destroying your pilots through the use of the worst model of diet?" After some thought, the General responded by saying that many scientists and medical practitioners were investigating that problem and so far they were unable to come up with the answer. "Soon, there will be a conference, I am inviting you to come", said the officer. I came to Warsaw, I listened to all of the authoritative voices, and with disbelief I concluded: they do not understand a thing! In my speech, I asked if anyone knew why Parisian meat porters, who carry the meat on their backs do not suffer from spine disease, or arthritis, or rheumatoid arthritis, but all of the other porters do. "Dear Sirs, it all depends on what they carry on their backs", I ended my speech to the overall dismay of the auditorium. And do you think that anyone of those noble scientists got my drift? No reaction, no understanding whatsoever. I could not take this ignorance. I decided to write to Wojciech laruzelski, who at that time was the Minister of Defence. In the letter, I informed him that the physical condition of the army personnel was very poor, that whatever the current practice of care for health and physical condition, it would soon result in tragedy, that if opinion was divided on the matter then there should be a scientific investigation. Soon after, I received a response from Col. Janiszewski stating that the most noted experts in the country did not share my views. But what else could I expect? I knew what had
been said by Goethe, Kant, Sedlak, and Van in i. "Experts" are the main cause of lack of progress of humankind. Who is an expert? Does man gain wisdom by being elected to office? In one of Krylov's stories I found such a rhyme: "one who gets to sit in higher office does not gain wisdom by virtue of it". If humankind is ill, degenerate, if public opinion is of a pathological nature, then only those without any predisposition to rule are pushed to the top. Would such people have any common sense?

- Are you suggesting that every one of those who did not share your view was an idiot? Are you not too harsh on your opposition?
- From time to time, there would appear people, who possessed a superior intellect, were educated, and thought in a similar way to the authors of the Bible. They were able to uncover and make a note of many fundamental truths which could not have been understood by their contemporary folk. Let us take Professor Julian Aleksandrowicz who belongs to that group. He wrote: "All economical and social problems, and also health ones, are the consequence of aberrant thinking processes and actions resulting from changes in the structure and function of human brains. Such changes are caused by ecological factors". At the beginning of 1974 I met Professor Aleksandrowicz in Krakow. A month before, I presented my "Program of Improvement of Nation's Nutrition" to the Prime Minister Piotr Jaroszewicz. In Krakow, I was supposed to present it at the sitting of The Polish Academy of Sciences. I had been given a chance to do something concrete. I informed my Army superiors, that I received the invitation from the Vice-President of the World Science Organisation to present my lecture on the subject of the optimal nutrition. Permission denied! I discovered that the head of the Army Health Services rang himself to "at all cost stop Kwasniewski from going to Krakow". Those people simply felt under threat. They recognised that their power was not even worth a few bob, and because they could exercise their power they were able to easily neutralise me.

- But you did not give up, even though you have gained mistrust for the authorities, all types of power, office, for the rest of your life.
- That is correct. I realised that in order to achieve anything; I had to go to the top, hence the idea of contacting Jaroszewicz. When I met him, I discovered to my amazement that this man understood what I was saying to him. Soon after, he initiated scientific investigations on animals that were supervised by Professor Stanislaw Berger.

- But you conducted your own animal experiments before, so you were sure of the results...
- I bred three groups of rats. Each group was on a different food regimen. I observed those animals carefully and made notes of all the observations. However, Berger was able to scientifically show that in comparison with the controls the first generation animals fed the optimal diet had brains bigger by 8%, and their ability to learn was 40% greater than those on different diets. It did not surprise me at all. I was able to observe that rats fed the optimal diet were incredibly strong, resistant to fatigue and to different poisons. One set of my experiments involved attaching weights to the tails of rats. Then we would drop them into a water tank, measuring the length of time they were able to stay afloat. Those on the optimal diet stayed afloat for far longer periods; they were more resistant to fatigue. At the completion of the experiments, we had to put down all the rats by inhalation of ether in a glass jar. As a curiosity, I would like to mention that the amount of the poison needed for the rats on the optimal diet was a multiple of that required for others... Berger was also able to show that the level of active phosphorous compounds (which are the main source of energy for brains of thinking humans) was the highest in "my" rats.

- So, the rats were stronger and smarter, but what about people? After what period of time does an improvement in brain function become apparent?
- In adults, with good health, brain function free from Original Sin appears after 3-6 months after the adoption of the optimal diet. In those suffering from advanced atherosclerosis of the brain, healthy brain function appears, understandably, some time later - after 6-12 months.

- The other part of that scientific project showed that the optimal diet had a strong anti-atherosclerotic action.
- The investigating group consisted of a few dozen researchers. Among them were 11 professors. The aim was to show if Kwasniewski's diet was able to relieve the narrowing of the coronary arteries due to atherosclerotic disease, the current topic of
conversations courtesy of the Russian President Boris Yeltsin. Of course, I knew very well that instead of expensive and very risky bypass operations and other cardiological procedures, modification of the diet would change the sick into healthy individuals, but the aim was to convince others. The group under Professor Henryk Rafalski in Lodz was able to demonstrate that out of 60 patients fed according to my direction, all showed subjective improvements, and objective improvements were demonstrated in the 90% majority. It appeared that a low-carbohydrate diet had no negative effects, to the contrary, it helped most of the subjects. Even though many of the researchers had a very negative attitude to the investigated subject, the closing conclusions had to contain positive findings. That was in 1980. I know that most of the patients from that experimental group stayed on the diet. Professor Rafalski, with whom I spoke on the phone not long ago, said that all of them are alive, even though 16 years had passed since then. The best alternative for them would have been a complicated and risky surgical operation.

No evidence of negative changes

Lodz, 26.10.1987

The collaboration of our Institute for Human Nutrition with the medical practitioner Jan Kwasniewski goes back 10 years. It was commenced following the initiative of the then Minister of Health and Social Care to set up a special commission to assess the results of research conducted by J. Kwasniewski. I became a member of this commission which was headed by Prof Dr J. Aleksandrowicz.

From that point in time J. Kwasniewski remained in close contact with us, taking an active part (giving presentations) during seminars which were run in our Institute and in the collaborating of this 1st Clinic of Internal Diseases at our University. He took an active part in setting up of the methodology, meritorious and organisational foundations for the research project entitled, "The effect of low carbohydrate diet on the condition of health, nourishment and the metabolism of fats and nitrogen in the human body", conducted as part of the ministerial program "Optimisation of population's nutrition", and coordinated by the Institute of Food and Nutrition in Warsaw. It has to be added that the concept of a "low carbohydrate diet" equates with the concept of the "optimal diet", as used by J. Kwasniewski. The preliminary experiments conducted on laboratory animals showed that a low carbohydrate diet significantly lowered the blood level of cholesterol and other lipids.

The next series of experiments, conducted on mature-age male patients suffering from cardiovascular disease were undertaken in close collaboration with the 1st Clinic of Internal Diseases and the Institute of Laboratory Diagnostics and Pathology at our University. They proved that a low carbohydrate diet, implemented for 6 months, caused a significant weight loss in overweight subjects, and additionally:

a) did not cause any measurable negative changes in the health (as assessed on the basis of a range of pathological and clinical tests);

b) did cause measurable positive changes in the health of male patients.
These changes included (apart from the loss of weight):
— improvement of physical condition;
— improvement in functioning of cardiovascular system;
- abatement of symptoms of coronary heart disease;
- improvement in function of respiratory system.

During the 6-month period of the diet, there was no evidence of the symptoms of ketosis, hypercholesterolemia, or hyperuricemia which were considered the main reservations against the low carbohydrate diet.

It needs to be mentioned that before our investigation, experiments on the effects of the "optimal diet" were conducted on rats by the group of investigators under Prof. Dr S. Berger, who were able to show the positive effect of the diet on the function of the central nervous system (brain) in rats.

The above-cited facts demonstrate J. Kwasniewski's knowledge in the field of human nutrition and his ability to utilise this knowledge in a practical way.

Prof. Dr Henryk Rafalski
The Chair of Hygiene, Medical Academy in Lodz

Chapter II
WHY FATS?

- How did you arrive at the template of correct human nutrition, or your famous proportion principle?

- The assumption that all laws applying to physics and chemistry also apply to living systems was crucial. I started to analyse all the elements of human food. Protein? Protein is life. But there are different sorts of proteins. Which is the best? The best is in egg yolk. Therefore eggs! The symbol of life and development. Energy? What kind of energy? The best energy, the best fuel is in... fats! That was obvious. More precisely, this energy is contained in long chain fatty acids. This type of substance is very similar to petrol. If in any kind of fuel there are lots of hydrogen atoms per each atom of carbon, then such a fuel has an excellent caloric value. Obviously hydrocarbons, as those present in petrol or technical gases, are not the right fuel for us, since the chains must contain the COOH group to enable them to be utilised in the human body. The longer the chain containing the COOH group, the better the value. If the fat is not fully saturated with hydrogen atoms, then the value of this type of fuel is inferior. By increasing the molecular weight of the unsaturated fat molecule by 1% through hydrogenation we can expect an increase in the caloric value by as much as 18%. I was convinced that my reasoning was correct. Nevertheless, I was worried about the reaction of some people, since these elementary truths were thus far totally incomprehensible in medical circles. I started to research the medical literature for information regarding blood cholesterol and causes of atherosclerosis. Here I am reading, that "free saturated fatty acids (in the presence of carbohydrates in the diet) cause a greater increase in the cholesterol level than do triglycerides (without carbohydrates)". So what are these triglycerides? They are the same free fatty acids but linked to glycerol which is an inferior fuel (a sugar). Other studies: "Triglycerides increase the level of cholesterol to a greater degree than do diglycerides, and diglycerides to a greater degree than do monoglycerides". Thus, the greater the amount of glycerol (monoglycerides), the worse the fuel.
For most people this is pure alchemy, and the average bread eater (sorry about that bread) is completely uninterested in the type of changes which occur in the cells. What counts is the final effect.

Those who are not interested can skip the next few lines, but I would like to explain these processes which lead to advantageous or harmful changes in our bodies. Unsaturated fats, we are told - essential unsaturated fats - are present in mother's milk at the concentration of 0.4%. No one can dispute that mother's milk is the ideal nutrition, as far as the biochemical composition is concerned. It contains 3 to 11 grams of fat per 1 gram of protein. The conclusion is obvious - if Nature included such a minute quantity of that constituent in such a wonderful food, then we should respect it. Meanwhile, people are being persuaded that plant-derived fats containing polyunsaturated fatty acids which do not exist in mother's milk, are healthy. Nothing is more misleading - in the body they participate in reactions by binding oxygen. Peroxides, superoxides, various other poisons accelerating the formation of atherosclerosis are formed; aging of tissues, mechanical damage, cancer formation occurs. Some time ago, experiments were conducted investigating the effects of the replacement in a diet of saturated fats with unsaturated fats. What was concluded? Patients who were fed unsaturated fats were getting cancer 3-4, or even 5 times more often than patients on the same proportion of saturated fats. It is obvious why. Peroxides, which I have already mentioned, induce inflammations in the body, disease states, they simply degenerate tissues and whole organs. This concerns polyunsaturated fats only, those not present in butter, but instead present in plant-derived oils. That is not the end to it. In the bodies nourished with polyunsaturated fats the chemical compound called malate aldehyde is formed - terrible stuff. Technical gases such as ethane and pentane are also formed, excreted by the body, defending itself against the poisoning. However, together with these gases we also excrete hydrogen - the best fuel for our tissues.

Concluding - which fats are the best for humans?

Those which are chemically the best. Therefore, the best are the fats which contain the highest percentage of energy contributing constituents, or in other words, such in which COOH group is attached...
damage won't be related to (he fat, but mainly lo the carbohydrates accompanying the consumption of fat. The biological (and factual) value of the fat is not exclusively related to long fully saturated chains of fatty acid. It is also related to the presence of important biological elements, occurring in the best "fatty" natural products of animal origin. Why must humans synthesise those elements in the body, if we can obtain them in our food? The most suitable for humans are fats contained in the yolk of a hen's egg. Those contained in quails' egg are similar, but these eggs are far more expensive. The real value of egg yolk fats, for our body, according to a reliable scientific investigation, is 4 times higher than the value of the fat from butter or cream, and dramatically higher than the biological (and factual) value of the remaining fats. From all the fats the most damaging is corn oil, since the greatest mortality rate over the 5-year period after a heart attack was recorded amongst the people using corn oil as the source of fat. Many currently fashionable plant-derived oils have not been investigated as yet. Some of them might be more damaging than the corn oil.

- **How fast is the body able to switch to the other form of the energy?**

  - Quite fast. The body simply builds-up the enzymes needed for the metabolism of fats and removes the ones used for the metabolism of carbohydrates. Under no circumstances should we mix different kinds of fuel or the two different sources of energy: fats and carbohydrates, more precisely we should maintain a correct proportion between the two.

- **We know already, that fats have to be the only significant source of energy for the human body, but apart from energy they also deliver important elements, such as enzymes, vitamins and minerals.**

  - Not all fats. Only animal fats contain all the necessary, for their own metabolism, elements such as enzymes, vitamins, and minerals in optimal quantity and proportion. Fats are made up in animal bodies with the help of almost the same enzymes, minerals and vitamins which are needed for their metabolism. By eating animal fats we not only receive concentrated energy, but we also receive all the fat-accompanying elements needed to obtain this energy, in the necessary quantity and proportion. The human body metabolises animal fats easily and such metabolism is energetically economical.

- **Should we follow biological and caloric value, or should we consider other factors when choosing fats?**

  - We have already covered that point. When considering the value of fats it is not enough to follow their caloric value, even though it is a very important indicator, but it is also important to take into account their biological value. Biological value is determined by the presence of enzymes, vitamins, mineral substances, and many other important biological constituents within fats. Though their caloric value is important, far better are the fats which during catabolism release more energy per unit of weight. The body obtains its useful energy from the "burning" of hydrogen. Carbon does not count for much as a source of energy. As a result of the catabolism of fats the body produces energy and heat. Energy is utilised in life sustaining chemical processes. Heat enables the maintenance of the correct body temperature. The higher the amount of burned hydrogen, the less need for oxygen with in the body. When we burn more carbon, the need for oxygen increases. The human body's ability to sustain maximal physical effort is limited by the availability of oxygen.

- **What about plant-derived fats, should we totally eliminate them from our diet?**

  - A minor portion of total amount of consumed fats may be plant-derived fat. The best are fats contained in products humans are able to eat raw: nuts, almonds, olives, sunflower seeds, and coconut flesh. Fats contained in products, which are inedible raw (corn, flax, soy), comprising many double (unsaturated) bonds should not be consumed. Margarine is always better (a solid fat, containing more hydrogen) than the oil out of which it is produced. Fats remain in the digestive system for a long time; this is a very positive effect. The digestive system is designed to slowly deliver the building blocks and energy containing matter. When choosing fats for consumption, especially during the initial phase of the optimal diet, the tables included at the end of this book should be consulted. When setting daily menus and during preparation of dishes, the fat content of primary products should be taken in to account.
Chapter II!

ARKADIA

- There were a few moments when one felt, that Jan Kwasniewski was one step from being famous. Firstly, when the Prime Minister took an interest in your project, later, when it was confirmed, that the optimal diet could be used as a causal treatment of many diseases. Then there was a time, when you became a TV star in the program, "A game for a million", during which you could have passed on your secret discovery to millions of people. Each time you were so close to achieving full success...

- That is the way it was meant to be. I do not have a grudge against anyone. There are many indications that maybe within this millennium "to the amazement of all the nations of the world the hope of tormented humanity will emerge from Poland".

- Finally, after those TV programs you became well known. Even though a mention of the "Kwasniewski's diet" elicited an ironic smile in some people, nevertheless, it was then, that the first chance of the opening of the centre, in which you could test the effectiveness of your diet on the large group of people, emerged.

- As a matter of fact, I had such a chance much earlier. When I was in charge of Ciechocinek's centre, in which I was treating patients using the diet and the selective electrical currents; 800-1000 people would arrive there daily. Taxi drivers recall those days as the golden period. People were coming from every part of Poland. Even from abroad the sick began to arrive. My patients took up half the private accommodation in Ciechocinek. Upon leaving, each patient would take the directives for the remainder of their life which would have been passed on to others. I was curing diabetes, atherosclerosis, Buerger's disease, neurosis, in an almost production-line fashion. People could not believe how simple it was. Of course, very soon, it all began to irritate some individuals. There were no bureaucracy, no forms, but the effectiveness was incredible. No wonder -- many professionally involved people felt under threat. I had to give up.

- And then, you decided to try again in the countryside of your birth, in the Kielce region. It was supposed to be some kind of debt repayment for the area forgotten by God and by people.

- The poverty of the Kielce region, about which everyone in Poland knows, I was able to experience through my own skin as a child. Poor, barren soil, shortages in nutrition for many generations, well - we know it all from the writing of Zeromski. I decided to help these people. As a medical practitioner I only knew one way, and when I was approached by a very well ran business "Agrotechnika" (some say that it was the first capitalist-like run business in socialism), I agreed on one condition - that "Arkadia" would be located somewhere in the area around Kielce, so my countryfolk would not have to travel far. In the spring of 1987 we found just the location, a motel in Cedzyna near Kielce, and there we decided to start again.

- That was some clinic... You as a director, your son as the administration manager, two nurses, a half-time bookkeeper, part of the floor which in the tourist season reverted to normal motel duties.

- And that was enough. People were waiting for months so they could come to see me. Patients were coming from Great Britain, Scandinavia, Germany, and Russia. Two-week terms; "miracles" occurring almost every day. People could not believe that they could change their life, but to do so they had to change their life-long habits. For some it came easier, for others it was hard, but the example of those who in one day gave up sugar, fruits, starch, was very potent. Patients were getting cured rapidly, even though in those days anyone who was prepared to spend a lot of money on the pretend-hospital treatment was very demanding and untrusting. But there were no complaints. In each and every case there was an improvement. That was happening at the end of the eighties. On the horizon appeared Minister Balcerowicz and his post-communist reform. During December 1990 prices in hotel accommodation jump tenfold, people are so "denuded" of their money that no one is able to think about their health. Nevertheless, I am able to sign-up next terms and so we are able to continue until the spring.

I was determined to finish observations of the effects, exerted by the selective electrical currents and the optimal diet in the treatment of the
selected diseases. I was gathering experiences, working out statistics. I had no doubt that my methods were effective.

I cured 1670 patients! I had a history of the disease of each patient, the progress of treatment, the list of drugs which were eliminated, types of physical treatment. People were leaving healthier and happy.

- The "Arkadia" book with the sign-ins of patients could be called The Book of Miracles...

- There were no miracles, only those on the outside could hold such a view. I knew what factors caused diseases and I simply removed them. At the end of every term, I asked patients to contact me should their health deteriorate, when for instance someone contracted cancer. Until this day, I have never received such an information from any of my former patients; these people are simply healthy. From that period, I recall a case of Mr M. a businessman from Ustka, who got to me "with the body throw on the line", for the last term in "Arkadia". He arrived in a wheelchair. He suffered from atherosclerosis of the brain, so he either laughed or cried, he suffered from vascular failure, he went through a very grave brain haemorrhage, his heart was severely damaged. Now that man is 72 years old, he travels the world, not long ago I received a postcard from him. He writes that he swims up to ten hours a day in the Red Sea...

- There were dozen of cases similar to Mr M's. Within the circle of my good acquaintances, I could name over a dozen of them. Incredible (but that might not be a right description) is particularly the case of a young, thirty something medical practitioner, a cardiologist from Katowice, who was struck down with multiple sclerosis. It was an incredible shock for him and his family. Unstoppable advances of the disease, repeated attacks, and absolute impotence of the medicine.

- I am in constant contact with that man. He has regained his full strength; he is working, he probably forgot that he was ever so sick. We were lucky to intervene in the initial stages of the MS, when the disease did not cause too much destruction, even though all the symptoms were present, and the magnetic resonance indicated brain changes, beyond any doubt. Apart from that, this man was fully conscious of the effect the changes in his diet, which I prepared for him, would bring.

I spoke to that medical practitioner a few times. He was convinced by a friend of his mother, who cured herself from many of her diseases to try your diet. She said: "What have you got to lose, try it." The sick medic decided to trust you, although he had no choice, since a professor, a very famous neurologist, after analysing the results of his tests said to him: "Son, do not cry." But after that, medic P. started to study thick biochemistry books and lie discovered that what was being said by Kwasniewski was in agreement with the latest knowledge. I remember his enthusiasm for you and your theory.

Even though I warned him not to disclose his beliefs in regard to my diet in his circles, this medic decided not to remain indifferent to the suffering and pain which were surrounding him. He persuaded a few of his friends, who were struggling against their excessive weight, convinced his wife, also a medical practitioner, to implement the optimal diet. Finally with my permission he set up his own practice in Katowice which he named Arkadia II. I know a lot about MS and I also know that it is impossible to reverse the organic changes (in this case) in the brain, but what counts is the ability to arrest the destruction caused by the disease which sentences people to life as an invalid, a life of suffering.

- Maybe you are unaware of that, but this medic later confronted another specialist within the field, who at one time also gave up on him. He said to him: "Have a look professor, I am alive, I am functioning, I have had no new attacks, I can move my hand." "I am surprised you are not in a wheelchair" - responded the specialist...

- Priest Professor Wlodzimierz Sedlak said at one time, that the demise of all authorities must also be reflected in the field of science and he added: "Science became an educated cadaver of thought, above which congregate expert players. If the encyclopedia of the ignorance of the acknowledged authorities in the history of science were to be published, it would number many fat volumes. Nothing will interest scientists any more. They are like oxen which feed on fenced-off pasture,"

- You are not sparing the authorities.

- Did they spare me?
I have never come across a more effective diet!

Lodz, 26.05.1994

I hold a Ph. D. degree in Biochemistry; I worked at the Institute of Human Nutrition Department of Hygiene at the Medical Academy in Lodz. The collaboration of the Institute of Human Nutrition with the medical practitioner Jan Kwasniewski goes back almost 20 years. It began when a special commission was set up, following the directive of then Prime Minister Piotr Jaroszewicz, by the Minister of Health and Social Care and the Minister of Education, to evaluate the results of the research conducted by Jan Kwasniewski.

Preliminary studies, conducted on laboratory animals, indicated that a low carbohydrate diet markedly lowers the level of cholesterol and other lipids in the blood. The animals were fed animal origin (mainly) proteins (eggs and cottage cheese - baked) in the proportion of 20% of the caloric intake, animal (only) fat (butter and lard, 50% each — baked) in the proportion of 70% of the caloric intake, carbohydrates as starch (wheat flour — baked) in the proportion of 10% of the caloric intake. The results showed that fats of animal origin, fried, mainly saturated, exerted anti-atherosclerotic action in animals on the low carbohydrate diet. (…)

It needs to be added that before us, the group of investigators under Prof. Dr S. Berger conducted experiments on the influence of the "optimal" diet on rats. These showed the positive effect of this diet on the weight of the brain and on the function of the central nervous system (brain).

The above-cited facts demonstrate J. Kwasniewski's knowledge in the field of human nutrition and his ability to utilise this knowledge in a practical way.

In my scientific career and in both national and international medical research journals, I never came across a description of a diet or any other method of treatment with similar effectiveness in the treatment of variety of diseases.

Dr Włodzimierz Ponomarenko

Chapter IV

THE HISTORY OF SIN (ORIGINAL)

- Is it possible for humans guided by their senses, to choose the best nutrition for the human body? Nutrition which would not be damaging to health.

- Why does the cow not eat sheep or rabbit? The answer is simple. Neither sheep nor rabbit taste good to the cow. Why does a wolf not eat potatoes, wheat, grass or an apple? The answer is the same. These products do not taste good to the wolf: they are inedible. Both the eaten and the eaters are guided in their gathering of food by the taste (mainly) as well as their ability to source that food. In most cases, the products which are the best for those animals, for their bodies, are the tastiest ones and are eaten as the first choice.

Such principles, common to all living creatures, were forgotten by human beings. However, there is a major difference between all animals and human beings in the way their food is consumed. All animals consume their food raw. Humans change the taste of their food by processing. This uniquely human ability to process food is at the root of all its negative consequences. Without the processing of food by the first humans, without changes to the taste and the properties of foods, not only would so-called Original Sin not have occurred, but also, the human who calls itself the thinking man would not be around. However, answering your question straight, I believe that humans are unable and will be unable for a long time to come, to distinguish between good and bad foods.

- But perhaps the "caste of the wise men" attributed the prohibitions and commands to the gods. It is fascinating how the Creator could have known about trichinosis, rabies…

- Gods, who created human beings did not believe, but these gods knew. Since they knew, they were able to execute a well-designed experiment. The God of Noah did not know about trichinosis. The God of Moses was aware of all the animals, that transmitted trichinosis, and all of those animals were excluded from the human menu. God knew also about rabies and tried to protect people against it by forbidding the consumption of fallen animals, those mauled and killed by carnivores,
in particular. The God of Moses did not know if chlorella, which he found and investigated on Earth, could be suitable for production of food for humans - using water, minerals and light. This light did not necessarily originate from the sun.

- And the gods went ahead with the experiment...
  - They went about it the same way as today's scientific experiments are done. They chose a group of genetically uniform people (the same criteria are used by science when choosing an animal model). The Jews, who were the descendants of Jacob and his sons, and who did not mix with the Egyptians, who during the 500 years of the stay in Egypt transformed themselves into "human cattle" - slaves, were the best subjects for this experiment. They had to be isolated. The best solution was the desert, where food was hard to source.

  The Jews were given a machine to produce manna. The machine was dangerous. It contained a small nuclear reactor to produce light, a constant temperature to cultivate chlorella and to cool a large canopy which allowed the collection of water from the air - as is written in the book of Zohar. Moses, Aaron and his sons had been trained in the use of the machine and given safety instructions, as we would say today - OH&S instructions. They were equipped with protective clothing against the radiation. The Bible contains description of many cases of radiation sickness affecting those who did not follow OH&S instructions, or simply looked at and touched the machine, as was the case with the Philistines.

  The experiment had to go on for at least 2 generations. Therefore, Moses led his people around the desert for 40 years. In the desert the Jews used the manna as their nutrition, exclusively. It was rationed exactly - one omer (about 4 litres) per family/day. The day before the machine was cleaned and refilled, another type of manna that was suitable for storage till the next day, was made in double the quantity.

  The Bible does not mention that priests did not eat the manna, but that was indeed the case. The soldiers did not eat manna either, because they would not have been valuable fighters, 10 of whom could run after 100 enemy soldiers, and 500 could run after up to 10,000. That was secret knowledge.

  The Jews entered The Promised Land as the nation with a very efficient national brain (priests), with the best army in the world, with a large and very obedient population.

  Is manna suitable for humans? "From that manna our fathers became rams which were lead by whoever, wherever and in whichever way. It is better to starve to death than to eat that yellow flour" - it was written in books. The experiment proved that manna was not suitable for gods or for people. A simple organism such as chlorella cannot synthesise all the required nutrients for a human or a god's body. It was possible to foresee this without an experiment.

  - Various diseases decimated humankind independent of the type of nutrition. Typhoid, plague, measles, tuberculosis, influenza, now AIDS. It is God's punishment, or should I say a kind of self-regulatory mechanism which is switched on from time to time by Mother Nature?

  - Stanislaw Staszic wrote: "And plague is of your doing" - thinking about the governing elites. When did epidemics come about? After destructive wars, during the years of poor crops. Hunger was always followed by plague. The reason for the transmission of infectious diseases is a wrong change in the model of nutrition within large populations. Fasting gives the same results. Why do most cold and influenza epidemics happen around the times of Christmas and Easter? Lower resistance. In the concentration camps the resistance of the prisoners decreased to such a degree that a small nick in the skin caused gangrene. I read the stories from the American Secession War which described cases of soldiers held prisoner in the opposition camps who died from gangrene after being hit by a belt buckle. The human being nourished with the optimal diet has such a resistance that no disease is frightening for him/her. There is yet another cause for the degradation of humankind as a species, and our lower resistance to disease. Well, humans started to multiply with incredible speed, breaking all the rules of nature. All of that led to such consequences. If insects multiplied at such an uncontrolled rate, as do humans, after a year there would not be any space left on earth. A healthy species has an unwritten rule: two parents - two children.

  - The Creator designed his project - the human being - very precisely. Humans are equipped with excellent senses, mobility,
and internal organs. Even the most intricate details were not forgotten, for instance immunity. Are you not suggesting, that something was forgotten? Was a lesson, which would have given as a set of instructions on how to use our body, forgotten?

- Such a lesson took place, however, a string of strange circumstances led to a total mix-up in human minds. God divided human beings and the rest of nature into two groups: the eaters and the eaten. For the eaten is pasture, for the eaters is all the rest. But humans with their mixed-up minds started mixing fats, proteins, and carbohydrates in their cooking pot. They did not care what they were eating and in what proportion. The rise and fall of many previous civilisations are the best examples of this process. The fox that starts to feed on potatoes will drop dead, or will degenerate. What happens to cows being fed protein, animal-derived, fodder has been clearly only recently demonstrated in England with disastrous consequences not just for farmers but for the country as a whole.

The same goes for humans, if we "sin" against the natural order of things, both directly and indirectly, the danger of death becomes very real - the victims of CJD, a disease acquired by eating the meat of cows suffering from "mad cow disease" are the best testimony.

- We are discussing the "act of creation", "Original Sin", God. Our discussion starts to touch on the problems of religion, beliefs. Humankind suffers and gets sick regardless of religion, regardless of how they celebrate their god. When I said that the Creator "designed human beings," I was thinking about some unwritten convention which is also used even by the respectable followers of Darwin's theory.

- But you have used the most appropriate terminology. Contrary to what science says, human beings were created and a very detailed description of this act is available. We are the descendants of one mother or a few sisters, and it all began roughly 170 thousand years ago. How do we know? From the analysis of the genetic material which was passed on by our forefathers, but more precisely our foremothers, since the genes which we are talking about are passed on exclusively by females in mitochondria. Genetic material changes slowly over time and it is possible to calculate how much it changed over the years, thousand of years, hundred thousand of years...

- You are probably offended by the term "anthropoidal ape", and the evolution theory according to you is garbage?

For 20 million years the Earth has been inhabited by strange beings including apes. The Neanderthal is one of these kinds of ape. Involution theory does not miss just one link; this theory is full of gaps. It is well known that some parts of the earth were inhabited intermittently by humans and Neanderthals. There is evidence to support this. The Hook of Genesis, apart from humans mentions other beings which the Sumerians called Meloses meaning non-humans, and the proof of their existence is the biblical history of Cain, who kills his brother.

- Then, gods created humans to resemble themselves, giving (hem stable, long life, without disease, or otherwise a paradise on Earth.

- The gods created humans using their own genetic material, in order to facilitate healthy development, healthy life, and healthy brain function. They passed on the knowledge of how to obtain better nutrition, better than the best and the fastest carnivores could obtain. As long as humankind followed the gods' commandments, the earth was a paradise. Our ancestors were meant to eat food suitable for carnivores, but further enhanced. Only carnivores and humans have incisors, and the structure of the digestive system is the same in humans and carnivores. Gods gave humans fire. Edible for humans, raw products become far better when processed with the help of fire. Thus humans, whilst eating the same as that which is eaten by the tiger, would eat far better food. As a result of humans having fire, a new quality emerged, and this new quality had to result in changes not seen in the other species. It was the ability to maintain the appropriate size of the brain, not allowing for the reduction in its size, the ability to deliver the appropriate form of energy assuring healthy brain function. As the result of Original Sin, the volume of the human brain had been decreasing and at present it is approx. 0.6 l smaller than the one seen in human ancestors, and the function of the brain became forever pathological. The volume of the human brain, at its smallest in medieval times, has been slowly growing for the last few hundred years.

- According to your reasoning, gods make humans to resemble themselves, firstly to make some use of them, secondly so they can...
build the god's kingdom on Earth. Why did they not intervene, when far from perfect humans were not able to fulfil their demands?

- The aim of the gods was to leave a thinking being on the Earth, so they could build a wise civilisation, with a high level of technical development, in possession of knowledge which would help the gods to spread life and wisdom throughout the Cosmos, wherever it was possible. The gods have intervened on the Earth many times. The last sure intervention took place during the time of Moses. That wise man of Israel was again given the correct model of nutrition, and different models of nutrition were given for the other strata of society, since during those times, within the shepherd's tribe, the best nutrition could only suffice for a select few, for people of wisdom, for the tribal brain. The content of the rabbis' and their families' diet is cited in the Bible on many occasions. They were supposed to consume, in the first place, the best fat of young, healthy and properly fed animals, as well as liver, kidneys and some meat from those parts of the animal's body where there were active phosphoric compounds, carriers of pure energy, accumulated in the highest amounts. Thus the aim was to create the "caste of the wise".

- Our ancestors consumed simple foods, mostly uniform, they rarely suffered from cancer, did not suffer from stress, lived in a clean environment, however, their average lifespan was far shorter than ours.

- Some time ago I researched that problem. That problem also intrigued me. I found a substantial book by Rosset, in which the author described the process of aging in different populations, citing various investigations undertaken in that field. In it, comparisons were made between the average length of life of "famous statesmen" living during the first century AD in Rome, and during the twentieth century in Europe. The results were not at all surprising to me. In ancient Rome, "famous statesmen" lived longer than their equivalents in modern Europe, even though two thousand years ago there were no surgical procedures for appendix, obstructions of intestinal tract, stomach, or prostate. In ancient times there were no treatments for plague, measles. And regardless of that these people lived longer than we do. Why? They were able to choose better foods and knew which the bad ones were. When some medical practitioners illustrating the progress of modern medicine state that the average lifespan in the Middle Ages was 20-22 years, they are telling the truth. But they forget to add, that in every 1000 life births - 800 babies died, thus the average lifespan was dramatically lowered.

Then there was a certain Thomas Parr who visited the English court. At that time he was 150 years old, of which there was an irrefutable proof. However, Thomas "fed and watered appropriately" and died soon thanks to that hospitality. He could not have survived since his nutritional habits were totally altered. The King's medic William Harvey, whilst undertaking the autopsy of this methuselah was unable to find any sign of atherosclerosis. There was also no detectable calcification of rib cartilage, although this is the first sign of aging in humans. There is only one conclusion: in Parr's case the process of aging proceeded far slower than for other people.

- Let's recapitulate. As a consequence of Original Sin human beings are unable to distinguish between good and bad, thus unable to pick good products and discard bad ones. The gods intervene many times, when their not-wise-enough sons start to run into trouble, but they are unable to make up their mind if they should wipe out the consequences of Original Sin. They decide, that humankind should do it for themselves.

- In the bypassed, not well understood, and rejected parts of the Bible, there is a hidden key which will enable the solution of the most important problems for humankind. This key is inaccessible for modern humans. The biggest obstacle on the way to God's promised kingdom on Earth is the lack of knowledge about the fact that modern humans are still unable to distinguish between good and bad. Ever present is incorrect brain function in all people, making it impossible to discover the first (the main) reason of evil, and so making its removal impossible. Only that would enable the formation of the biological basis for understanding in which passages of the Bible the required key had been hidden. The authors of the earlier texts (mainly Sumerian - until Abraham), and the authors of the Bible, who later made use of those texts, possessed far better brains than do modern humans. Their knowledge has been deeply hidden until conditions on the Earth would enable the appearance of humans (or maybe one human) equipped with
brains able to distinguish between good and bad, thus possessing total knowledge - what is most important for humanity. The authors of the Bible knew that one day such conditions would occur on Earth and that such a human would appear. The followers of Judaism are sure of it.

- Humanity in a noble move of discovery makes a stand against the gods by picking an apple from the tree of knowledge. And thus, such an "innocent" gesture will bear down heavily on all future human generations. But maybe people got bored in paradise and they wished for a change.

- According to the message encoded in the Book of Genesis, people were able to distinguish good from bad (as did God or the gods) for a period of time during which they strictly followed God's commands and did not consume products from the chemical group similar to the biblical apple. People themselves introduced foods which God did not allow humans to consume (and which they would not have been able to consume without the use of fire) into their menu. These foods caused Original Sin, disabled (chemically) the human brain's ability to distinguish good from bad, and closed access to knowledge, wisdom and truth.

There was no alternative

In the autumn of 1993, I noticed strange symptoms in myself. First my legs started to get numb then double vision set in. I felt terrible. The walls around me "were floating", I could not gather my thoughts, I almost gave up walking. I admitted myself to a clinic - diagnosis: Vertigo, dizziness...I was sure that something far worse was happening in my head. I considered a tumour, then I thought it might be MS. I went to a specialist medical centre near Warsaw. Magnetic resonance could not be wrong — multiple fields of demyelization. The sentence: multiple sclerosis. What could I say? — That the whole world collapsed around me, that I could only think about a wheelchair, good crutches. A month of deep depression. Incurable disease...Steroids, with which I was stuffing myself, were causing terrible side effects. I was feeling worse and worse. I knew that my brain looked as if it had been attacked by moths. Professors, a bio-energy therapist, I was grabbing every possible hope. Finally, Mrs Barbara, who has been on Kwasniewski’s diet for few years, said: "Olek, what have you got to lose, try eating like that". I went to Ciechocinek and I said to Dr Kwasniewski that I was working as cardio-surgeon, that MS has been confirmed by magnetic resonance, that my condition was deteriorating rapidly. "If you can, please save me, sir" - I pleaded. We talked for five hours. I was given a book. "If you wish you can adopt my diet, if not, throw the book out" - said the medic. I still have this book. I bound it. I keep it by my side most of the time. I arrived home with great difficulty; the disease has been in a relapse phase for some time. All attempts of rehabilitation had no impact. I lost one hand, I could not touch the top of my nose, I did not know where my pocket was, I could not feel my fingers. Sol-Medrol - 3 grams! Followed by steroid withdrawal syndrome. Low blood pressure and pins & needles in my hands. What kind of surgeon am I without only one hand? After <>) months on the diet most of the symptoms were gone. Only faint pins & needles in my elbow remained. I lost 20 kg of my body weight. It has been almost three years since then, and I am cured - just a moment, am I cured? I work normally, I do not even catch any colds, I have no new symptoms of the disease at all. Someone who was affected by MS
knows how awful this disease is. It is like rolling down on an angled plane, it is bad and it only gets worse. Not long ago Mrs Professor said to me: "This diet allows for a remission", meaning a period in between the attacks of the disease. That is correct, the organic changes are irreversible, the central nervous system can not regenerate MS cannot be cured and Kwasniewski knows that too, but I am happy as it is, and I am grateful to him for that. So far there have been no relapses of the disease, even though for some the state of my health is questionable. I was not given any alternative.

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Chapter V
THE GOLDEN RULE OF PROPORTION, OR THE FORMULA OF LIFE

- The fundamental rule of the optimal diet is the preservation of proportion between protein, fat and carbohydrates. The "formula of life" worked out by you can be written as: 1:2.5-3.5:0.3-0.5. The first number relates to protein, second to fat, third to carbohydrates.

- I first wrote in 1972 about the most suitable for humans proportions between energy-carrying nutrients in a Polish weekly, Perspektywy. I already knew that most of the diseases afflicting humans originate in the failure to keep a correct proportion between the sources of energy in food. A different source of energy is used in the rocket and a different one in the steam engine, and these fuels cannot be interchanged. Organisms of animals and humans are built in such a way that they need to utilise uniform fuel, thus organisms of herbivores are supplied with carbohydrates as an almost exclusive source of energy (they do not eat fat after all). Meat eaters or carnivores do not eat carbohydrate-containing products at all, because the fats delivered in food or made from the proteins (own or delivered) are the main source of energy for them. If anyone breaks the golden rule of proportion then one should be prepared to accept the consequences of coming down with Buerger’s disease, MS, rheumatoid arthritis, hyperthyroidism, type I diabetes, scleroderma, hypertension, hypertrophic myocardialophathy, some types of cancer. One could ask why the person suffering from one of the above mentioned diseases does not concurrently suffer from atherosclerosis or migraine. It is a result of a different proportion between the main nutritional constituents occurring in the food of the sufferers from the above diseases and the sufferers from atherosclerosis, hypothyroidism, sclerotic hypertension, liver stones, degenerative disease of joints, gout, thrombosis or coronary blockage, and stroke caused by atherosclerosis. That is why the former group of diseases is classified as "anti-atherosclerotic syndromes". Similarly, it is very rare to see
someone suffering from neurasthenia and a stomach ulcer at the same time, since these diseases are caused by different kinds of nutrition. My model of nutrition, as biochemically the best for the human organism, allows elimination of most of these diseases.

- **The proportions in the optimal diet may be** varied depending on the condition of the organism, type of diseases suffered from, and the age of the patient.

- During the first 3-4 weeks of implementation of the optimal diet when the body gets used to the new style of nutrition, the adjustment of the proportions according to the individual needs of the organism is particularly important. For instance, in obese patients, one needs to stimulate the catabolism of fat from their own stores, thus in this initial period more protein and less fat needs to be supplied. After the state of protein equilibrium is reached, i.e., when the amount of protein eaten and excreted is the same, the consumption of calories decreases, and the proportions in the diet can be adjusted to the ideal model - 1:3 - one part protein to three parts of fat.

- How long does it take for the organism to adjust to the new model of nutrition?

- Four weeks in young people and 2-3 months in older people. During this time the body starts to build the "machines" for the burning of new a kind of energy, our tissues are getting used to the new, far more calorific fat. Changes occur in the whole body. However, this "revolution" does not hurt, and most of the time is almost unfelt.

- Practically everyone, who has changed over to the optimal diet, notices a marked reduction in the amount of food eaten. One does not get hungry, even though volumewise the food intake is small and quite infrequent, 2 to 3 times a day. On the other hand, the authors of some diets propose that the more work is performed by our digestive system the better. They order us to stuff ourselves with bran, oat flakes, sprouts, or raw vegetables.

- Plinius observed a long time ago that it is advantageous to reduce the amount of anything which could stress our stomach in any way. The point is that the foods which we eat should come from the last links of the food chain, that they are maximally concentrated and maximally enriched outside our body. An example from fuel technology illustrates this thesis very well. Why use 30 litres of petrol

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I know the case of one patient, a woman who suffered from obstruction of the kidneys. This person was convinced by someone from her circle to try my diet. Without consultation with me, without precise directions she began to feed herself on the advice of a third person. As I was told later, this lady had to terminate the supposedly optimal diet when her condition deteriorated. I was able to analyse this particular case. Diseased kidneys - that always means increased amounts of urea and creatinine, thus in such a case additional protein should not have been included in the diet. Meanwhile this patient started from enrichment of her diet with proteins since she "preferred this kind of food over the fats". And that was her mistake. Her liver was unable to tidy up the mess which that person cooked up for herself.

- This example should convey a message that for some disease states adoption of the optimal diet without consultation may result in the opposite results to desired ones.

- A person wishing to properly treat his/her body should possess all he necessary knowledge about its function. No one should ever attempt to act in the dark, trying to guess or because someone has advised them to do so. Nonetheless, people who do not understand the basic metabolic processes do confuse basic concepts. They say for instance: "sugar is not healthy, but honey... honey is excellent!" Rubbish! There is hardly any difference between sugar and honey, how can one forbid the eating of sugar and at the same time recommend the consumption of honey. I have often come across this kind of "professional" advice.

- Are you aware of people who after a long period on the optimal diet abandoned it?
- Such cases are very rare. My observations indicate that one in a hundred of people who were introduced to my diet abandon it after a period of time. Most often the reasons are external - a change of environment, a long-term trip, often abroad, treatment in a closed medical centre. However, for instance, from 55 sufferers from Buerger's disease whom I started to treat many years ago, none abandoned the optimal diet. They know very well that a return to bad old habits has to bring back the pain and suffering. Those who abandon the diet are mainly those people who did not have any symptoms to start with and adopted the diet to satisfy their curiosity or simply to improve their general well-being. And since their bodies have not rebelled as yet, they allow themselves to eat anything. The fact that someone abandons the diet can sometimes result from peer-pressure, most often the pressure from a close family that cannot accept the "dissimilarity" of habits of one of its members. It is very sad, because after all, everyone should be allowed to decide for himself or herself.

- The proportions of food constituents in the optimal diet should also reflect the type of disease one suffers from. In other words, for the regeneration of internal organs we have to deliver the type of material such organs are built from.

- Precisely. One who has a sick liver should consume fried liver; one who suffers from joint disease should supply cartilage, tendons and ligaments to the organism. In multiple sclerosis consumption of animal brains would be important. In summary, it is important to consider not only the biochemical proportions of P:F:C (protein, fat, carbohydrates), but also the kind and the composition of the animal products we consume.

Hu( maybe Kwasniewski's diet works on the same principle as looking into Uri Geller's eyes through the TV screen, or as holding hmiiris during the bioenergotherapeutic group sessions, as putting hands on the top of the head. Maybe it is all due to collective Nii|\s\'s\tion or something like that?

When asked this sort of question I always answer the following: "If I lie Minister of Health is responsible for the health of the nation, he/she ought to, using all available to him/her resources try to improve i()v( in. In one of his many works in which he stated duties and the behaviour of the medical profession, Hippocrates wrote it iraiiful sentence which ought to be familiar to each medical iuiiiioner and which goes: "The physician will never dispute any new uielliod of treatment without first trying it out". I remember how many times these words returned to me, when I tried to popularise my r\riv\ive electrical currents as a method of treatment. Many did not h.ivc ;i clue what these currents were all about. However, many were Hi,iiiKl the treatment, therefore, by definition (according to Hippocrates) llu'M- people were not medical practitioners. But to tell the truth, noun-limes I am not surprised by the attitude of my fellow practitioners. All health care (in Poland) does not provide a good income, lleuToie if only for that simple reason, medics are unable to correct illM model of nutrition. On top of it, many of them eat hospital-served I(!1(1 and what is served there we all know — a little tub of jam, fat-free thi'csi-, mashed potatoes, white bread. On that sort of nutrition there is no chance for improvement in the functioning of the human brain. It is haul io blame those people. However, those working in the field of the basic sciences (in Poland) practice the worst nutrition. These people Mi- IK - poorest, therefore, their model of nutrition is the worst. In what ti p;ii ions state Polish basic sciences are is well known to everyone. It is .iI due lo the populisation of the so called anti-atherosclerotic, low-i-alone and low fat diet which effectively washes out oil and the rest of wisdom from the human head. Our scientists have lost the remainder of iilii-i miellect and even they themselves have noticed that the times of llH - "tvlul discoverers are gone.
- In the region of Silesia there is a saying which fits the situation - "You eat anything, you say anything".
- That is a very wise proverb.
- Let us return to bioenergotherapy. You can not deny that healers and unconventional medicine become the only salvation for people, who were left for dead by their medics. Anyway, Professor Aleksandrowicz once said, that health is too precious to be left in the hands of medics. It may not be just ironic.
- Professor Aleksandrowicz also said that there are no incurable diseases, only our knowledge is limited. I will repeat once again: please investigate how many patients and what diseases were cured by these alternative methods. One also has to make sure that the results of these methods of treatment are permanent. When we know the answer to these questions we can then decide which methods we prefer. Allow me to illustrate what I am talking about with a part of a letter I received this morning. My correspondent suffers from ulcerative inflammation of the colon. And these are the recommendations of quacks and energotherapists received by him thus far...

Dear doctor, would you please cross out the foods and the treatments which should not be used (Colitis ulcerosa chronica):

1. Eating pumpkin and sunflower seeds
2. Compresses of castor oil on the right side of the stomach (liver, gall bladder, appendix)
3. Herbs for neurosis, stomach ulcers, colon
4. Wheat husks
5. Purified naphtha (petrol)
6. Brewers yeast
7. Vitamin B complex, Vit. Cforte
8. Fish oil (one spoon per day)
9. Wheat sprouts
10. Juices from carrots, beetroot, potatoes, celery, cabbage
11. Honey
12. Drinking one litre of warm water in the morning
13. Olive oil before going to sleep (one spoon, to cleanse toxins)
14. Baths in the water with oats straw
15. Bracket fungus, white and black from our forest
16. Hikom - electric currents which locate and withdraw sick spots, convert them to healthy ones and return them back to the body. Each session takes 30 min. (I took 12 sessions) I/. Foot massage
17. Of the receptors of all organs including the sick ones
18. HSM - putting of two hands on top of head (30 min. one session)
20. Sleeping on a water vein and geopathic net - the cause of my disease. I/. Everyday breathing exercises, exercising upper limbs, lower in the evening. Walking like a cat, bear — according to Edgar Cayce from America
21. Draining juice with wine
22. Drinking beef juice
23. Eating three vegetables which grow on the surface and one growing below
24. Drinking red wine with egg yolk
25. Cooking Chinese soups (8 hours) respecting the order of addition of four elements, Water, Fire, Earth, Metal.
26. Drinking aloe juice with wine
27. Drinking morning urine three times a day
28. Starvation for a duration of 1-21 days
29. Eating buckweed, barley
30. TP1 and TP2 (microelements) from Doctor Podbielski from Międzyrzecz Wielkopolskie
31. Herbs from monks from the Lodz monastery
32. Munjo - resin from rocks from Tibet

This man also added, that his little pendulum indicator shows him I will be able to help him. Well, faced with the pendulum I have to live up... But please make a note of how all these absurdities mix up people's minds. That is simply incredible.

- But Sir, the list of "magic and secret knowledge" which you nave cited can certainly prove one thing: conventional, traditional medicine, with all its clinical and research back-up, huge groups of scientists working in laboratories, with the modern pharmaceutical industry, with excellent diagnostic methodology, cannot cure many diseases, therefore, patients are forced to turn to alternative nu'llhods of treatment.
- Why not analyse the effects of medical treatments received within your circle of friends, within your immediate family? After all, people who stay in hospitals or are treated externally, or try to recover in sanatoria never return home permanently cured. Diseases return. It can not be any other way, since people never change their nutritional habits permanently. Well, medicine... There are diseases which can be cured effectively by it; I have no doubts about that, but why should we treat them when a proper model of nutrition can eliminate most of them. OK, let's assume anyway, that the body has been attacked by bacteria, we have an infection; in most such cases a medic prescribes antibiotics. But what is happening?! Many bacteria develop a resistance to common antibiotics. The problem therefore is that medicine always tries to tackle the effects, without removing the causes of these diseases. In the meantime, humans have no chance in a duel with Nature.

In the United States during the late sixties and early seventies, the incidence of cardiac infarcts, diseases of the vasculature, and high blood pressure decreased markedly. Was it a result of the discovery of some wonder drug against those diseases or was it due to the improvement in the quality of medical care? No. It was, without a doubt, a result of the improvement in human nutrition in the US. After a period of awful eating habits during the first 50 years of this century, Americans wised up and started to eat more rationally. For instance, they markedly cut down their consumption of sugar. Twenty years ago in the US the daily consumption of carbohydrates per head was 280 grams, whereas in Poland during the same time it was as much as 650 grams.

- People are nevertheless trying to find the causes of their diseases. For a few years now, the so-called "health food" has gained enormous popularity. Vegetables and fruits produced from ecological plantations and farms, biodynamic farms, from regions unpolluted by industry, are meant to improve our health by reducing exposure to poisons.

- This "healthy" food is healthy only in the minds of those who are making a lot of money from it, compared with normal food. What difference does it make if we eat an apple which comes from the apple tree growing behind the shed? The chemical content of the apple will be the same and it will produce the same damage it has produced in our body. It is possible to produce "healthy" hashish, cocaine, morphine, tobacco or other poisons, for instance sugar, but if we do not know that the sugar produces the most damage, then how can we talk about healthy eating? It is this sidetracking and propagation of misinformation which results from a lack of knowledge.

- Lots of people with totally devastated bodies and with serious diseases came to you when you were working at "Arkadia", in Cedzyna near Kielce. In order to save their life they had tried everything, they admitted themselves to the best clinics, and they went to seek help from quacks. Some of them were in the terminal stages of their disease. It takes a very brave man to take someone's life into his hands. Were you not afraid of defeat? After all, these people approached you because no one else was able to help them.

- I have never sent anyone home, I could not have done it. You came to Cedzyna and spoke to my patients. Then, you must know that they believed in me, they believed that I would be able to help them, so I could not have failed them. Of course there were some critically ill patients, but there was not a single case that I would have known and I could not help, and even so, I would have undertaken the treatment. After all, the whole treatment came down to only teaching these people how to deal with their bodies. In most cases, I assisted the healing process with the selective electric currents and performed diagnostic tests every few days. We checked the morphology of the blood and the sedimentation rate of red blood cells (ESR), by which we were able to demonstrate an improvement very clearly. Then, what was I to fear? After all, I was not taking the advantage of those people. Besides, I did not do it for the money or for the fame.

- And if you had not succeeded?

- I never induced any unfounded hopes in anyone, never made any promises which would have been contrary to my knowledge. I would see, for instance, a patient suffering from diabetes. Conventional medicine is able to offer him a draconian diet and insulin till the end of his life which by the way has to be far shorter than an average life. I would tell him that if he continued eating in the same way, then he would never recover from diabetes. I described the principles of the
optimal diet, but he asked when he would be cured. I answered that it might take from a few weeks to a few months, because everything depends on the amount of medications he was on and the overall state of his organism. And in such a case I was sure that I would be able to help this man. And I did help. There are already thousands of people like that.

- From the moment people understood that medicine, even the most advanced, would not be able to cure some diseases, alternative medications available without a prescription became very popular. Swedish bitters, various herbal concoctions, aloe preparations, dozens of tinctures "for everything" are selling like hotcakes.

- These preparations are useful, but mostly for their producers. They are making a killing selling them because their costs are minimal and the profits enormous. Do such Swedish bitters occur in the human body? Therefore, how do people introduce such substances into their bodies? The effectiveness of these wonder potions comes mainly from people's belief in their amazing properties.

- I always wondered about the antagonism of modern medicine against the not officially accepted methods of helping sick people, even though they work. Cases of people being cured during bioenergotherapeutic sessions are well documented. Acupuncture, acupressure - these are efficacious and accepted in some countries as treatments, for instance, for pain but medics continue to stuff people with pills.

- I repeat once again, it is a duty of the Minister of Health to undertake a wide-scale investigation into various methods of treatment in order to select the most successful one.

We need to have a hundred patients suffering from Buerger's disease, asthma, diabetes, hypertension and observe the results of a treatment for half a year, for instance. It should make no difference if it meant putting hands on top of the head, drinking Tibetan resin or looking into the eyes of Mr Geller. What should count is the effect. If the effect is good, from next year Tibetan resin or aloe vera juice should be given out in pre-schools and of course in hospitals. But they all have to be tested, as the optimal diet was tested some time ago.

- For people whose hope was taken away, preparations like "cat's claw", "herbs of Indian potion women" or "Tibetan resin" must suffice.

- I managed to cure the "incurable" (according to medical practitioners) diseases in hundreds of cases, because I knew the cause of these diseases. What good is even the best medication for someone, if that someone does not know, and therefore, is unable to remove the cause of the evil which arose in their body? Every disease is very expensive. The patient as well as the whole of the society absorb these expenses. The answer is to treat it in the most effective way, but the best solution is not to allow the development of the disease. People who save money, for example on food, so they can buy the resin from Tibet are almost condemned, nothing can help them any more.

- Nevertheless, many families, especially those on low incomes, do save in the kitchen...

- What is saving? Saving means spending money in a smart way. One should not try to save on one's health. If a person tries to save on health then later the saving will have to apply to everything else. If someone gets sick, his/hers work is less productive if they are able to work at all, therefore, he or she will have less money. He or she will go on sickness benefits earlier, therefore, their productive life will be shortened.
Chapter VII
UNDER "THE CURRENT"

- You were one of the pioneers of the implementation of selective electric currents that are able to stimulate parasympathetic and sympathetic system in the human body.

- At the end of the sixties I received two expensive pieces of equipment which were suitable for use in the treatment with selective electric currents. This concept was an absolute novelty, no one knew what it was all about, no one knew which diseases this treatment was suitable for or how to use the equipment. I took an active interest, started to read, to experiment. I already knew that some types of currents were able, through the stimulation of the parasympathetic system, to dilate the arteries. That was very important in diseases such as the atherosclerosis, Buerger's disease, Reynaud's disease, in paresis, paralysis, etc. Moreover, positive changes brought about by the action of electric fields are permanent, as was thought by their discoverer, an Austrian physiologist, who in the first half of the fifties described these different types and their therapeutic properties. Some time ago a certain colonel, who was suffering from a serious disease of the vasculature of the lower legs, was recuperating in Ciechocinek. "Please save me doctor, or they will cut off my legs" - he pleaded. I decided to test the electric currents. The effects exceeded my highest expectations. After three weeks this not so young military man was able to walk in the snow from Ciechocinek to Nieszawa and return on his own. After 6 months he came first in his age group in a 5-km run! I examined him after 12 months and I could not see any sign of the disease. Artherography did not show any pathological changes! It is obvious that the effect was not due just to the currents - when he was leaving I told him what he was to eat. He listened to me.

- Can you please describe the mechanism of the action of selective electrical currents on the human body?

- Unfortunately, this requires a kind of introduction to the subject. Well, during my endeavours to find more effective methods of treatment, I got interested in the investigative studies of E. Henssage that he conducted between 1951 and 1956 with regard to selective particularly the electric currents acting on the vegetative system. In one of the sanatoria in Ciechocinek where I was working, I stumbled on a primitive apparatus (galvano-stimulator) which enabled I lie production of currents with particular parameters, including the parameters of the so-called "electric dream" and parameters stimulating I lie parasympathetic system.

A current with a 10 mA intensity is totally safe for humans. In order to insure total safety for patients, to whom currents were applied to the central nervous system (CNS), I commissioned the installation of external safety switches on the equipment which would destruct if the current accidentally went above 10 mA. The currents applied to CNS were only applied in such a setting. I never came across any deleterious or even unpleasant effect of selective currents for a patient, during the use of the currents on the CNS.

- The Chinese have known for a long time that most of diseases have their origin in the disturbances of the vegetative system. Disturbances in the functioning of Yang and Yin can be treated however with acupuncture or as you have discovered... with currents.

- Traditional Chinese medicine considered disturbances in the functioning of Yang (sympathetic system) and Yin (parasympathetic system) as a main cause of disease, and the effects of acupuncture and other similar techniques, non-specifically affecting the vegetative system, are still quite effective. However, specific stimulation of the sympathetic or parasympathetic system, depending on indications, exerts a positive effect in every case, since in every case it causes distinct changes in the function of the vegetative system. Adjustment of disturbances in the functioning of the vegetative system with the help of currents stimulating the parasympathetic system (PS) or currents stimulating the sympathetic system (S), proved to be effective, cheap, and totally harmless for the patient and having permanent results, as a method of treatment. I discovered that selective currents could be dosed. PS and S currents work antagonistically, therefore accidental "overdosing" with one of them can be removed with the application of the current acting with the opposing action.

- Chinese physiotherapy is unable to help every one, what about the currents?
None of the methods based on the traditional Chinese medicine or any other method of treatment used in physical therapy, is effective in every case. Always, after a series of treatments in some patients there is an improvement, in some there is no improvement, in some there is a deterioration. And there is no other way, since every organism is different, reacting differently to the same treatments. All kinds of energy acting on the human body, including the different kinds of energy used in physical methods of treatment, do not exert a specific action; all are converted by the organism to electromagnetic energy, however, such a change does not always bring a positive health effect. Stimulation of the vegetative system with a certain kind of non-specific energy does not have to lead to an improvement in the functioning of a system, it can lead to a stronger disturbance in such a system, and in the final effect cause increased intensity in the symptoms of the disease. The results obtained with the help of different treatment methods (different kinds of energy) are most often non-permanent, requiring repeated treatment. Selective currents acting on the vegetative system do not have these problems. Practically, they act as electromagnetic fields, fields with very specific properties for each type of current.

Professor Sedlak stated that electromagnetic waves are a universal form of energy regulating and governing the activities of cells, tissues, organs, systems of organs, and the whole organism - could the disturbances in electromagnetic fields be responsible for the development of disease?

- Higher factors causing the development of disease, always cause specific disturbances in the vegetative system. Therefore, the disturbances in the correct electromagnetic fields are typical for a healthy organism. Such disturbances are not only the symptoms of the disease, but often the symptoms resulting from these disturbances are the direct cause of the specific symptoms of a certain disease.

Adjustment of disturbances in the functioning of the vegetative system, thus disturbances in the electromagnetic fields, is possible with the help of selective currents. Arrival at the equilibrium between the parasympathetic and sympathetic systems removes the symptoms of the advantage of one of those systems accompanying a certain disease in a body of sufferer, and in the way of a feedback can act on the metabolism of the affected organ to remove the disease itself. In a disease considered as functional (e.g., neurasthenia, migraine, "clean" ulcerative disease - meaning without atherosclerotic changes, coronary artery disease) without advanced organic changes, a cure is generally achieved with the help of selective currents exclusively. In many other diseases visible improvement, more pronounced and longer term than possible with other forms of treatment, of health is almost always achievable.

- You have also trialled the effectiveness of selective currents in "Arkadia".

- For Arkadia I purchased 8 devices. Over 1,650 sufferers of various diseases spent a two-week period or longer in Arkadia. Six of those devices were working 10 hours daily, non-stop. Every patient was subjected to a maximum of four sessions of selective currents a day, on average each patient was subjected to 2.6 sessions a day.

From the perspective of 28 years of use of selective currents in medicine, I have a right to conclude that they are safe, cheap, able to be used in the treatment of many diseases, and the results of such treatments exceed the results of other methods of treatment. Quite often these results are permanent.

- There are diseases in which treatment with selective currents does not work.

- The exception is Parkinson's disease, in which the effects are minimal. It is obvious why, since the cause of Parkinson's disease lies in the organic changes in the globus pallidus leading to an overall supremacy of the parasympathetic system, responsible for the main symptoms of the disease. However, in so-called atheromatous parkinsonism caused by (higher cause) excessive domination (mainly central) of the parasympathetic system, the application of selective currents stimulating sympathetic system - central nervous system - causes, because it has to cause, the elimination or marked abatement of the symptoms.
**This man is right!**

When I noticed that the knowledge which I gained following a detailed study in the area of allergology, starts to fit-in with the knowledge of Jan Kwasniewski as two pieces of a puzzle, it was a revelation. This man is right! I read most of his articles in the "Dziennik Zachodni." I waited impatiently for each next one and I never found anything which would contravene my observations, my medical practice, finally the theory which in this area is incredibly solid. The work of Brostoff proving that allergic catarrhs, asthma, allergic epilepsy, eczema, headaches result from the food consumed (different for each person), and publications of Helen Krause confirm it all. The diagnostic test ALCAT, together with a properly conducted interview, presents a possibility of successful treatment of these diseases. Everyday bread is often the cause of acute inflammations of the digestive tract, joint pains, muscle pains and other symptoms. Using a large group of patients, I have confirmed that following ingestion of bread, a sharp joint pain is experienced by each patient after only 12 hours, in cases when the food is rotated, meaning, it was not consumed more often then every four days. Oh well, not everyone respects my views. I would like very much to meet Mr Kwasniewski; I have hundreds of questions which he would most likely be able to help to answer.

*Medical practitioner, Ewa Bednarczyk-Witoszek, Katowice*

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**Chapter VIII**

**HOW DO WE GET DISEASES?**

- Every stage between the "pasture", the "feeding trough", and the "table" has different diseases, therefore, everything depends on the type of nutrition.

- The type of nutrition depends on income, or the position held within the social hierarchy. Was it due to a chance that straight after WW II the first people to suffer from peptic ulcers were indeed officers of the Militia and the secret service? After all these were the people who had easy access to meat and fats. Not coincidentally, peptic ulcers then started to appear in miners (who had access to special shops in Poland), followed by other working classes, and much later they became common in teachers.

- Until recently, the opinion was that peptic ulcers are caused by a nervous lifestyle - stress.

- That is not true. It is hard to imagine a more stressful lifestyle than, for instance, in German concentration camps, but the inmates did not suffer from peptic ulcers. The whole "secret" lies in the way the human organism adjusts to the influences of the two inter-dependent systems, i.e., the parasympathetic and the sympathetic system. Local dominance of the sympathetic system in the stomach leads to a particular type of metabolism. In such conditions carbohydrates are catabolised via the hexose pathway and, for instance, hyperacidity will never develop. However, when the advantage is on the side of the parasympathetic system and carbohydrates are catabolised via the pentose pathway, harmful carbon dioxide is formed which dissolves in water, giving up carboxylic acid, and that in the presence of cooking salt gives rise to hydrochloric acid and sodium carbonate. Now, if we ask what the cause of a peptic ulcer is, then the answer must be: it is a localised generation of carbon dioxide, and the cause of excessive generation of the latter is the excessive amount of glucose metabolised in the pentose pathway. Therefore, the content of the diet determines everything.
I have been meeting medical practitioners who consider the **optimal diet** as an acceptable form of causative treatment of diseases, but even they pointed out ailments which could not be helped with the best diet.

That happens in cases of irreversible changes, in which damaged organs are not able to regenerate. I would not like to give any examples here, since hope should never be taken away from people. But I stress - the optimal diet does not cast "a spell" on a disease, if it is possible to eliminate it, then it will be eliminated or reversed, if it is too late, then even Kwasniewski won't be able to help anyone. I do not trade in miracles, I am a medical practitioner, and it is my duty to help people, whenever it is possible.

Nevertheless, people came to Arkadia with incurable diseases and you helped them. Can you please name some diseases which you are sure the optimal diet will cure in a causative way?

I will name only those diseases which I have encountered hundreds of times, and which I had been treating. Others, for which I have some hope, but are not confirmed in a conclusive way, I will not mention. Consequently, the optimal diet cures: Buerger's disease, rheumatoid arthritis, Bechterew's disease, Reynaud's syndrome, hypertrophic cardiomyopathy, coronary artery disease, hypertension, neurasthenia, type I and type II diabetes, atherosclerosis, deforming osteoarthrosis, diseases of the digestive system, chronic failure of heart muscle, psoriasis, gout, allergic diseases, multiple sclerosis, amyotrophic lateral sclerosis. In the two latter cases, optimal diet stops the progression of the disease and leads to an improvement in health in every case, to a degree still possible to be achieved. (Detailed description of diseases can be found in the second part of the book - "Optimal nutrition and diseases").

There are many people with cancer who come to you. Is the optimal diet able to stop the process of cancer development?

I came across many cases of cancer in different stages. The problem is that most people are ashamed of having cancer, therefore, I do not have statistical data to confirm the effect of my treatment, as I have for the other ailments. There are exceptions though, and I have a record of cured lung cancer with invaded heart muscle. All pathological changes retracted, disease-affected tissues became fibroid, and the person has been alive for the past eight years. Oh well, it is well known what neoplastic tumours feed on - carbohydrates which are not needed by our tissues. Shepherds do not suffer from cancer.

And followers of the optimal diet?

I am not aware of any case of anyone on the optimal diet contracting a neoplasm. The number of cases of cancer which I came across is too small for me to draw final conclusions in terms of success rate in the treatment of this disease. I have conducted these types of investigation in the case of other diseases. I believe that in collaboration with oncologists, I would be able to confirm the causal effect of the optimal diet on neoplastic disease.

What about the resistance of the body to infectious diseases, stress, fatigue?

I will start with infectious diseases. Science has discovered many viruses and bacteria responsible for different diseases. But when the list was compiled it became apparent to some that there must be a superior reason for the virus to successfully attack one organism but not another. One of the scientists, to prove this thesis, even drank the culture of typhoid bacterium. And... he did not contract typhus! Therefore, if the only cause of infectious diseases were bacteria and viruses, then the whole of humankind would be dead long ago. Even during the worst epidemics during the middle ages not everyone got sick, and many of those who did survived the invasion of microbes. There are peoples that do not suffer from infectious diseases (i.e., Hunza tribesmen); if we were to draw from this and other facts appropriate conclusions, the problem of infectious diseases could be solved. In regard to stress - then almost everyone who started to eat optimally noticed that their mental resistance increased markedly, that they did not give up that easily when faced with adversity, that they had a large dose of vital forces which enables positive thinking, and the correct way to get out of any critical situation. In other words, they never break down.

People on the optimal diet need less sleep, they also have better stamina, resistance to fatigue, are more active.

Occasionally, I have to travel by car for many hours. In the night, driving for many hours, I do not feel fatigued. I can do a hundred sit-
ups without being puffed out. At one time, I used to jog many kilometres, I had to somehow expend the accumulated energy. It is natural, that one never lacks the oxygen because one “works” on better fuel (hydrogen). Therefore, if the optimal nutrition causes better resistance to fatigue, then one needs less hours of rest. I sleep for about 6-7 hours, my wife sleeps even less.

- **Consumption of larger amounts of animal products can lead to an increase in the level of uric acid in the blood serum.**

That is fine, the more the better, and the higher the intelligence. The positive relationship between a higher level of uric acid and these belonging to higher levels of society has been already demonstrated. During the American investigations it transpired that the highest concentrations of this acid occurred in university professors with the highest scientific achievements. A somewhat lower level was seen in academic lecturers. Why did the students, who were achieving the best results in learning have higher concentrations of uric acid than those average ones? Everyone can try to answer that for themselves.

- **Those that want to find a correct answer should immediately look up your menu, and wisdom and wealth will follow suit.**

- Individuals occupying managerial positions within industry, retail and services, or those that exhibit higher professional activity, thus attracting larger incomes, have a higher than average concentration of uric acid. And why do they have a higher concentration of the uric acid? The answer is obvious - because they eat better.

- **However, some have linked the level of uric acid in the blood with the incidence of gout.**

- Uric acid has no direct association with gout. The gout can occur with a low level of the acid. A reverse situation can also occur. Not more than 2% of people with a high level of uric acid suffer from gout, and these people have some sort of biochemical liability in their peripheral tissues exposed to lower temperatures. Ear lobes, fingers, and toes are the places where the pathology occurs and uric acid accumulates. The optimal diet brings the whole system into equilibrium in a short time, thus the concentration of uric acid can be at any level and the individual will not suffer from gout. I remember in 1974 when I was asked to give a medical consultation to some high-ranking government official. The vice-minister's feet were swollen like balloons. For a long period of time he was brought to work in a wheelchair, and he could not walk unaided. The diagnosis was obvious - uric acid. I prepared a menu for him, and after a month he could run, he could climb the stairs, he fully regained his health.

- **People develop different kind of stones - liver, gall bladder, kidney. Do these come about from the wrong nutrition?**

Of course. If the material for making the stones is not delivered into the body, then the stones will not be made, and *vice versa*. But there is talk about a genetic predisposition for stones. One inherits the cooking thus the type of nutrition, same culinary habits! If the mother had kidney stones, and the daughter learned to cook by her side, then it is very likely that she will inherit a predisposition for kidney stones, taking after the mother. Being on the optimal diet for only 3-4 weeks causes the kidney or liver stones to dissolve.

- **Did you try to recommend the optimal diet for the sports people?**

- I did indeed. There is a leading football team in Poland for the players of which, some time ago, I recommended correct nutrition. They are resistant to fatigue, play aggressively, and typically score goals in the second half when their opposition is falling apart. And one more important detail - they do not have muscle cramps, and suffer injuries much less often than other players.

- **Ecologists and medical practitioners believe, that many diseases are caused by the pollution of the environment. Does the state of the environment have a deciding influence on the state of the health?**

- If that was indeed so, then in Silesia, the average length of life would have been much shorter than it really is, because the water, the soil and the air here are indeed much more contaminated than in any other area of Poland. However, here people reach very old age which indicates that environmental factors are not the deciding ones. I came across American publications, authors of which claim that the length of life, the condition of health, and productivity do not depend on the environment in which one lives or on smoking habits, or the type of employment. They depend exclusively on the level of income. The diet
of the rich in America contains lots of animal fat, protein, calcium and vitamins. I have already mentioned animal experiments which I conducted with my son. The last part of the experiments involved observations of resistance of rats to chemical poisoning, in that case ether. When subjected to the same dose of ether, rats on the optimal diet lived 5 times longer! The organism is able to defend itself very well, but it needed the means, it has to have necessary enzymes, specific energy. The liver is able to neutralise many poisons, but it has to be healthy. It cannot perform unnecessary work, for instance it should not have to convert fats into cholesterol.

- Indeed. Cholesterol, this word mentioned in any way precipitates fear. Is it warranted?
- Shepherds - Hunza, Masai, Abkhazi tribesmen have the lowest levels of cholesterol, and so do my patients after a few years on the optimal diet. The average level is approx. 110-120 mg/l. If anyone is so concerned about the high level of cholesterol in his or her blood then the recipe is simple. Meantime, the "enemy" cholesterol - is a natural and very important constituent of the organism belonging to the chemical group of sterols (multi-ring hydro-aromatic alcohols). One has to realise that a lack of moderation in the fight with it can lead to loss of health. Scientific investigations undertaken both in the USA and England concluded that a marked lowering of the levels of cholesterol can lead to an increase in aggressive behaviour or even suicidal acts. Particularly, R.E. Morgan in his work from 1993 showed that low-levels of cholesterol in men older than 70 years could produce depression. Willard Faulkner from Vanderbilt University in Nashville suggests, that: "A very low level of this compound in a chronically ill patient often indicates approaching death". Many other scientists from various centres obtained similar conclusions, based on their own observations. For instance in France, based on a study of 111 women aged from 60 to 97 years, it was concluded that subjects with the highest levels of cholesterol lived the longest. Interesting results were also published by researchers from Heidelberg University. They investigated the levels of cholesterol in as many as 3,700 patients admitted to the cardiological clinic. The results were shocking, since they showed that as many as 32% of those with low cholesterol died. In the remaining group mortality was 7.3%.

It is apparent that the question posed by M.K Oliver: "Is the lowering of the cholesterol level always safe?" is very timely. It is clear that people with low levels of cholesterol die less often from diseases of the heart and vasculature. However, they suffer more from neoplastic diseases.

- The French L'Express published an article not long ago stating that "we are witnessing a revolution, the aim of which is the abolition of the absolute dictatorship of cholesterol". The group of advocates of modernity, led by the Professor Marian Apfelbaum from the Bichat Hospital, reckons that molecules of this essential-for-life lipid compound blamed for all evil are not the number one enemy of human beings. Appropriate examples were cited: the investigations of Prof. Bernard Forette from Saint Perine Hospital in Paris indicate that the incidence of mortality in over 60 year old patients whose cholesterol levels were around 1.54 grams per litre, was five times higher (!) than in patients of the same age with cholesterol levels above 2.6 or even 3.4 grams. These results were published by the British journal Lancet. What are your comments regarding those - abolishing the current status quo of cholesterol - revelations?

- Cholesterol levels in the blood can be low in two circumstances. When the liver does not produce too much of it and when it is unable to produce it at all. The first scenario occurs in shepherds and people implementing the optimal diet for a year and longer. The second scenario occurs when the body is dying; at that time the liver is unable to synthesise cholesterol. But many tissues are desperate for it, for instance for steroid hormones or insulators within the cells, etc. Cholesterol is required for many dozens of chemical synthesis pathways and the fact that it is made indicates that it is needed. There is no need to fear cholesterol. If the health norm dictates from 50-65 mg% of good HDL cholesterol, then during optimal nutrition, when we observe the fast disappearance of atherosclerotic changes, cholesterol can increase to above 100 mg%. The highest I had seen in my patients was 170 mg%. However, it really does not matter what the overall level of cholesterol is. On Crete, there are people who have cholesterol levels over 500 mg% and yet they do not suffer from atherosclerosis. But they are inseparable from their bottle of olive oil which is not too
bad as a fat. The value of olive oil was appreciated by Alexander the Great (pupil of Aristotle), whom priests from Delphi told that olive oil was given to humans by gods, as a measure against exhaustion. If the liver is forced to make too much cholesterol it means that other tissues, including the walls, the internal membranes of arteries, can also make too much of it, for the very same reasons. But it does not need to happen. Meanwhile, modern medicine prescribes drugs lowering the levels of cholesterol, acting mainly on the liver which is then trying to neutralise these drugs and is unable to fulfil its function - to make cholesterol. In this way the treatment focuses on the cholesterol but not on atherosclerosis. Clofibrat is the oldest and most prescribed drug for the treatment of high cholesterol. I was able to find a dozen publications confirming that Clofibrat causes cancer in patients. The war against cholesterol reminds me about the fight with the enemy which need not be defeated, but may be befriended. 

- You need, however, to warn the supporters of your diet, so that in case they decide to abandon it the level of cholesterol rises rapidly. Apparently, even up to three-fold.

- A wise person will not abandon what is good for his or her organism, but I have to admit, it is true, a rapid change of nutritional constituents can cause such reaction. That happened to me as well. I was in Sweden and there, simply, - there was nothing to eat. Smelly butter, some kind of strange eggs, low-fat processed meats with pineapple. How these people eat! I was feeling awful. Anyone on the optimal diet will tell you the same thing. When one "sins", sometimes even unintentionally, one has to get ill as a penance. One has to pay for the offences against one's body.

- The so-called "French paradox" is well-known. The point is, French people eat a lot of fat cheeses, fatty meats, red beefsteaks. They also eat butter instead of margarine, drink red wine with meals, but regardless of this, they suffer much less from heart and vascular diseases than do Americans, for whom the fight against cholesterol has become a national religion. It was proven, for instance, that the inhabitants of Gascony the region know for a high fat diet (e.g., famous pate made from goose livers) die from heart attacks 4 times less often than do the inhabitant of the American Middle West.

- You mentioned red wine. Some believe that it is thanks to the chemicals contained in wine that the French suffer far less from heart and vascular diseases, but I will tell you only this - red wine above all makes a man want to eat more fatty food. For the French it is wine that they like! Hence, let them drink it and let's hope they will not change their nutritional habits.

- Therefore, for the French, fatty dishes are not harmful, moreover, it was shown that after the Japanese, they are the best protected against heart disease. In France, the number of deaths from that cause is three times less than in the USA, where the obsession with cholesterol began from Ancel Keys' discovery. This was "the law" stating, that the firefighters from his Minnesota homeland consumed more fat than Zulu tribesmen in Africa, and for that reason they had more cholesterol in their blood, thus they suffered more from coronary artery disease. Why then, was no one able to propose the correct conclusion stating - that fats themselves cannot be the cause of the atherosclerosis, they cannot be harmful?

- There are many, one would have thought, obvious truths which are negated by modern medicine. Such a state will probably persist for some time. Let's hope, not for too long.
Chapter IX
HOMO SAPIENS ON THE PASTURES

- Vegetarians consider your diet a blasphemy, an insult against Nature. You do not hold back from suggesting that those who do not touch meat dishes are only pretending to be alive. Why?
- Every diet based on plant material is an artificial diet. Even the traditional Japanese diet, which I believe to be the only reasonable alternative to the optimal diet, is artificial, since in it the organism obtains most of its energy from carbohydrates, and its protein from fish. Nature proves that this type of nutrition is not natural. For instance, would the hippopotamus first eat a lot of grass, and then try to catch a few fish?
- But the Japanese are slim, healthy, long-lived, have a high work output, are highly disciplined, but they eat mainly carbohydrates (plant) and proteins - fish proteins.
- Unfortunately the Japanese diet, assuming the consumption for each gram of protein 3.2 g of carbohydrates and 0.65 g of fat, does not protect against all diseases, for instance cancers. The Japanese diet is unable to cover the needs of (issues in 100 percent of cases, especially those with poor circulation. Brain haemorrhages, so common in the Japanese, occur because of the hardening (sclerosis) of brain arteries. However, this hardening has nothing in common with atherosclerosis, since the carbohydrates contained in Japanese food are burned with the help of a large quantity of proteins, vitamins, and minerals, which are delivered from fish, especially fatless ones. In that case, the carbohydrates are not converted into fat and cholesterol. During the burning of animal fats there is no need for such large quantities of protein, vitamins and minerals.
- Is the traditional Japanese diet much better than the vegetarian one?
- Yes, without comparison. The Japanese stay away from fats. They know that one should not mix different types of fuel. Those who would like to adopt the Japanese model of nutrition can utilise the tables attached at the back of this book. They should, however, think over, for instance, the costs of the protein (not necessarily from fish) which they would have to supply to their body, and of course remember about dairy products out of which they will only be able to consume low fat cheeses and milk with a fat content not higher than 10-15 g per litre. Not sticking to those rules may result in a quickly progressing atherosclerosis.
- A lot of vegetarians are slim, healthy, athletic, they do not suffer from atherosclerosis or heart disease. Maybe the "pasture" as you refer to this type of nutrition is not so bad?
- I will cite the opinion of Friedrich Engels once again. He wrote: "Wheat, which in the beginning was cultivated exclusively for animal fodder, soon became food for the people. Thus, human animals were invented, the slaves." This invention proved to be the most permanent thus far, at the same time becoming the most damaging to humankind. Every human eating wheat products has to be and always is a slave, his/her brain has to be the brain of the slave, even if he/she holds the highest office in science, industry or politics. All wars, diseases, all misfortunes affecting humankind for thousands of years are the result of this damned "invention".
- Can the type of nutrition influence human behaviour, reactions, impulses?
- Of course. There is no doubt, that those closer to the pasture, for instance vegetarians, react in a way typical for herbivores. They suffer from fear states caused by the domination of the sympathetic system, they are always afraid of something, they feel threatened. The person on the optimal diet behaves in a totally different fashion.
- What about aggression? Carnivores are aggressive, nevertheless you state that the "optimal human" will have a peaceful nature, will avoid conflicts (war).
- "Only wise is good, only stupid is evil" (Plato). If humans become wise, even uneducated, wise individuals, then I can guarantee that they will avoid aggression and conflicts. Why would they need them?
- You assert that the essential condition for human good health is to be placed at the very end of the food chain, furthermore, the biological value of this food must be further improved by specific
means. Such a position excludes, therefore, firstly plant-sourced foods, secondly unmodified, raw foods.

- The Bible states: "And everything, that moves and lives will be food for you". Then subsequently, animals transmitting diseases, e.g., trichinosis were excluded from consumption. Humans chose plant-based food on their own: "Because you chose, weed of the land you will eat, damned will be the earth because of you." Shepherd Abel could not act against his own kind, however, farmer Cain could do so and he did. We know that from the story in the Bible.

- In the Book of Genesis, God addresses humans: "Thus I gave you all kinds of weeds producing seeds on Earth and all trees, which poses in them seed of its own kind, to be your food. And all Earthly animals and birds and everything that moves on Earth and in anything which has soul, so it could eat" (Gen. 1: 28-30). Thus plant-sourced foods were supposed to be eaten by humans.

- I would not interpret it like that. Even at that time, there were plant- and meat-eating animals. As was suggested by the Sumerians, humans were created in order to serve gods, thus they had to have the attributes of slaves (plant-eaters?). Science determined that 110 thousand of years ago humans were digging up gold in the area of today's South Africa. Why would they need gold then? However, it could have been useful for the gods. For instance to construct electronic circuitry, which they utilised in communication in other spheres. The Bible states unequivocally: "My is silver, my is gold, said Lord". Therefore, humans could first eat plants, but later were able to reach for bone marrow and eggs. When they became shepherds they were able to gain an appropriate quantity of fat from the milk of their animals.

- Humans had sentenced themselves to mortality and diseases through the breaking of God's prohibition ("But from the tree of good and bad do not eat, because one day you will be eating from it you will die"), or as you suggest through degeneration with inedible food. It is however, perplexing that God did not forbid humans to consume vegetables, indeed after the Flood, God ordered them to eat them saying: "And everything that moves and lives will be your for nourishment, as green vegetables I gave you everything. Excluding, that no bloody meat you will eat."

- Over-interpretation. After all, at that time there were no vegetables of any kind at all. This is a kind of symbolism. For the same reasons as the Egyptian priests forbade people to kill cats or crocodiles because they were useful, similarly, consumption of these "vegetables" was forbidden. Vegetables were not cultivated, therefore people searched for all kinds of tubers, meaning that they were not commonly consumed. Why did the Egyptians preserve millions of mummies? So the life on Earth could be recreated, if humans degenerated and destroyed their species. And why did the Pharaohs have themselves mummmified? So they could be brought back to life, they hoped, that they would rise from dead, would be able to be re-created, using they own genetic material.

- Christ, Ovid, Leonardo da Vinci, Plato, Pytagoras, Gandhi, Plutarch, Tertullian, St. Tomas Aquinas and many other above-average people were vegetarian (anyway that is what is thought about them now). Since you quote so eagerly those few thinking men who regained correct functioning of the brain, what can you say about those people who cannot be reproached for a lack of wisdom?

- Since you are listing so many famous men, then why don't you add another vegetarian Adolf Hitler, who at age 50 suffered from such an advanced atherosclerotic Parkinsonism, that his left hand was totally paralysed. People believe that they are vegetarians because they do not know the chemical composition of eaten products. If a person is eating mainly cheese, butter and cream, eggs and nuts as did Gandhi, then if they eat one or two kilograms of vegetables, which take much more space than do, for instance nuts or eggs, they only think that they are vegetarian, however, effectively they eat differently. 100 grams of goose lard is the same as 1.5 kg of potatoes. Regardless of the fact that a diet based exclusively on plant products is far more expensive, one has to consider that such a diet is unable to deliver all the necessary nutrients for the body, for instance some aminoacids.

- Maria Grodecka, well-known (in Poland) as a populariser of vegetarianism thinks that humans were equipped by nature to consume plants, and the consumption of meat is disadvantageous also from the point of view of ecology and agriculture.
Humans, in order to fulfill their full daily needs of the body by the exclusive consumption of vegetables, would need to eat from 20 kg of mushrooms to 50 kg of cauliflower! Meanwhile the human stomach has a volume of approx. 1.5 litres (pigs 6-7 l, sheep over 10 l, cows 150 l), thus herbivores have much bigger stomachs. Omnivores, for instance pigs, have bigger stomachs as well, but humans have smaller stomachs than even carnivores, because we are supposed to eat fried meat. Humans, being carnivores, have incisors. However, human teeth are exclusively human, they have not changed over the last 40 thousand years and they are not similar to the teeth of other carnivores or the teeth of herbivores. The better the nutrition, the shorter the small intestine, in humans it is from 4 to 4.5 m long, in large dogs 7 m, in pigs 16 to 20 m, and in sheep over 40 m! And that is the answer. The organs evolve to what is eaten!

- **Is soy protein, currently so popular, supposedly very well absorbed by the human body, containing many amino acids, not a substitute for meat?**

  - Indeed this is one of the best feeds, but for animals. For humans it is worst than all animal-sourced products. Those who wish to consume it can do so, that is their choice.

  - **Agreed. Some of us choose "pasture", others a "feeding trough". Very few sit at a "table". Would you, however, describe the mechanism of biochemical damage of plant-based diets?**

  - The problem is that humans change their dietary preferences, and very often it is impossible to determine in which spot on the road between the "pasture" and the "feeding trough" the person is currently placed. If the person progressively increases their consumption of animal-derived foods, the diet contains increasing amounts of better (animal) proteins, more fats, mainly animal. In that case, the consumption of complex carbohydrates decreases, however, the consumption of simple carbohydrates increases, and these are more harmful. Along with the decrease in the consumption of salt the basic metabolism decreases, and the number of "eaten" calories decreases. Depending on in which spot on the road between the "pasture" and the "feeding trough" one is, or in what proportions proteins, fats, and carbohydrates are consumed, the vegetative system functions accordingly. When specific disruptions of the organism occur, specific diseases develop.

  - **Societies change their dietary customs. During the "lean" years they tend towards plant-derived food. When times are better they consume more meat and fat.**

  - Every major war shifts 80-90% of population to pasture-derived food, which results in the decline in some diseases and in the appearance of others. When the diet becomes impoverished, diseases from the group of auto-aggression appear - Buerger's disease, Bechterew's disease, rheumatoid arthritis, MS, lateral sclerosis, neurasthenia, and some leukaemias, many viral and bacterial diseases. Therefore, there is only one conclusion - pasture-based nutrition, apart from many grave diseases also causes an increased production of catecholamines, and the concomitant reduction in the production of growth hormone of the pituitary, or steroid hormones.

  - **Pasture-based nutrition eliminates some diseases and at the same time accelerates others?**

  - That is correct. At one time atherosclerosis was not commonly encountered, for instance in Polish villagers, however, Buerger's disease was called the "Polish disease". I would like to remind you that during the time when this description was adopted, consumption of potatoes per head in Poland was approx. 2.5 tons a year. We all remember those Reymont's kartofels present on the menu of the Polish village. In Catholic Ireland the consumption of potatoes was even greater, reaching 5 tons a year per person. Why did thousands of Irish have to immigrate to America? The simple answer is - because of poverty.

  - **Why, in your opinion, is the cultural and civilisation conditioning of health and disease so important? One can sense that for you these aspects are more important that the processes taking place inside the cells and tissues, the very processes which are investigated in laboratories by armies of scientists.**

  - Initially the most important for me were the basic sciences, mainly biochemistry. If you follow my interests at the beginning of working out the basis of the optimal diet, then you will easily conclude that I did not start with an investigation of history of humanity, philosophy, or...
the history of civilisation. This came at a later stage, when looking for historical references I looked up classical works, the history of particular chronological periods. When I noticed that, that after all the wisdom of the whole of humankind must be contained somewhere, then I wanted to uncover it and confirm it. Interestingly, if the ideas of the Classics were implemented, then we would already have had a heaven on Earth.

- Which of the scientists or medics did the most for humanity? Which discoveries, in your opinion, were the most important for medicine?

- This, unfortunately, is still a matter for the future. The biggest discoveries are still before us. Antibiotics, analgesic drugs, bypasses, heart transplants are of course an advancement, but an advancement not needed with appropriate nutrition.

- You say: if someone is rich, then one eats fatty and sweet foods and thus one can suffer from the obesity of the rich, and additionally, for instance, contract disease of the coronary arteries. Extrapolation of conclusions from this type of hypothesis can be dangerous. The rich have fast cars, thus are killed more often in car accidents. They watch colour TV which is harmful to their eyes. Based on those observations, are you able to conclude that being rich shortens life and distorts eyesight, since firstly you can die in a car accident and secondly you can damage your eyes?

- I am not the author of the thesis stating that the condition of health and disease does not depend on work status, kind of work, tobacco smoking or climate, but depends exclusively on income. A few years ago I found an American study which concluded precisely that which is under discussion. Rich people eat more meat, eggs, cheese, butter, while the poor eat bread, sugar, pasta, and fewer foods of animal origin. The authors of this study concluded that the diet giving the longest life and the best health contains the most animal fats, proteins, calcium, and vitamins. But since some rich include carbohydrates in their diet, it is their choice, they must appreciate the risk. Being rich, therefore, does not shorten life, quite the opposite. However, being poor always shortens life.

- What is your opinion about the suggestions of scientists that the kind of reaction to particular diets depends on the interaction between a set of a few dozen genes which direct the metabolism of cholesterol? If such a theory were to be confirmed, then it would mean that not all would react to the optimal diet in a correct way. For some it could be harmful.

- All processes of human metabolism are directly or indirectly governed by substrates, meaning, what a person eats, i.e., foods. Genes are merely a plan of the construction, but if someone has only the "plans of the building", then one does not have a building yet. The genotype is contained in the sperm and the egg cell. Genes are only the universal plans of the construction of the human body. It is far better to be rich and healthy than poor and sick. If our professors had large enough wages, then the functioning of their brains would improve. Many of my former patients are very well-off people today, who were at one time gravely ill and poor. As far as the reaction to the optimal diet is concerned, this particular diet is the one best suited to the genetic and biological structure of the human body and its various
In search of arguments

We are all in some sense contaminated by science, contaminated by knowledge, that is why it is so hard for many medical practitioners to believe that Kwasniewski’s diet is not harmful but beneficial for many. Medicine is not mathematics, and therefore it is hard to prove in universally accepted, measurable categories, that high-fat nutrition is able to causatively cure many diseases. The argument from a biochemist will be that individuals on the diet have the lowest energy needs, and that has been proven. From the medical point of view it has to be accepted that this diet helps in many diseases universally considered as incurable, and which conventional medicine treats, but is unable to cure permanently. This last statement manifests the helplessness of medicine. That is why I decided to seriously take up optimal nutrition.

In my practice in "Arkadia II" I came across cases of type II diabetes, hypertension. I can state that the results are simply incredible, the effectiveness of the optimal diet is unquestionable. On the other hand, in those suffering from demyelination, neurological diseases, for instance Multiple Sclerosis (MS), in every case we observed a subjective improvement. So far, in "Arkadia II", we do not have enough objective information about these diseases, therefore the patient's opinion "I feel better" is not sufficient for us. A sceptic-neurologist may say that the attacks in the case of MS happen periodically and maybe the disease is in a "dormant" phase, and that cases of spontaneous remission of symptoms of the disease have occurred. Atherosclerosis — here our results are impressive. Impairment of blood circulation, following implementation of the optimal diet and application of PS currents, resolves rapidly. We are able to obtain similar effects in the fight against obesity. However here, our patients cannot comprehend that it is not necessary to starve, and the reduction in weight is both systematic and permanent.

Obviously, I myself am also on Kwasniewski’s diet. I observed many positive changes in myself. I work from 5 am to 9 pm, I sleep less, am very active, and after excessive physical activity I do not have muscular pains. My blood morphology is exemplary. It is universally accepted that anti-atherosclerotic indicators should be: cholesterol up to 200 mg%, HDL - above 35, LDL.HDL - below 2. My results are as follows: cholesterol - 140 mg%, HDL - 75, LDL.HDL - 1, triglycerides - 70-90. If someone believes that fatty food is atherosclerosis-generating, then maybe my example will convince him or her otherwise. I am not aware of any diet which would guarantee such a dramatic improvement in the level of good cholesterol (HDL). It is universally believed that a reduction in the consumption of fats will result in a reduction in the atherosclerosis-generating fractions of glycoproteins (combinations of proteins and fats in the blood serum). However, my observations indicate that the best results in the fight against cholesterol are gained through a high-fat diet.

Medical practitioner, Arkadiusz Kuna, Cieszyn
Chapter X

LET’S SET THE TABLE

- You do not favour contemporary table customs. You state that not only are we eating non-selectively but also inappropriately. The dishes are prepared without thought, and too much time is wasted on eating. Are you not too harsh?

- Let's start with one observation. According to my experience, most individuals utilise a style of eating that does not suit the table. I don't wish to insult anyone but I have to state plainly: the nourishment-related behaviour of most of us suits... the trough. I am afraid it is so. Let's recall the avariciousness with which many reach for food, let's recall these thousands of calories which are needlessly devoured at each family celebration or during Christmas, and the constipation following times of uncontrolled foraging. Is any of that behaviour suitable for the table? I do not know anyone eating according to the optimal diet who would eat more than it is required by his/her body. At "the table", whilst following a proper model of nourishment, one cannot feel ill after eating because one can not overeat. At "the table", it is not proper to misbehave, to be avaricious, greedy. When one chooses to eat at "the table", there is no need to control oneself, to control one's appetite or hunger. Fulfilment of one's needs at "the table" means eating the least amount of the most concentrated food.

- I understand that you have reserved "the table" for those eating in the optimal way. You are alienating many food connoisseurs who treat this consumption of a good meal as a celebration, a chance to negotiate a deal, a chance to spend quality time. And you send them to the trough?!

- Let's analyse the so-called bash, a cocktail party or a function, which is so fashionable. The platters are full of goodies, colourful, exotic; the guests' eyes are popping out. Suddenly, someone gives the signal. The gathering throws themselves on the food. Plates are getting full of everything and anything. A bit of ham, a piece of herring, a spoon of salad, a grape or two, a bit of cake, a piece of chocolate. Who cares about the stomach? "Rational nutrition? That is not for us, now we have to stuff up our stomachs." Despair! Real barbarity.

Instead of those exceptional, probably well "preserved", seasoned and coloured dishes it would have been more appropriate to eat two eggs, 50 grams of butter washed down with cream, and one would remain human.

- I doubt that you would be successful in pushing away from the table people who do not treat it as a piece of furniture, but consider it as an important element of their existence. For at least I lie last few centuries, the table has not been used in order to fulfil a simple physiological need, as nourishment should be seen. The consumption of meals means much more. Even the Romans knew it. Their parties were preserved in many tales and on paintings.

- Exactly, eating is as typical a physiological function as any other is. What is the difference? Which animal celebrates eating in that way? A person who is not hungry will not feast for hours but will utilise the time in a much more constructive way.

- Humans are different from animals because they have consciousness. That is not a minor difference.

- "The well-fed will not understand the starving", "the starving have only food in their thoughts". Why, do you think, these sayings came about? Let me repeat - for the person with healthy brain function the act of eating is not something special, something that would require special treatment.

- How should we eat? Dietitians and medics suggest that meals should be eaten in peace, one should not rush, and one should chew each bite properly.

- First of all we should eat optimally! When switching to the optimal diet, one should start by eating differently because the organism must invest a lot of energy, must rebuild the proteins. Initially, the body is fighting with old habits. But after a while it all gets well. The person forgets the feeling of hunger for good. One never sits at the table because of hunger, therefore, there is no stuffing with food, no greed or voraciousness. The table customs of a person eating in the optimal way also change. The lengthening of mealtime or discussions at the table are no longer pleasant. Simply because a person who is eating until satiety will not celebrate this physiological function of treating it as anything special.
Therefore, you suggest that meals should be as simple as possible, you are against elaborate dishes, the preparation of which wastes a lot of time. But the kitchen is a very important element of any national tradition, an important factor enforcing the unity of the family.

The family, which is healthy and happy, does not need the table to hold it together.

When sitting at "the table" we should remember not to mix fuels, and make sure that our body works on one source of energy, i.e., fat. "Fatty means healthy", this motto puts contemporary dietetics on its head. Is there not an alternative to fatty eating?

Firstly, the motto "fatty means healthy" puts dietetics on its feet and makes this science friendly and useful for humankind. Secondly, there is an alternative, it is protein, but in our case it would be nonsensical to adopt the Japanese model, which appears to be a kind of higher level of correct nutrition. I am suggesting the simplest way to achieve the goal.

But since we have mentioned Japan, the Japanese are the only nation known to me, although not eating in the optimal way, who do not mix the "fuel" and thanks to that are reasonably healthy. In our case, we do not have to consume 90 kg of fish per head a year, but we can produce 20-30 kg of cottage cheese and 300 eggs, thus not only substituting that 90 kg of fish but also providing proteins of better value.

Why eggs in particular?

The chemical composition of the egg and a very high biological value of proteins contained within it make it the most valuable nutritional product. Thus eggs, but mainly the egg yolks, contain so many anti-atherosclerotic components, e.g., unsaturated fatty acids, sulfur, choline, iodine, various vitamins and minerals. However, all these anti-atherosclerotic components become potently atherogenic when eggs are eaten by a person not able to keep the appropriate proportion between the main constituents of the diet. Therefore eggs, whilst for some will form a basis of nutrition, a source of energy and other important factors, for others they can be very dangerous.

For whom specifically are eggs dangerous?

A person who sources 35-50 % of energy from carbohydrates (in caloric value) has to realise that the higher consumption of eggs will lend to the conversion of more carbohydrates to cholesterol and fat. An important factor is also the reaction to stress. For instance, males overeating due to stress must remember that they will develop atherosclerosis about 10 years sooner than other males. In summary, For a person eating optimally, eggs should be the most important source of nutrition, for others I suggest caution.

We already have eggs on "the table", what else would you suggest?

Cottage cheese and full cream. Let's remember that buying milk we are buying about 90% water, why then waste money in that way? Therefore, we select products sourced from milk. All cheese, cottage and processed, are very good but all are too lean for human consumption, hence we cannot do without additional fat. We have to remember that cottage cheese is OK, but we ought to eat it with an addition of cream, mayonnaise or butter, or in the form of various dips (pastes), for instance with an addition of a boiled egg.

I think some of our readers already have goose bumps, but let's continue. So far we have starters, now it's time for the main course.

Meat is a less valuable product than eggs and cheese, but it should be consumed and under no circumstance should we give it up. For an adult person, 100-200 grams of meat a day should suffice. For the same reason that eggs and cheese alone are not sufficient for "the table", meat and its processed derivatives alone won't also be enough. We have to remember that the human body cannot build such organs as brain, liver, kidneys, and the digestive system in an easy and efficient way from meat alone. When buying meat we have to follow the knowledge about its nutritional value. Humans do not need much animal muscle tissue, however other organs we do; because there are not many muscle diseases but plenty of other diseases. We have to realise that the meat which tastes the best is not necessarily the most nutritious. The best is the one which most closely resembles our body chemically, most importantly organs which work the hardest and turn over its proteins fastest.

Therefore offal, brains, and what else?

Cartilage, connective tissue, pork skin. Degenerative diseases of the joints would be rare if butchers would not so consequently discard
all cartilage, membranes, fascias, connective tissue, bones, thus all the "non-eatable" elements, when preparing meat and processed meat products. The fat from bones is one of the best of all fats that could be eaten and it is very cheap; how much do you pay for bones?

- **Are you saying that stock (soup) from bones will be better than stock from meat?**

- Bone stock, especially on bones with marrow, should be the base for all soups. Let's remember that the smart Swiss make big money selling a formula called Rumalon, which is nothing else but a concentrated extract from calf bones and cartilage, very effective in the treatment of degenerative diseases. Why take pills or injections when we can consume natural products?

- **If bone marrow is so good why do we eat so little of it?**

- It was Galen who wrote that bone marrow is the most suitable food for humans produced by nature. In so-called paradise, on the East-African Highlands, the area where humankind was created, all bones with marrow were crushed. Archaeological information confirms it without a doubt. Neither the lion nor the hyena, with their incredible jaw strength, is able to crush a buffalo's thighbone. Therefore, only man could do it with the help of primitive tools or stones. Bone marrow, from which blood cells originate, must contain the best nutritional elements, the building elements for the human body. Primitive people knew it; we are unable to believe it. That is why marrow-containing bones are so cheap. Thus far! Until humans recognise their value. One beef thighbone makes an excellent dinner for two.

- **Even people living in the optimal way do not eat bone marrow every day. They prefer meat. But what kind of meat should one choose - cooked, baked, fried, smoked or grilled?**

- The best way to process and partly pre-digest meat is to fry it. A common opinion suggests that fried meat is bad for the liver, but it is bad only for those unable to choose a correct diet. The liver in such individuals converts more carbohydrates to cholesterol and fat, working needlessly, it wears out, it hurts. Let's preserve our body and therefore let's not eat raw meat, i.e., steak Tatar. The meat should be matured and pre-digested. It can therefore be kept in vinegar or milk for a short time; it can be marinated or cured.

- **Processed meats?**

- I recommend all kinds of wursts: white and black, ox tongue, and all kinds of sausages: pate, liver. Black pudding is not bad, but we have to remember that it contains 10-12% carbohydrates, therefore to keep I he correct proportions it needs to be fried with a large quantity of fat or bacon.

- **It is commonly understood that the best processed meats are the leanest ones - ham, smoked eye fillet, dried continental sausage.**

- Those products are not the best but the most expensive and when setting "the table" we should be guided by the cost of the meal as well. If I suggest that a person eating in the optimal way can outlay only 1/10 of an average monthly wage on food then, of course, I cannot suggest eating eye fillet. Thus, when shopping for meat we should consider the biological value and concentration of the main nutritional elements in a product (the tables included at the back of the book can be very helpful). The taste and the look of processed meat should not be the deciding influence. I noticed that people eating in the optimal way, after a while, somehow select correct products naturally, the products that are the most valuable. They insist that bacon, pate and wurst taste excellent.

- **Dietitians throughout the world recommend consumption of poultry, because it is leaner and does not contain cholesterol.**

- Poultry is too lean! If anyone who wants to eat in the optimal way wants to include chicken then that is OK, but it should be remembered that it is absolutely necessary to supplement the fat content in proportion to the protein. Thus, chicken should be stuffed with bacon. For some it will not make much sense, since it is better and simpler to settle for pork, beef or lamb from the start.

- **Fish is an excellent source of protein.**

- But fish is not cheap, in fact quite the opposite. Apart from that, the human organism is constructed in a totally different way from that of fish, and one of the rules of the optimal diet is to deliver nutritional elements from which our body is constructed. Fish are good for those who base their diet on that one main element, i.e., protein, for instance lor the Japanese. Since the optimal diet utilises fats as the main source of energy, fish can be practically eliminated from our menu, especially
those sorts which have little fat content. Cod, red fin, pike and perch are almost fat-free. Salmon, eel, carp, herring have on the other hand less fat than pork. If we compare the amount of good fat that we could obtain from, for instance, carp and from bone marrow, it would be obvious that we would need approx. eight kilos of carp in order to obtain the same amount of fat that is contained in 350 grams of bone marrow. Therefore, fish is far more expensive because it contains a lot of wastes, water, and poor quality elements.

- The table is set fully but somewhat monotonously. What about vegetables, fruit; what about sweets and desserts, which I dare not mention?

- Vegetables, grown with the help of protective chemicals and artificial fertilisers, and in the main part, contain contaminated water. Some nitrogen compounds, which gain access to our metabolic systems, can be very dangerous. Those who eat a lot of vegetables and fruit, for instance in more affluent countries, are not healthier than others. Like others, they suffer from most of the illnesses of civilisation, they are often obese. Our internal organs are not at all designed for the digestion of large amounts of plant material, including vegetables and fruit. Quite the opposite, the excess of such food needlessly stresses the stomach and the digestive system. Please notice that vegetarians are often overweight and their bodies are almost always very weak. From the perspective of their diet, it is easy understand why. From where can they source stamina if all they consume is water and sugar? Apart from that, the pulp of vegetables and fruit does not resemble our flesh at all.

- Fruits and vegetables are nevertheless an unsubstituted source of vitamins.

- Are they really unsubstituted? Vitamins were discovered mainly because people living on plant sourced food suffered from vitamin deficiencies, therefore... All vegetables and fruit taken together are not able to fulfil the body's needs for the most important nutritional constituents. From my long-term studies it can be concluded that people eating in the optimal way and abstaining from consumption of vegetables and fruits satisfy their body's full vitamin needs, including vitamin C, which indeed is needed in the body but does not have to come from apples or citrus fruits. For man, apples and pears are the worst, since they contain the most carbohydrate per gram of protein. However, since we are compiling our optimal dinner we can order a serving of cooked long green beans, which we abundantly cover with melted butter. It will add a little variety to our diet and maybe partly substitute kidney beans and peas for those who like pulse crops. Peas and kidney beans should be strictly avoided.

- We can imagine dinner without vegetables but without potatoes.... Many cannot adopt your diet simply because you strongly forbid consumption of potatoes and bread, for some the most important elements of the daily menu.

- In every 100 grams of potatoes we get only approx. 1.5 grams of poor quality protein and 15 grams of carbohydrates. A tragic proportion! If a person cannot live without potatoes, they can take a few average size ones and make chips with lard or beef fat (dripping). With the passage of time, even those few chips will not taste good. Sweets are a no-no. We have to remember the golden rule of not exceeding the limit of 50 grams of carbohydrates in 24 hours. If a person feels like eating a piece of bread, for instance, that is OK; someone feels like two potatoes, that is fine too. Any kind of fruit? There you go; similarly with a piece of chocolate or any dessert. But we always have to count, count and count - 50 grams! Because sugar is the white death which has caused more misery for people than alcohol, tobacco, and narcotics taken all together. In countries where the production and consumption of sugar are increased, the biological condition of the population deteriorates. The reverse is also true; affluent countries decrease their consumption of sugar.

- The Swiss, who you so often use as the best example, devour far more chocolate than others do. Their consumption of it is a few times higher than ours (in Poland).

- Chocolate contains fat as well, and if it has nuts, than it is almost good. Nuts, although a plant food, have very high nutritional value and are recommended in the optimal diet since they deliver protein and valuable fat. Furthermore, they contain exactly the proportion of main constituents that are required in our diet.

- At one point you suggested that all apple orchards should be uprooted and replaced with plantations of hazelnut trees.
It is not necessary to cut down the orchards. There is so much land in any country which would be ideal for hazel. Instead of importing whole containers and ships of bananas, oranges, capsicum and grapes it would be better to buy or grow more good hazelnuts. Thus, we would not be transporting water and sugar but rather proteins and fat.

- What should we drink? Tea, coffee or water?
- Coffee, tea - why not, whatever one likes, as long it is not sweetened. Water of course, but from the tap or from the well, no mineral or table water, these are simply deceitful. Some say they cannot afford a "fat life" but they are able to afford the water from plastic bottles. For millennia, humans were only drinking earth surface water simply because they had no access to underground water. It is a fallacy that deep-ground water is better or precious. I can state unequivocally that appropriate nutrition guarantees a full supply of our body needs for minerals, salts, microelements and vitamins; we don't need any mineral water. Let's remember that thirst is best satisfied with clean water. With meals, we can have tea, herbal tea or whatever one likes. Sweet carbonated beverages, e.g., Coca-cola, should be forgotten. I sometimes wonder how people had to be brain washed so they could start to drink such wretched stuff. After all, our bodies do not contain Coca-cola, but plenty of water. Beer? It is OK in a reasonable quantity.

- Salt, seasoning...
- We should avoid salt. The common opinion states that it is very bad for health, that it increases blood pressure, even though that is not true. An experiment done in the USA, in which the amount of salt was increased in the diet, proved that this compound did not increase the blood pressure. Indeed, hypertension and consumption of salt are connected but with a higher common cause - the incorrect model of nutrition. The medical profession discovered that connection with salt and considered it the cause, but it is a wrong conclusion. Optimal nutrition provides the organism with the mineral salts in optimal quantities and proportions. Extra salt is only forced by plant-origin products. Therefore, in the initial stages of the optimal diet, one still uses salt, but later this need fades away. It is characteristic that dishes we consider too salty, others consider under-salted. Seasoning? We use every kind of spice mix which does not contain sugar. It is best in use ready-made vegetable and herb seasoning. We can use mustard, dill, conserved cucumbers, mushrooms in vinegar, cranberry preserve with meat; mayonnaise is an excellent addition to food.

- Alcohol?
- It is for humans. We can indulge in a bottle of beer but after i while it will simply stop tasting good; a glass of wine or a sip of cognac never hurt anyone yet. A satiated person is happy, is in a good mood and does not have to improve it by drinking alcohol. Most of my patients, especially males, drink a small amount of alcohol every day. Most often, it is a so-called drink after sunset. Research confirms the positive effects of small amounts of alcohol on the human body, however I see the analogy between the consumption of alcohol and salt. The correct model of nutrition eliminates physiological factors leading to the consumption of both alcohol and salt. Nevertheless, we have to remember also that alcohol is a very good and not at all harmful medicine for our body. However, let's take it easy... I am thinking about a dose of 4 grams or a volume of few millilitres of pure alcohol.

- How do you mean pure?!
- Concentration does not matter; it can be a larger volume of sherry, a glass of beer, or little bit of spirits. It is intriguing that for people eating fatty food even the most concentrated alcoholic drinks are not too strong. During the war, Russian soldiers, especially ones from the famous Siberian divisions, washed down pork conserve with pure spirit. This mystery comes down to an increased resistance of the mucous membranes. Very hot coffee or tea made no impression on these people.

- Cigarettes? Are you not an enemy of tobacco?
- Smoking of cigarettes in itself is against rational thinking. Why do we smoke? Some explain it by stress, irritation or an addiction. But a person on the optimal diet is not irritated, does not suffer from stress, and gains freedom from addictions, including a nicotine addiction. It is said that smoking lowers the appetite. That is true. In people forcing themselves not to eat under the influence of stress, smoking really blocks the appetite and reduces consumption of calories, but also changes taste preferences. Smokers like to drink sweet drinks, more often eat sweets, and drink alcohol. Giving up cigarettes causes an
increase in appetite, an unconscious change in the selection of food which in the end produces an increase in body weight.

- Our table is almost full. Good appetite! A propos, what exactly is the taste?

- Taste is a relative concept, depending, apart from other things, on the type of nutrition. Let me use an example from Polish literature. When in a well-known novel two peasants were walking to the nobleman's manor they discussed a mysterious fruit - the lime, which one of them tasted and his mouth twisted from the sourness of the fruit. "Because everyone has their own taste - a bull likes grass and a pig likes nettle" - summarised one of them.

And human taste? If a person is used to the best protein, the best fat consumed in optimal quantities, together with vitamins and minerals, as needed by our body, then he or she should have no problems with structuring the menu.

- How much should we eat?

- The body regulates that itself without any problems, let's leave that to it, and let's not force anything. Sometimes the period of adjustment may take even a few weeks, especially when one does not follow the set of rules precisely. Within a few months the body weight equilibrates at the correct low weight, and one will never put on weight, will not eat too much one day and starve the other, one will always eat the same.

- How many times a day should one eat?

- Most often we eat twice a day, but of course we can eat in the morning, around midday, and in the evening, although I do know people who eat once a day. My son has been eating like that for many years, since if he delivers an excess of fat to his body, then the body can utilise it at any time. "After three days I stopped feeling hungry and I never felt hungry again" - that, more or less, is what all of those who eat optimally say.

- Nutritional customs are different in different regions of Poland. What do you think about the Silesian kitchen?

- It is awful, and that is why there are so many fat women in Silesia. The generational line of daughter inheriting the nutritional habits of the mother is to blame. It is not possible to eat all those dumplings, pasta, mince balls in flour-thickened gravy without a penalty. That is one of the worst models of nutrition.

- How many people are able to sit at "the table", i.e., eat optimally, every day in Poland?

- At the moment, there are tens of thousands of people. Just one of my patients, a businessman from Ustka, was able to convert about 400 people to this model of nutrition.

Those who knew him earlier and remembered in what condition he came to see me did not need much convincing. That was a human wreck, the fact about which he wrote in a polemical letter to a weekly magazine, Wprost. His letter was prompted by some journalist trying again to prove the harmful nature of saturated fats in the diet. I believe that the quality of life, the looks, the absence of any disease in everyone who eats that way can be the best example of the correctness of the optimal diet. That is what impresses people in any region of the country where my ideas have reached supporters.

- From my, almost 10-year, observations of people eating in the optimal way, I can conclude that those who suffered from incurable diseases, e.g., cancer, multiple sclerosis, who were recovering from a brain haemorrhage, or had a stomach ulcer, were the strictest followers of your directions. Others, who for instance wanted to slim down but did not suffer from a major malaise, after a while abandoned the optimal nutrition. For them, relinquishment of bread, fruit, potatoes and sweets did not come easily...

- Those who in a radical way changed the type of their diet, and subsequently did not depart from it in any way, after a while lose a liking for the products you have mentioned. I sometimes catch myself unconsciously picking an apple from the tree in my garden; after biting a bit off I spit it out, it simply does not taste good. The same goes for sweets, bread and honey. A thinking person simply excludes those things he or she knows are harmful.

- How many calories should a mature person consume a day?

- As much as wanted. We should never count calories. We can never make a mistake. Nature regulates that in all species eating in the appropriate way, if we maintain the appropriate way for humans, a phenomenon of over-eating or fasting will cease to exist.
- What are the requirements for protein and energy in the optimal nutrition?
  - Individual. Every person is different. The requirement for protein and energy depends on a number of factors, on the climate, the type of work one performs, the level above the sea one lives at, and the age of a person. It is impossible to state that the person needs that much protein or so much energy. The organism will set those requirements itself without any error.

- Have you ever come across a case of someone eating the optimal diet who gained weight although suffering from the obesity? In other words, is your diet able to help all of those suffering from obesity?
  - Such a case has never occurred. There were cases when someone gained 2-3 kg of muscle, but the skin became firm and the muscles strong. That is what, for instance, occurs in athletes.

- Why did you say at one time that the optimal nutrition changes a human into... a Human? This second "human" is spelled with a capital letter...
  - A human that exists as he or she is, with all their weaknesses, becomes a wise Human.

Chapter XI
TO BE BEAUTIFUL AND HEALTHY

- "If it is at all possible for people to be better and wiser, then I think, that only in medicine should we look for the way" - said Cartesius. People want to be better and smarter, but they also want to be healthier and to live longer; are you able to guarantee (but to them)? Is it possible that for some it may be too late to convert to Kwasniewski's diet? From what age can a child eat in the optimal way?

- Let's start from the end of your question. In general, a child should be kept at the mother's breast for the longest possible time. The priest, Prof. Sedlak was fed breast milk until the age of five! For someone like that a change over to a high fat diet is a natural physiological stage of specimen development. Nonetheless, the shift to optimal nutrition is possible much earlier. Why should a two-year-old refuse cream, butter, or eggs? Such a youngster will not want lollies, above all they will not taste good. Mother's milk resembles exactly the optimal diet, and here science is in universal agreement that nothing is able to substitute mothers' milk. For each gram of protein in mothers' milk there is 3.14 g of fat and 7 g of sugar. It may appear that the amount of sugar is too high, but it is important to know what happens to that sugar. Thus, the body of a child burns only 1.5 grams of that sugar, the rest is converted to fat. A child that does not become used to bad foods, will reject for instance sweetened products, and will choose the likes of full-fat cheese. I am very pleased that in recent times no one questions the benefit of breastfeeding for the developing organism. In the past the approach was rather different. In the meantime the relationship between some diseases and natural feeding was proven without a doubt. For some, the discovery that in the arteries of fallen American soldiers in Vietnam who were fed naturally in their first year of life, there were no sign of atherosclerosis, was unbelievable. For me, there was no mystery in that finding. No one, fed the optimal diet, can develop atherosclerosis.

- And if the mother does not have the milk?
  - She should not have children. For the good of the species.
What you are saying is very cruel.

Nature is cruel. A mother who is unable to feed her children should not...

Please, do not finish!

Nevertheless, I will try to convince you. You have used the term "cruel". To take away from a mother the opportunity to have a child would have been cruel if there were no treatment for it. However such treatment exists. Every woman has a free choice and she should realise that if she wants to have a child, a child she should be able to nourish herself, she should feed herself in the most suitable way, the way which is most suitable for the conception of new life.

You are against cosmetics. You believe that most of them are totally unnecessary for a person on the optimal diet.

If a person really wants to use an expensive cream, a tonic or an anti-pimple cream, etc., then they are welcome to do so. But for what reason? A person systematically delivering all the nutritional elements, vitamins, minerals, to the body does not need to additionally feed the skin. The skin is incredibly smooth, without any pathological changes, pimplers, or discoloration. Many of my patients are able to notice the smoothing of old scars. Since there are no hormonal imbalances, there are no skin abnormalities. And for the ladies I have one small piece of advice... Often, when preparing a piece of meat for dinner you carefully cut away the fat; before bed you apply a thick layer of fatty cream on your face forgetting that it gets absorbed very well through the skin. Meanwhile, the nourishing of the skin in that way is not at all the best. It is much better via the stomach. And much cheaper...

Your wife can be regarded as a living advertisement for the optimal diet. She looks very young, is cheerful, always smiling, and full of energy...

As I have already mentioned, my wife was once a very ill person. It was due to her that I devised the basics of the new way of nourishment. At present, we are both in an excellent frame of mind, we never fight, have excellent moods and lots of energy. All marriages where eating is in the optimal way make for good couples. In the village where I have my holiday house, I have neighbours who changed over to the optimal diet 15 years ago. They are healthy, the

Professor Aleksandrowicz, a well-known supporter of dolomite as a nutritional supplement, stated that magnesium contained within dolomite calms people's manners. I have never heard about fat exerting a calming influence.

The body does not protest if it gets everything it needs. If the organs quieten down the whole body calms down; the person smiles more often, is cheerful and good-natured, takes stress easily, does not fill I into conflict situations, does not provoke others with his/hers behaviour. How does this come about? It is a result of equilibrium within the vegetative system; the result of equilibrium between the parasympathetic and the sympathetic system, neither of which gains a dominating influence over the other.

Are you able to recognise how a person eats based on their physical appearance?

I have classified people into three groups, which are set by the proportions of the main nutritional elements in their diet. In other words, I have concluded that the composition of a diet determines the diseases they suffer from. Group I consist of people suffering from the so-called anti-atherosclerotic syndrome; people consuming large quantities of plant protein and carbohydrates, people for whom approx. 20-25% of energy comes from plant-origin fats. To Group II belong people with the atherosclerotic syndrome or those who eat a lot of animal proteins, lots of carbohydrates, and plenty of fat. Finally Group III - suffering from the so-called obesity of the poor or those who eat too little protein in proportion to energy-rich elements, those eating too little fat and too many carbohydrates lacking valuable constituents. Each of those groups is characterised by its own physical type. Those...
with the anti-atherosclerotic syndrome are often slim, their bodies are devastated, and the individual organs are devoid of the best energy. Obese individuals with the obesity syndrome of the rich and the obesity of the poor do not differ much, their bodies are covered with a thick layer of fat. Because of the atherosclerosis, they suffer from poor circulation, get tired fast, and thus are semi-disabled.

- Many people, who for years have been fighting with extra weight, have tried many models of "optimal" nutrition in order to drop an excess of kilograms. Many of them after shedding some kilos later quickly gained extra body weight. What is the mechanism of that?

- Almost every medical practitioner or nutritionist will answer: it is all because of fat. And that is not true! It is organically impossible to become obese because of fat. Fat tissue does not contain the enzyme called glycerol kinase, which is necessary for the deposition of fat. However, it is very easy to get obese on carbohydrates which are converted in our bodies to fat and deposited promptly. The more carbohydrate the body converts to fat, the faster the weight gain.

- You have introduced the terms "obesity of the poor" and "obesity of the rich". Even though these are caused in a different way, by a different diet content, the effect is virtually the same. But there exists something like a "predisposition for obesity". I will not give examples, when two people eating the same quantities of calories look very differently, but you have to admit that the rate of the metabolism is not the same in every one of us.

- A predisposition to obesity is a myth, something like that does not exist in nature. Indeed, there exist additional factors (apart from the diet) contributing to obesity; however, these have no influence on the organism, which does not get a certain amount of carbohydrates in the diet. With regard to the metabolic rate, indeed it can differ between individuals; however the deciding influence rests on the diet and not the on metabolism.

- How many kilograms can one lose on the optimal diet?

- That depends on the type of obesity from which one suffers. For instance persons unable to eat under stress and those for whom stress has no influence on the quantity and quality of consumed food can lose up to 6 kg a month, until they reach their correct, lower weight.

- The loss of a few kilograms is something different from the treatment of obesity.

Of course. Those being treated for obesity have to modify their diet, increasing the proportion of protein in relation to the proportion of lipids in their food. During the period of their weight-loss, the proportion of proteins to 1.5-2 g of fat.

- There are cases, although rare, when people can not lose even one gram on the optimal diet.

- These people might already be at their correct weight or they may have a problem in terms of a specific mechanism in which the enzyme, lipoprotein lipase plays an important role. Individuals reacting to stress by a feeding frenzy have a very low level of that enzyme which after introduction of the optimal diet should increase. Only then the loss of kilograms will occur fast. As it happens in those rare individuals, the liberation of fat from fat tissue is limited because the level of this enzyme does not increase. I have noticed that in some, after a while, the ability to synthesise lipase returns and (the patient) slims down. For some, an artificial introduction of the lipase might be necessary.

- Do you know how to do it?

- Millions of people all over the world hate looking at their reflection in the mirror and every day fight with excessive weight. This costs incredible amounts of money which are earned mainly by producers of concoctions, which supposedly aid the weight loss process. Sometimes it is even possible to lose a few kilograms but eventually everything returns to the "norm". Meanwhile it is impossible to put on weight on a high-fat diet, and those cases when individuals are unable to burn their own fat, although rare, I would be able to help. For that, however, we need someone or some company to produce that indispensable enzyme necessary for the treatment of some types of obesity. Lipoprotein lipase can be made, like many other medications, from animal tissue. It is a sure bet for making millions of dollars, because all of these people would give everything to be slim permanently, and no one can yet guarantee that to them.

- That enzyme is some kind of key to personal fat stores. You are suggesting a "master-key" which can substitute for the lost key.
- It could be described as such. Thus far, that enzyme has not been produced, but the selective electrical currents do exist, the currents which by stimulation of the sympathetic system can force the endings of sympathetic neurones within the fat tissue to produce noradrenaline (norepinephrine) at that very spot. Thus, noradrenaline can be a "master-key" to access the stored fat, which can be released into the bloodstream in the form of fatty acids. Then, one loses weight even without the key or lipoprotein lipase in the body.

- But what about physical exercise? All diet regimens recommend exercise as a method of aiding the process of regaining the correct weight.

- Forcing obese people, who sometimes have difficulties with climbing a few stairs, to perform an intensive physical work-out is inhumane and very often leads to them dropping out of the diet and the program, because it is demeaning for them. Physical exercise may even accelerate the atherosclerotic process in people who follow an incorrect type of diet. Some investigations conducted on a group of young and healthy people showed that after physical exertion, fibrinolytic activity of blood is lower! It means that these people will be more predisposed to the development of angina, atherosclerosis, and blood clots. And how many sports people have died in their prime due to heart problems? Boxers, rowers or cyclists?

- Should individuals practising the optimal diet give up their exercise?

- To the contrary. These people normally feel the need to undertake physical activity. Even old ones ran or do other exercises with pleasure.

- Returning to the method of losing weight. Typically, most fat people say they do not eat that much, therefore, their condition cannot be explained easily. Obviously, they do not get that way by inhaling air but it often happens that a person on a strict diet, staying for instance in a hospital for a month, cannot lose a single gram. How can you explain that phenomenon?

- The cells can adapt to burning fat but for that purpose protein, energy, certain vitamins, and microelements are needed. These, however, are in very low supply in a diet based on carbohydrates. Therefore, it is not at all unusual for someone on a hospital, low-fat, diet to be unable to lose weight. Why? It is simple. The body, instead of utilising the fat, is burning off its own proteins, over 50% of which are converted to glucose thus providing energy. The patient does not lose weight, and even though proteins are catabolised, the weight stays the same because more water is bound in the body and the weight does not change.

- This model of nutrition, apart from obesity, can also have other, much worse consequences.

- Exactly. The patient often suffers from degenerative changes of the joints, fluctuations of blood pressure, gall bladder stones, and not so rarely, neoplastic disease. On the other hand, when the best proteins are delivered to the tissues together with the best fuel, i.e., saturated fatty acids, and the necessary vitamins and microelements, the effect is guaranteed. The body simply converts from burning carbohydrates to burning fat.
MEN OF WISDOM UNITE!

- You are able to judge the intellectual potential of an individual by one's height, a body shape. You state that slim, individuals of medium height have the highest intellectual capacity. I am not about to try to prove that you are mistaken, even though history is full of examples of tall, "well-built" scientific geniuses or exceptional statesmen, but I wonder on what grounds you have based your beliefs.

- I can assure you that there were many more wise and knowledgeable people of average height and slim build but with a skull content well above the average.

- When you mention thinkers you mean ancient philosophers, and a small group of those who lived during the last century, but I presume, also a few contemporary ones. For example: Professor Julian Aleksandrowicz, Erich Fromm or the priest Professor Wtodzimierz Sedlak. Why were these so highly intelligent people not able to solve the problems facing humanity?

- The answer is simple - it is only presently that the level of the basic sciences is high enough in order to clearly and precisely solve all the problems that are tormenting all nations, including the problems of health and disease.

- So when will the breakthrough occur, when will humanity finally understand that the road to a healthy and a happy life, a life without aggression and wars, leads through the stomach, and speaking more precisely, via your optimal diet?

- Many prophecies link the end of the second millennium with the breakthrough awaiting humanity, the moment from which the creation of God's Kingdom on Earth will begin. How was it possible for an 11th century monk to know that there would be 111 Popes in the Christian Church? That is not all, - he also described the characteristic features of every one of these pontificates, indicating that the last on St Peter's Throne will be a black man. Currently we have the 109th Pope... I tend to believe in such a date also because I know some of the real prophets based their prophecies not on their intuition but on a divine message.

- Are you suggesting that they had an ability to communicate with God?

- I know they did. Avicenna was able to receive divine information, as was Socrates. That ancient philosopher even described the conditions during which such communication was possible: "In the morning your ability to touch the faith is the greatest". In the Bible, description of four kinds of communication with God is cited, including communication using radio waves. And the commandment: "You shall not take the name of the Lord your God in vain..." is dedicated to that. The priest, Professor Sedlak counted 37 divine interventions in his life. Let's consider one example: what made him leave his hometown on the 31st of August 1939 just before the German invasion? There were many similar occurrences in his life. He had asked for and he received guidance.

- Have you communicated with God?

- I am sorry, but that will be the only question I will decline to answer.

- Nevertheless, you meant yourself when quoting The Book of Ecclesiastes: "The wisdom of all ancient will be studied by the wise one, and he will study prophets. The tales of the ancient man he will preserve and the subtleness of their stories he will reach. The secrets of allegories he will investigate and hidden similarities he will explore. If he succeeds his fame will be above the thousands, and if he rests the benefit will be his."

- The lack of contemporary people's knowledge blocks their access to the truth, since the truth, according to Plato, is the agreement between things and our knowledge about them.

- The unmistakable one?

- I have mentioned on many occasions that thinking people had appeared before. Regrettably, there were only a few of them and readers of this book should have no problem recalling their names.

- I find it hard to believe that only these few people, whom you are mentioning, held the patent for wisdom. History is full of wise and enlightened men who pushed humanity and civilisation along the way of progress.
If only the knowledge of the ancients, handed down by God and hidden in the Bible, had been discovered earlier, understood and practically implemented, then we would have had God's Kingdom on the Earth a long time ago. There would be no disease, suffering, hunger, poverty, rich, poor, weaponry, wars, terrorism, drug-dependency, alcoholism, crime; women would not give birth in pain, huge amounts of money would not be spent on arms, the weapons of mass destruction, a small portion of which could wipe humankind off the Earth. Therefore, the absolute condition for gaining knowledge is the existence of the biological basis for it, and apart from that the advancement of the basic sciences. The latter condition appears to have been met already.

Looking for supporters for the program of the renewal of humankind you have approached many influential people and institutions. At the beginning of the 1990s you sent your book entitled, Optimal Nutrition to the Pope.

I have been following the flow of information about the state of John Paul IF's health with great anxiety. The condition of his health significantly worsened from around the middle of 1992. The Holy Father's health is particularly negatively influenced by atherosclerosis of the brain arteries. One of the effects of it, the so-called vascular Parkinsonism can be clearly seen. I have written to the Vatican, to the Pope, on a number of occasions, hoping that he could live and work as long as possible in the best possible psychophysical condition. In the autumn of 1992, a strong supporter of my diet, a certain Swedish citizen organised my trip to the Holy Father, so I could discuss my knowledge with Him. He warned me that there are certain people in St Peter's Capital who quite effectively block the "inflow of information". I was to get a personal invitation within a month. Regrettably, until today, I have not received any response, and the audience has not taken place. The Pope's condition is not good and we are losing time instead of saving his health and life.

Quite frankly, I am not surprised that you were not invited to the Vatican. You want to erase the effects of Original Sin, however, that is wholly in the competence of the Church.

Optimal nutrition removes only the biological consequences of Original Sin. The sacrament of Baptism, as is taught by the Church, removes the spiritual consequences; therefore, there is no conflict at all. On the contrary, I can see that the Catholic Church, and personally the Pope - the Pole, could start the heralded construction of God's Kingdom on Earth. I am prepared to contribute all my knowledge, the whole of my life's output. Professor Sedlak once wrote: "Either the renaissance of humanity or great annihilation awaits us" - I think, that at present we are drawing closer to the latter. Atomic weapons, thermonuclear, chemical - it is a matter of time when the cataclysm which could wipe out everything will begin.

The people whom you have convinced of your model of nutrition should become renewed humankind. In Poland this could be quite a strong pressure group.

In December of 1987 the Public Committee of the Health Academy "Arkadia" was even set up. These people wanted to establish the foundation to support research into, and to promote optimal nutrition. In the end, they all went home and nothing came out of this initiative. I believe that after a period of 6 months, during which my articles from the series of "Fat life" appeared in the Dziennik Zachodni in Katowice, which, as I know, was already approached by other publications asking permission to re-print them, I have gained many followers. The hundreds of letters which are constantly being sent to my home address in Ciechocinek are the best proof. On some days this correspondence becomes overwhelming but I can assure you no letter is left unanswered. However, some of my correspondents might have to arm themselves with patience and wait a bit longer.

Do you respond to each letter individually or do you utilise some kind of master form, copied, inserted in the envelope and sent off?

Some recommendations relating to nutrition are invariable, but others have to be adjusted to the type of disease, patient age, the specific conditions of one's system. Therefore I try to respond in the 1'ullest possible way, precisely describing my recommendations and avoiding specific medical terminology, since my aim is not to show off but to cure patients.

The sufferers often do not believe in the advice through correspondence. They catch a train or get in a car and show up in Ciechocinek.
- It happens, but the cases requiring a personal visit, consultation and examination are rare indeed. I always advise: "Instead of wasting money on travel, it would be better if it were spent on good food to start the diet immediately, without losing precious time".

- **Are you hoping that, some day, those who have regained their healthy brain function, have forgotten about disease, or in a way have become different people, will repay you their debt for everything you have done for them?**

- These people, who have had their humanity returned to them, have the highest respect for me and that is enough for me.

- **I know that you do not care about gratification, monetary or otherwise, including titles. However, I will repeat what is being often said within medical circles. - If Kwasniewski is able to prove that his diet is indeed the remedy for most disease, then the Nobel prize in Medicine is his.**

- As far back as at the beginning of the seventies, I was promised by professor Szczygiel not just that prize provided I could prove that my diet helped people. My response to him was: "Why don't you keep this prize in return for allowing me to do research with which I will be able to clearly demonstrate that it is the best type of causative treatment for the majority of diseases". Two years earlier I brought into the open the damaging effects of the consumption of margarine. Who listened to me then? Even today many people would be prepared to give their life in support of the opinion that it is healthier than butter, although this is utter nonsense.

- **Lately, such strength of that opinion is not so predominant. It has been noticed that the chemical and thermal processes used in margarine production generate compounds which may have carcinogenic effects.**

- I came to the same conclusion a quarter of a century ago, and that can be confirmed in my publications from that period.

- **Therefore, is it possible for contemporary people to stop having opinions and for their brains to start functioning in a healthy way?**

- Not only it is possible but on many occasions I was able to confirm it, it is almost certain.

Tens of thousands of people in Poland and small groups of people in many other countries, by implementing optimal nutrition, not only **regained** their health to the maximal degree possible but also restored healthy brain function. And why are we not hearing about them? Why **do** they not influence our everyday life, the economy of our country, the welfare of the people, though they know better than others do? So what if they know, when others do not know, do not know that they do not know and to know they cannot. Optimal nutrition alienates people from their society, if they are not careful they may be the subject of ridicule. Since they know about it, and some of them by trying to help others even get hurt, therefore, in most cases they do not try to fix something that cannot yet be fixed. Nevertheless, most of those writing to me express their willingness to organise themselves and to dedicate their energy and brain power to organisations striving to reorganise human activities in a wise and causative way, to arrest the degradation of the Earth and regenerate what can still be regenerated, what brainless people in their brainless pursuit to annihilation managed to destroy. Nearest to these goals are the Green Parties, which are in their infancy in many countries. The Greens want well for everyone, however, they have no knowledge and they can not "correctly" implement their promises. The communists also wanted well for everyone, but without knowledge, and what was worst, with a sick "view on the world" they could only build hell on earth. The Greens differ from other parties because they do not defend the interests of minority groups, as do others, and as their main goal they put forward the benefit of life on Earth. Such a goal is worth support and is also possible to achieve with the help of the knowledge I have gathered, and the people who have been prepared. The situation in Poland and in many other countries has been bad for many years. The individuals in the current governing groups are not smarter than their predecessors. They come, after all, from the same degenerated stock and have been elected by the way of negative selection. All attempts at fixing a country are ineffective, always expensive and most often harmful, they do not address the causes of the problem. They cannot be effective, not because of lack of good will on the part of those governing, but because of lack of knowledge. Presently, it cannot be any other way.
—Are the above-average capabilities of brains from "the nation of Israel" the result of the diet given to the Rabbis by the Almighty?

—The God of Moses, who did not want people to know his name, passed on incredibly important information to the Israeli scientific elites: in human nourishment, fat and sugar (carbohydrates) can not be consumed together.

- A chosen nation was supposed to advance civilisation. A risky thesis...

- What practical consequences for humanity were brought about by the diet given to Moses by God? These consequences were the deciding ones for the further development of humankind. Almost all technical and technological advances, almost all advances in the basic sciences as well as in Christianity and Communism are the result of this diet. The Nobel Prize in many fields of knowledge is being given to scientists originating from the families of Rabbis. Why are the gods not presently willing to help us, and only observe our Earth? They do not want to help us for at least two reasons. Firstly, at present they have no one to communicate with, because people have not liberated their minds from the effects of original sin, and are not suited to the dialog with gods or able to understand them. Secondly, they know that people will be able to solve this problem in the not too distant future, and rightly so, they have decided to wait. They assume that the species which is able to liberate itself from the consequences of original sin will have a different position in future contacts with the gods. We should be grateful to gods for their approach in this case. They have done a lot, so we could gain the ability to resolve this problem ourselves. They know that we will be able to achieve that shortly. From the time of Einstein we know that time is a relative concept; experiments have confirmed that. These gods recognised this a long time ago, and know not only the past but also the future.

There is a chosen nation, which was able to preserve and pass on to future generations the knowledge of the Sumerians (The Sumerian part of the Bible - until Abraham), enrich this knowledge, guide human activity towards the progress of technology. There is a chosen nation which was able, for a relatively small portion of its representatives, to create conditions of relatively healthy brain function. Of course even they make mistakes, since not every one of them always follows the "diet" set out by Moses's God for the Rabbis and their families. Furthermore, many new food products have been introduced which could not have been foreseen by the Bible. A large part of the Rabbis' knowledge is still secret and not accessible for others, but it is from their knowledge that humanity has gained the biggest benefits rather than from the knowledge recognised and accumulated by the rest of humankind. They are still waiting for the Messiah. Their ant-like work, not error-free however, undertaken over whole centuries created the biological basis for the appearance of man, who through his wisdom will be able to causatively organise human life. The heralded Messiah may appear soon, quite possibly.

- The diet of the Rabbis, full of purines and cholesterol, would be considered a killer by current nutritionists. After all, 6 grams of fat per 1 gram of protein and per half a gram of carbohydrate, could be considered unacceptable even by you.

- The Israeli priests did not suffer from atherosclerosis, gout or any other presently known diseases. If indeed, egg yolks, offal, saturated animal fats were the causes of atherosclerosis, as people are being persuaded - with enormous harm to themselves - then animals not consuming eggs, butter, or other fats could not suffer from disease, but meanwhile...

- But meanwhile, the arteries of African elephants, whose diets consist of plant food only, have such atherosclerotic changes as if they have been eating eggs and pig fat for the whole of their life.

- Exactly! During the culling of Ugandan elephants the researchers conducting pathological examinations could not comprehend the tremendous degree of atherosclerotic damage in the elephants' aortae and coronary arteries. The conclusion is simple - the cause of atherosclerosis lies somewhere else.

- Let's go back to the Israeli priests however. They guarded their interests quite well since they guaranteed themselves the monopoly of fat, and those who broke the law paid for it with their life.

- If someone broke the priests' prohibition their life was taken without mercy. "Until the end of our days, in all our tribes, you will not
eat any fatness, because all fatness is Lord's" - read: priests' - was written in the Bible. The priests had the monopoly on wisdom, so even a priest's servant had no right to eat leftovers, even a guest did not. A slave had to remain a slave, after all a slave was banned from the lord's table and was told to eat manna and bread.

- **Your argument implies that there is one chosen tribe, which additionally has had wise religious leaders, who for centuries have been in possession of the correct model of nutrition. But Rabbis prescribe the kosher way of food preparation. Is the Kosher diet optimal?? It sounds strange at least.**

- Today, no other nation, apart from the Jews, has pure food, prepared in proper conditions, made up of proper constituents. They knew very well how to avoid food poisoning, contamination with chemical additives. It does not matter if it is described as Kosher or any other way - it is the principle that is important. For instance the stamp of the Head Rabbi on the bottle of kosher vodka is there simply as a rule. The "kosherity" in the case of alcohol makes no sense. But people are buying and the Rabbis are happy since every bottle sold means more profit.

- **Therefore, in comparison to many other nations, we Poles are hopeless, defective, sentenced to a mere existence as a human species. Our brains operate incorrectly, and the principles we are guided by, in what we call life are worthless. Is it so bad?**

- It is bad. It is really bad, and I am not saying it in order to provoke widespread panic or alarm. Of course there are nations the condition of which is worse than ours. Afghanistan, India... Let's consider what is currently happening in our communication sphere. Why are cellular phones, satellite broadcasts, microwave transfer stations and radars so popular? All of that is causing incredible chaos in our microsphere. It is frightening what we have done to ourselves through unwise investments in communication. All of these installations and devices interfere with the whole of the life processes on our planet. Life is an energetic process; it is in a kind of electromagnetic balance. The electromagnetic background of the Earth has risen 200 thousand times in the last few decades. It is mind-boggling to what dangers we are exposing our organisms. Regrettably, all of the mistakes of the Western countries are being copied all over the world.

- The extent of your knowledge, the renaissance character of it makes other people, including your antagonists, take note. You have spent countless number of days not just over medical books but also over historical and philosophical works. How is it possible in today's "ocean of information" to sort out the grain from the chaff, to avoid pseudo-science, non-original secondary rubbish which contributes nothing to our knowledge?

- At one time when I was studying in the library of the University in Torun, I asked for "Humankind" written by Staszcic - the most important hook ever written by a Pole. When the book was delivered, I was able to discover that before me no one had ever read that copy! A few pages were even unseparated, the book bore no signs of ever having been touched. Initially I was not prepared to accept that at the university, a science centre of such high standing, there was no one wanting to read it. Later, it all became clear for me. Apart from the few who take a professional interest in, for instance, philosophy, no one ever looked into the works of the titans of human thought such as Aristotle, Avicenna, Herodotus or Plinius. And after all, that is where all of these pearls of wisdom are.

- The works of the ancient masters have been jealously guarded for centuries. Only a few had access to their wisdom, and some of those who got too close to the source of recognition sometimes dearly regretted it. Libraries were burned, many incredible works were annihilated.

- Most of the valuable, ancient literature was burned on the stacks of the inquisition. That part which was not lost in the flames of the Alexandrian Library, which did not get lost in Constantinople, perished in the darkness of the middle ages. Therefore, the whole of the creative output of many generations was lost, and now man has to work it out from the beginning. The Egyptian priests knew the origin of many diseases, and Herodotus wrote about it. Mayan priests had an excellent grasp of astronomy, the Greeks lay down the basis of contemporary culture, the models of governing structures - examples abound. They all knew all of that much earlier than we realise. Based on limited information and partial observations they were able to arrive at the correct conclusion. For that there are two explanations - either they had much better brains than we have today or they received external instructions.
- What is the reason for such animosity to your theory from the medical world? The current state of our society's health is clear to every one, therefore...

- I reiterate - a medical practitioner ought not to refute any method of treatment which can help his/her patient, without testing it first. Every one of us who swore to follow the principles of medicine according to Hippocrates should know that. It appears that some of my colleagues have forgotten about it or never bothered to read his works. And now I will say something unpleasant to them. Since for some thirty years the majority of the medical profession has been rejecting my knowledge, my experience, results from thousands of "hopeless" - according to them - cases, it means that we do not have medical practitioners in Poland. They have failed to fulfill their pledge to the highest principle, on which they swore. They do not deserve to call themselves medical practitioners.

- About the jealousy towards great scientists, about the stupidity of the world, the sneers to which these people were subjected to, one can talk with no end in sight. The prosecution of Vesalius, the anatomy genius, who essentially developed modern anatomy, started when he bravely challenged Galen's anatomy, which he described as the anatomy of animals but not humans. Semmelweis suffered a mental breakdown as a result of the sneers he was subjected to. Pasteur... he was laughed at, bacteria were laughed at, and their existence was denied. Today no one remembers those sneerers and persecutors. However, the fathers of modern medicine are mentioned with great respect.

- It is a kind of consolation for me, even though a long time ago I developed resistance to hatred, meanness, malice and bad intention. Lister was spat on because he "invented" antiseptics, Wels committed suicide and Morton and Jackson died in a hospital for mental illness. The genial William Harvey, who developed the theory of blood circulation was called the "Circulator" - and not for the obvious reason - but apparently because of the meaning of a particular gesture.

Chapter XIII
TO GOVERN AND BE GOVERNED

- You are an unrelenting and merciless critic of political life in Poland.

- Over 200 various parties, different sorts of trade unions, many other organisations, different mindless activity programs, the huge community costs of these types of activity, which for the nation must only harm, protection of one's own interests always against the...rnest of the nation, strikes, protests, road blocks, occupation of buildings. Nonsensical and very expensive elections of the very best, who cannot be elected in the current state of brain function, ending in the election of the worst - does it not signify a total downfall of political custom? On top of it we have the shortest life expectancy in Europe, the shortest productive life, the worst health, the worst quality of products and a low productivity. Government policies have led to the appearance of two million unemployed, people who should have employment. The policies, which rather than reducing the number of employment positions in areas bringing harm to the nation, have been increasing that number. After the introduction of martial law, the then current parliament, under duress, worked intensively to introduce many policies in a very short time, which according to the "I think I know" governing group were supposed to revitalise our commerce. We know what kinds of result we got. The current government does exactly the same, and in many cases even worse. When the priority is to save the nation, they debate the crown on the eagle's head (national emblem), demolition of post-communist monuments, erection of new ones-. They introduce new laws and statutes, which cannot change anything. Kolla"taj wrote: "There is no greater proof for anarchy than instability and the changeability of civil law". In Switzerland the law is hardly ever changed because it is good. Our laws are bad and are being replaced by even worse ones.

- Your words are full of bitterness. You do not recognise authority, you disregard education, the knowledge of others; this inflexibility of your views does not bring you many friends.
- I am afraid that is so. The wisdom encompassed in the teachings of wise men of the past is not accessible to contemporary people, therefore almost all current "education" is based on the beliefs and opinions of those who in the past, or presently, have had a similar brain function to those being educated. That is why present-day education has to stupefy people. Presently, the more one is educated, the more one is brainwashed, and the more one's activity within society is counterproductive. It was Tolstoy who noticed that people turning to "beauty" turn away from goodness. Similar observations were made by Staszic, who also noticed that during times of the greatest stupidity rhyme-making blossomed universally. The nation's recognition of beauty is typically modelled on the tastes of the governing elites, those most degenerated, since until now only these kind of people have been striving to rule, and most often manage to hold the power. Nations should not give power to people whose present diet is the most harmful to these nations, to the people who because of it are characterised by the most pathological brain function as well as characteristic biological features, by which they can be recognised. The most harmful diet content and the most harmful brain function for the nation have people who react to stress by gorging on food. Most often they have a certain excess of body weight, atherosclerosis of brain arteries, developed much earlier in life and to a much greater degree. A few bright observers of life have been able to define psychophysiological characteristics, by which one could recognise these individuals. Maxim Gorki saw them as: "The most greedy enemies of the people, who always most cruelly cheated them, they were fat, short people, with red faces, shameless, canny and ruthless... These overweight, short people are the most venomous insects biting the populace". George Orwell wrote about them: "It was curious how that beetle-like type proliferated in the Ministries: little dumpy men, growing stout very early in life, with short legs, swift scuttling movements, and fat inscrutable faces with very small eyes. It was the type that seemed to flourish best under the dominion of the Party". Erich Maria Remarque described this type of person in the army: "It is a funny thing that the misery of the world so often originates from short people, they are far more energetic and less likely to compromise than the tall. I always resisted joining companies with short commanders; these are typically the worst dogs".

History has many examples of that type of person who brought indivisible suffering to many nations. Those include: Napoleon, Hitler, Mussolini, Marx, Lenin, Stalin, Mao, Pol Pot and many others, as well as countless hordes of "beetles" whom these individuals have selected; is helpers. It does not mean that that type of people should be permanently excluded from access to decision-making functions. They have to be provided with the ability to chose and with appropriate knowledge. If they can utilise this knowledge and begin to eat in the optimal way, then they will gain healthy brain function and will be able to hold high office, of course, only if they desire to do so. The nation that wants to be a healthy nation cannot give the deciding vote and high office to people with an immature central nervous system. The immature brain has to be deficient in its function.

- If someone is obese then that person has to be prevented from holding office. Many would find this incredible, similarly, your proposition that the candidates for the presidency should bang (heir heads against each other, like goats..."

- At present, all elections have become a very expensive and stupid exercise always bringing the worst individuals to power. These are individuals capable of talking to the populace in the way it wants to be communicated with, according to deficient brain function. Once I wrote, half seriously, that if we are not able to select for office at least an average person with basic peasant wisdom, using particularly pathological selection criteria, we should designate the president based on selected biological characteristics. I suggested that each candidate should bang his/her head against the opponent's head until the one with the toughest head emerged. My proposition was based on the following: Herodotus observed the major differences in the hardness of skulls of killed Egyptian soldiers and those of soldiers in Persian armies. At that time Egypt was still governed by people of science who were able to biologically prepare people for different professions, including the profession of soldier. The skulls of the Persians were very brittle and they were killed at the rate of a few per one Egyptian soldier. Beyond that, the person eating in the optimal way has a bigger, better-protected brain against injury. Therefore, the person with the largest and the best-protected brain should become the president. My article was never published of course, but it was passed around and
commented on between journalists; this fact was later mentioned in the weekly Polityka.

- **How then should the ideal governing system operate?**

- The best solution for humanity would be that foretold by Kant: "Citizens cooperative... for it to occur, if people would be sensible enough to discover it, and wise enough to freely give in to its rigours, cosmo-political wholeness is also needed, meaning the system of all countries, which are under the threat of dangerous interaction. Due to the lack of such a system and because of barriers, erected even against the likelihood of such a project, by ambition, by carving for power and by greed, for most of those who hold power in their hands, war is unavoidable". The wise Athenian statesmen Pericles who as one of a very few leaders had a right to write: "I gave the populace the certainty of life", knew that nations are being governed by the worst kind of people. He wrote: "For those, however, who have the power, who are well-off and who have the opportunity to choose, war is the greatest madness". Almost all wars have been initiated by the greatest madmen, man who were well off, who had power and had the choice. A community being governed by natural law, with high morality and universal love for others was described by the keen observer - Benedykt Dybowski. This community nourished itself in a very uniform way, exclusively with bear meat and fat. But there was no healthier and no longer-lived community, one with a higher morality than the one called Kamchadels and described by Dybowski over a 100 years ago. Today, we have far greater technical opportunities, far richer soils, and above all we have the knowledge allowing far better nourishment than the one of Kamchadels. We can eat far better than the healthiest, most long-lived shepherds. We are able to achieve, after a relatively short period of time, results which are better than those observed in these people. My propositions for my own nation and other nations of the world correspond with the suggestions of Kant. However, the difference is that I know how to achieve these goals.

- **The Polish diet is considered the worst in the world, although as examples from our history indicate, during times when we ate better the country was strong and powerful. However, recently at the beginning of the seventies there was an attempt to improve our national menu.**

- When Gierek (Polish communist leader) began his reign, he complained that 200,000 people did not go to work every day, and when he was ingloriously ending his term in office, the daily absenteeism had risen to 2.4 million. During that time, a massive increase in the incidence of the diseases of so-called civilisation has emerged and a dramatic drop in the quality of work and productivity was also noted. Particularly accelerated degeneration of our nation, especially so in the Silesia region, occurred during the late seventies. So what exactly did Gierek give the masses? Coca-Cola, long lines at the butchers', and a huge national debt.

- **For one thing you should be grateful to him - an introduction of coupons for sugar...**

- If he knew what he was doing, he could have extracted some benefits from that, but the reasons for this decision were, after all, totally different. In 1974, the so-called "Plan for the improvement of national nutrition" which aimed to achieve the worst possible nutritional indicators by 1980, was set up and introduced. These indicators were reached as planned. In my opinion, the current Minister of Justice should investigate who contrived that unfortunate plan and if stupidity or a clearly premeditated goal was behind it. The statement of Nixon from 1971, printed in our newspaper, stating that for the free world "the best communist is a fat communist", together with the resultant steering of the Polish food industry (animal feeds, broilers, large meatworks, refrigeration for storage of water, etc.) indicate the consciousness of the actions of some people. I foresaw the damaging results of the introduction and the realisation of that plan. I explained to the then current premier, Piotr Jaroszewicz, the harmful potential of the plan, but even he, whilst showing an understanding of my concepts, had his hands tied by the opinions of the eminent "experts".

- **You assert that one of the most important indicators describing the biological value of the nation is the age at which its children reach puberty, and more precisely the age at which the first period occurs in girls.**

- The lower the biological value of nation the earlier the first period. The biological value of English citizens began to rise from the limes of Henry the VIII and reached its peak around 1830. The positive changes in the production and consumption of food resulted in
a marked increase in the biological value of people in that country, and that in turn resulted in the birth and the might of the British Empire. Why did it happen to England and not to some other country? The underlying cause was the specific degeneration of that country's elites and the consequences of it. A keen observer (with a Rabbi's background), Friedrich Engels wrote about it in the following words: "Luckily for England the traditional feudal barons slaughtered themselves almost to extinction in the wars of the White and Red Roses. Their successors knew very well the value of money; they evicted leaseholders of the land and replaced them with cows and sheep. It soon became obvious that a single shepherd produced enough food, food of a different kind, for a dozen people". The primary reason for the appearance of the Empire was the self-annihilation of the most degenerated and the most damaging for the nation feudal lords in England. The rest is simply the consequences. The consequence of the increase in the biological value of the nation was a gradual increase of a girl's age at puberty. The highest puberty age was reach in England around the year 1830. At that time the first menstruation occurred around the age of 21, and in rich families even later. In 1850 the per capita consumption of sugar in England was 12.5 kg. In the second half of the 19th century "England begins to gradually internationalise in terms of food and drink... that will bring the end to the island's separateness" - wrote Friedrich Engels. These changes were negative and they resulted in the gradual lowering of the biological value of the nation, which manifested itself by, amongst other things, the speeding up of maturation of girls by an average of 4-6 months for each subsequent decade. In 1946, the average age of the first menstruation in English girls settled at the age of 14 years and 6 months, and from that point has not change much.

- **You often quote the saying of Giulio Cezare Vanini, who said: "The destiny of nations depend on their customs, on their national cuisine, on the juices sourced from the earth". Can you elaborate?**

- Poland regained independence after the First World War not because our nation became wiser, healthier or more hard-working, but because the elites of our neighbours degenerated to the level of our nobleman from the time of the first partition of our country. In particular, this degeneration affected the Russian elites. Our sad past history, until the present times, is more a product of our stupidity than a product of the influence of others. Apart from the times of the unique union of two nations, i.e., the union of Poland and Lithuania, the emergence of the Swiss Federation was an unprecedented occurrence. Even two thousand years ago, Caesar himself, while observing the elections in a small Alpine village, proclaimed that he would have preferred to be the leader in that village than the second in Rome. The Swiss had their last war in 1386. They won it. From that time they have not played war games, they can protect their independence without wars, they live from their own work, and in great measure, from the stupidity of other nations. The inhabitants of the Alps include Germans, Italians, French, and Austrians. Different languages did not stand in the way of the creation of the nation from groups of people with similar nutritional habits, and for that reason, having similar brain function and customs. The Swiss, mainly their elites, could not degenerate below a certain, dangerous level, because the land they live on does not allow it. Only approx. 10% of their land is arable, however, most of the remainder is excellent as pasture. They adopted large-scale milk-cattle breeding, pig and poultry farming. A large production of butter, cream, cheese, pork and eggs followed. Our sad history from the last few hundred years is not due to our bad geographical location in Europe. The location of Switzerland is equally "bad", but they always knew who and how much to pay, and who to liquidate in order to keep their independence. Our land is very rich in comparison with Swiss land. The examples of these two unions, the Polish-Lithuanian Kingdom and the Swiss Federation, prove that populations have a tendency to form larger statehood organisations when their diets become accidentally similar, and when because of that, the function of their brains is alike.

- **You like to illustrate your theses regarding optimal nutrition and correct human brain function by quoting historical processes and events. For instance the ascent and decline of empires...**

- When the biological value of nations decreases, the populace divides itself into ever smaller state entities. For about the last 15 years the biological value of the inhabitants of Western Europe has been systematically increasing, and that is the only reason for the unification of this part of Europe into one semi-state body. The biological value of
nations formerly belonging to the so-called Eastern Bloc is still declining (excluding Czechs, Hungarians and the population of the former DDR, where it has not decreased but is not rising yet). This results in strong separatist tendencies, which in turn lead to a further decrease in the biological value of people. A long time ago, I predicted that the decline of the biological value of the population of the Soviet Union would lead to a biological and economical catastrophe in that country. The letters I have send to Brezhnev and Gorbachev were my attempts to counteract these disastrous trends, the results of which had a potential to be also very damaging for our nation. In these letters I predicted the occurrence of a major crisis in USSR in 1991. In feudal Europe, the changes in the content of the diet of elites (lents), skilfully brought in by the church, caused a rapid and significant decline in the biological value of the people, which precipitated the disintegration of national statehoods into ever smaller feudal structures. Our western neighbours (Germany) were only united into a national state thanks to the efforts of Bismarck.

- **One of a few Polish rulers whom you respect is King Kazimierz the Great.**

  - The uniting process of the Polish lands, which was initiated by the King Lokietek, was accomplished by Kazimierz, correctly named the Great. Kazimierz was able to listen to the advice of a few wise advisers - Rabbis. He started with one primary objective - the correction of the food supply and that is why he is known as the King of the peasants. The changes in food production consisted of an accelerated and marked improvement in the milk supply. The resulting excess of protein (cheese and milk) was directed as feed for pig farming and for "uncounted flocks of poultry". The walls of a few dozen castles and many cities were built using mortar made with egg whites. The remaining egg yolks were sold off cheaply to anyone who wanted them. And within a short period of time, during which lots of egg yolks were eaten by many every day, the biological value of people increased to such an extent that they became much wiser, much better merchants, artisans, farmers or soldiers. As a result of the increase in the biological value of the population, the country underwent a dramatic development which was followed by universal wealth and a very low birth-rate. Kazimierz did not partake in wars apart from the necessary defence against the Tatars. He fought much more successfully using money. He knew very well that every war, even a victorious one, is very damaging to the nation. That most precious for any nation are the lives of its young men, which should not be wasted even for victory.

  - **When did the decline of Poland and its citizens begin?**

    - Until the time of the Kazimirz the Great the biological value of the Lithuanians was higher than that of the Poles. They treated our ancestors with contempt and regularly robbed them with impunity. The high biological value of the Lithuanians was due to far better nutritional habits. Thanks to the reform process of King Kazimierz, the nutritional habits of both nations became the same. And the result was the union of Poland and Lithuania - an event rarely seen in history. The effects of these reforms lasted until the time of Zygmunt August. We already had our golden age without wars, with the good health of the nation, with universal wealth, without the Inquisition, without religious persecution, without censorship, when the most valuable people from many countries settled in Poland, finding here peace, tolerance and a good and fulfilling life, thus, enriching our biological value with their hard work and their genetic potential. If we were able to have a golden age before then we can have it again. It can be an unending golden age, since we now have much better technical abilities, we possess the knowledge needed to do it, the know-how to quickly improve the biological value of the nation.

    To illustrate how a low biological value affects the productivity and the quality of a worker’s output, we can compare the Japanese worker with one of ours. Whilst one average a Japanese worker in the early seventies produced 14 good cars in a year, the Polish counterpart could not even produce one. The biological value of our nation, which was at the lowest just before the partition of Poland, later increased somewhat only thanks to the initiative of Staszic and the so-called Positivists. These reforms were successfully neutralised and to some extent still remain neutralised by the eminent 19th century Romanticists: Mickiewicz, Stowacki, Sienkiewicz, and a few others. This incidentally was noticed at that time and was written about by one of the most capable contemporary intellects, Alexander Bochenski.

  - **You are mercilessly against Polish tradition, was it really so bad?**
It was very bad and it is still very bad, since all institutions and individuals responsible for the proper introduction of a new generation into adulthood are harming young individuals instead of properly nurturing them. Children should be taught by select people with the most astute minds, people with a good nature, good for others. Presently that is not the case, we do not have people like that. Antisthenes from Athens was right when he said: "Countries die when they (government) can not differentiate between good and bad people". Since the death of the last King - Zygmunt August, our country and our representatives in government have been unable to do precisely that. Diogenes from Sinope wrote: "Bad luck comes only from a lack of wisdom". For the last few hundred years our nation has been lacking exactly that. When thinking people, or those who knew, appeared occasionally, they were laughed at, sneered at or, much earlier, burned at the stake. Their knowledge could never be comprehended by so-called scholars or government officials. In the communist countries and the so-called peoples' democracies, including our country, the destruction of such people was often accomplished through the use of the "expert" psychiatrists.

The Polish romantic tradition is celebrated by many Poles...

- Until a certain time there were no poets in Poland. When the country began to decline, suddenly the poets started to appear. Considered as the most celebrated by our nation they appeared during the period of the most severe depression of the nation: Mickiewicz, Siowacki, Norwid or Baczynski. "Immoral, light-hearted, greedy and wasteful, proud and rotten..." - these were the words with which Staszic described them. The same could be said about those holding power between the wars, during the times of the so-called "Commune", or those at the helm at present. Even now people have to delegate the power over themselves to individuals with the same degenerated characteristics. The extent of the degeneration of our nation was never as bad as it is at present. Never was disease so prevalent, the general health so destroyed, the processes of power so corrupted, wisdom so absent, and stupidity so prevailing. Never before was one able to see obese peasants. In Galicia, over a 100 years ago, between 8-11% of Austrian army recruits were not suitable for service. Tuberculosis was quite common, the flat-footed were not enlisted. The medics examining the recruits were able to notice a curious and at that time not understood phenomenon. When the average height and the body weight of the sons of landowners increased, the same indices decreased for the sons of merchants and wealthy tradesmen. During different times, the reverse occurred. The cause of that, phenomenon was a periodic change in the production and the consumption of food within these different social classes. In the 1930s in Poland, there was a census of all people suffering from malignant tumours. They numbered a little over 5,000 (five thousand) for a similar population as at present. One could therefore conclude that if modern medicine was at least as advanced now as it was during the thirties the present prevalence of cancer should not be higher than at that time. Recently, the following information was provided by a TV news bulletin in one day: most kids have posture abnormalities, almost all have flat feet; according to the army health commission not more than 10% of recruits are fully healthy. The conclusions are obvious for every one.

What then can be done to rescue a country like ours, or any other country in similar despair?

- For a rapid, cheap and most effective improvement in the biological value of the nation we have to begin, according to Aristotle, by recognising the primary cause, which underlines the whole chain of causes and effects. The primary cause of all is the sun. Life originated from the sun's energy, so did natural gas, oil, and many other resources utilised by man for centuries. The energy of the sun is utilised on the earth thanks to plants. It is then subsequently enriched and concentrated on the land and in the water - in the food chain. It is that most concentrated and enriched form, which should mainly constitute nourishment for man. With wise management, we can extract from our soil well in excess of what we need within a reasonably short period of time. The Sumerians and the Egyptians knew how to do it. So did our ancestors thanks to the reforms of Kazimierz The Great. This type of knowledge was not available to people previously (perhaps with the exception of the Egyptian scientists or Cyrus - the originator of the Persian Empire), and it is not possessed at present.

The faith of nations is dependent on chance. Accidental and positive changes in the supply of nutrition were the only cause behind the rise of the Roman and British Empires. Negative changes in the same
factors were behind the decline of all known great civilisations. These changes were the only cause of the decline of Poland and many other countries. Aristotle wrote: "Anyone who analyses the skills involved in the governing of people arrives at the conclusion that the destiny of empires depends on the education of new generation". The wisest ever Polish premier, Jan Zamoyski wrote: "Such is our country's destiny as is our youth's upbringing". Upbringing encompasses mainly the care of a child by its mother, the most suitable nutrition as well as schooling - the teaching of what is needed the most, teaching what should be thought. A large proportion of our youth can not be educated even though it can be schooled. A recent survey of physically well-developed 16 y.o. girls has shown that their mental development was retarded and relatively bad. Thus, those girls were being schooled but could not be educated. The chances of them giving birth to and bringing up biologically worthy children are nil. Even Solomon cannot pour into the empty. Their heads are full of garbage soaked in Coca-Cola. The creation of each knew life without meeting the previously mentioned conditions is a crime against the child itself and against the nation. That has to be realised!

In good biological conditions people breed at a low rate, they have few children but their children are biologically worthy. During the times when most people lived as shepherds, "Families did not breed as fast as livestock, however human cattle, the slaves, bred as fast as did the cattle" - wrote Friedrich Engels. He knew what he was writing. There were and still are people and organisations, for whose advantage it is for people to be sick, damned to live short lives and to produce a lot of children; children who are poor in soul, quiet, agreeable, and willing to be cruelly exploited. "Martyrs give people the wrong example" - wrote David Russell.

The Bible describes the conditions under which a man can be loved by God. "No one else is as loved by God as the one coming with wisdom". Since the time of Original Sin wise people have practically not existed. There were those that knew, knew what wisdom was. I have already mentioned a few names. One of them, the priest Professor Sedlak prayed to God for wisdom every day for 60 years. His definition of wisdom was: "Wisdom appears to be the ability to play on the logic of Nature" - and that is probably the best definition. Nature is always logical. In Nature, the cause and the effect always coexist. Nothing comes about without a cause. My definition of wisdom goes: wisdom is I lie knowledge of the causes of things. One can also add - the causes most important to man. When I asked Sedlak, who incidentally was one of the most distinguished scientists in the world, the creator of a new branch of science - bio-electronics, if he was able to acquire wisdom, he responded: "Not quite, but not by much. I am still hoping". Is contemporary man able to become wise? Is every contemporary man able to become wise? What conditions have to be met in order to become wise? How much time is needed in order to choose the good and to reject the bad, or in other words, to know the causes of things, to fulfil the criteria of man's wisdom? The attainment of healthy brain function is possible for a large proportion of humans, thus the attainment of wisdom is also possible. Regardless of education.

A 96 y.o. man who still works physically and who implemented the optimal diet many years ago said about my book: "This is the wisest book I have ever read, and I have read plenty. Regrettably, I realise that neither scientists nor politicians can utilise the knowledge contained within. It is a great pity. Maybe in the future they will". Maybe they will!

At one time, you made a comparison between the human body and the structure of a country, as did Aristotle. Is not such an analogy too risky?

Aristotle noticed that an animal body can be compared to a well-governed country. The body of every person should also be a well-governed country. All nations create the same structures when organising their governing systems as those seen in the body of an animal or a human. It is obvious that nations which are unwell, both mentally and physically, create structures which are more or less degenerated. Let us look at these structures and let's determine the necessary conditions for the correct functioning of a body or a country. Certain organs and operating systems in the body are equivalent to the following structures in each country:

- gastrointestinal tract - to a widely considered food industry,
- sensory organs - to agencies responsible for receiving electromagnetic, acoustic, chemical, mechanical, etc. information,
- peripheral nervous system - to communication,
- vegetative nervous system - to officials and institutions in charge of distribution of supplies and energy,
- heart, cardiovascular and lymphatic system - to transport,
- liver — to industry,
- muscles - to the working class,
- skin - to border guards and customs,
- kidneys - to cleaning services,
- hormone-producing tissues (i.e., the pineal gland) - to technological intelligence, information systems administrators, production managers,
- DNA and RNA - to receivers and senders of radio information, rapid-emergency communication,
- immune system as a whole - to the army, in the defence of the nation (an aggressive army, spying agencies, and diplomacy have no equivalent in any living body),
- part of immune system producing antibodies against its own tissues - to police and special internal services, law administration and enforcement system,
- regenerating system - to health services,
- hair and nails, eyebrows - to arts and culture,
- brain - to the government consisting of citizens with a healthy brain function and equipped with knowledge, for whom the benefit of the nation is the highest priority.

- One of the ministers once stated that "the government will feed itself. The brain appears to be the organ with certain privileges.

- It is obvious that the brain is the most important organ for a body as is the government for a country. Their role is to fulfil the needs of all the tissues and organs (professional groups) in terms of building materials, spare parts, energy and so on, enabling each cell and each organ (an individual person and a professional group) to always function according to the principal benefit of the body (country) as a whole. The principal aim of the brain (government) is to maintain wellbeing, the health of the body, the anticipation of possible threats and a prompt avoidance of them. The principal goal for the whole of the cells and organs is to work for the benefit of the body in total. That is how it should be, and that is precisely how it is not. From the time of Original Sin no nation has been able to create a healthy national structure since it was not possible due to biological reasons. The brain (the government) should understand the requirements for the good health and wellbeing of the body (the nation); it should recognise the needs of all cells, tissues and organs; it should organise the fulfilment of these needs at the optimal level, thus securing proper working conditions without needless stress and without internal pollution - the pollution of the country's environment. The destruction of the environment is presently a popular topic. A lot is being said about ecology and the protection of the environment; there are dozens of institutions in every country employing many scientists and professionals, new ideas emerge constantly, which require huge investments and the employment of many new specialists. And the state of the environment, the quality of water, and the contamination of soil is constantly deteriorating. The priest, Professor Sedlak summed it up with following words: "When someone talks to me about the protection of the environment I get really mad. After all it is only getting worse. Not long ago, one student tried to convince me that because of industry's long-term planning approach, the threat to the environment no longer exists. 'How do you know that?' - I asked. 'Our lecturer told us' - she responded. He may be stupid - I thought - after all his stupidity was rewarded with a title. But why would you try to match him?" The government should accumulate reserves in case of unforeseen periodic shortages of food or other emergencies. In order for the brain (government) to correctly fulfil its obligations, it has to organise itself in order to fulfil its own needs at the level necessary for its healthy function. It has to know that it has to do it, and it has to know how to do it. The ancient Hindu scripture, the Bhagavad-gita, written at least five thousand years ago or maybe even fifty thousand (as suggested by some American scientists) contains much information, which were surely not worked out by men themselves but must have been passed on by the gods, states that: "Parts of the body work for the enjoyment of the whole body. The limbs do not work for their own benefit but for the benefit of the body". When the brain (the government) is unable to fulfil the needs of all the cells in the body (people) at a satisfactory level, the body can function adequately but pays for it by accelerated aging. If the supplies are inadequate, but mainly if they are not suitable for the needs of the body, the results are disastrous. If a teacher is paid...
less than a policeman then the country is sick. A teacher on a low wage will never teach anyone anything. If the number of serious crimes is increasing, it means that the biological value of the nation is dropping. One could debate the causes of crime inventing various artificial ones. That will never change the fact that all crime comes from the faulty human psyche. A well-off person with a healthy brain function, who loves the family, likes life, will never, for no reason, start to steal or to kill; he or she will gain no pleasure in the torture of defenceless animals or of another person. Science is unable to find causes for poor health, drug-taking, alcoholism, crime, or war. General Kuropieska wrote about the causes of war: "Personally, every time I look at the arguments put forward about the unavoidability of war and its apparent causes, (...) I realise that we are unable to explain the causes of armed conflict. All historical data do not sustain the critique of common sense, and therefore, the sources of the trigger event are unknown since they have a biological character. At the current level of biological knowledge we are unable to explain what sparks the conflict and to foresee it."

Why do we need armies? Our army is for protection against an external aggressor. Why do our neighbours need an army? We, of course would say, to attack us. But they will say that their army is for their protection and ours is for aggression against them. This type of morality is adopted by every nation. Let me illustrate with the example from the book by Sienkiewicz entitled, In Desert and Wilderness. When asked what a bad deed is, the character in the book named Kali responded that it is when someone steals his cow. "What then is a good deed?" - he was asked. "When Kali steal someone else's cow." - he responded. This type of Kali's morality is practised by all governments. It is pathological. The whole history of humankind is full of wars. The most famous military leaders, instead of being known as murderers, as the enemies of humanity, as killers, are worshipped and given as examples for the young to follow.

So how is our nation shaping up in terms of the correct function of the structures of the body? The answer is obvious. The country that has no choice but to expand its energy in support of anyone of the mentioned structures must stay sick, it will be led by cancer. There were times in the history of humanity when in a few countries people with well-functioning brains were at the helm. That was the case for i period of time in ancient Egypt. There were cases in other countries for shorter periods of time. It is, however, far worse when the brain is taken over by cancer, malignant at that. Examples are numerous: Catherine the Great, Stalin, Hitler, emperor Bokassa, and a few present rulers.

- As a renaissance thinker, concerned not only with the health of the human soul and body but also the condition of all nations, you have prepared a plan for the reconstruction of a country via a specific development program. What does this strategy involve?

- For a healthy, worthwhile and long life a human being needs proteins and fats of high biological value, given in appropriate proportions in concentrated and enriched meals, meals also containing all the necessary, approx. two million elements, in the required amounts and proportions. It is, therefore, obvious that the best way to achieve that goal is to maximise the protein and fat output from each hectare of land whilst expending the minimum energy. A detailed nutritional program demands pages of separate description. Only the general rules are given below.

1. As a main strategic goal, farming of milk-producing cows has to be intensified or developed, thus resulting in an increase in production of butter, rich cream and cheese.
2. The production of pork livestock, utilising a part of proteins, carbohydrates and minerals from milk, should be developed or increased.
3. The production of eggs should be increased.
4. The distance between processor and food producer should be maximally shortened. Processing of food should be limited to non-perishable, enriched and concentrated products.
5. Farming of products which provide valuable proteins and fats for direct human consumption should be developed. This is practically limited to nuts and sunflower seed.
6. Production of soy should be developed - but only for use as feed for stock.
7. The farming of goats, production of goat milk and its products should be developed.
8. The farming of geese should be developed in some regions aiming at harvesting the fat.
- In your macroeconomic reform there is no place for sugar refineries, fruit orchards or vegetable farms.

- Of course there is not! The production of beef, poultry, sugar, sweetened fruit products and sweetened drinks should be terminated. The production of fruits should be scaled down, but the production of those most damaging, i.e., apples and pears should be stopped. We also ought to stop the production of wheat and scale down the production of potatoes for human consumption. Rape (cole) should be produced only for animal feed, and greenhouse farming should be stopped altogether, especially the farming of flowers. Cool rooms should only be made available for products, which contain a certain proportion of protein and fat and not for water or high-water-content products.

- And a country like ours can feed itself?

- Currently we harvest from the whole of our territory approx. 400 million tons of so-called biomass. The social costs of the collection and of processing of this biomass are way too high. In the end balance, we expend far more energy than we collect from that food. Without major expenditure we are able to extract from our ground at least another 100 million tons of biomass. Such an amount of energy, correctly utilised and converted will be enough to feed another 5 million people. These are our capabilities. The excess of good food which would soon appear could be exported for some period of time. For this food we can obtain all the necessary raw materials. The production of energy should be mainly based on nuclear energy, as is the case in the most developed countries, e.g., Japan, Switzerland, Belgium, Holland, France, England, and Germany. Safe technologies for the construction and operation of nuclear power stations can be bought or developed, and people with the highest biological value (appropriately nourished and paid) should be employed to construct and to run them. We can have such people within a few months. Coal should not be burned for energy. It will be useful in the future for conversion. And finally, transport should be converted to electricity, gas and hydrogen-sourced energy.

| have familiarised myself with the work of the medical practitioner, Jan Kwasniewski entitle, "The influence of nutrition on the biological and cultural evolution of man." This work has significantly enriched the literature concerned with the scientific principles of nutrition. The author has assembled an extensive material from the field of cultural determinants of health and disease, dependent on the type of nutrition during a particular period.

The ideas, which are represented by the medical practitioner, Jan Kwasniewski are supported scientifically, especially in terms of the prevention of the diseases of civilisation, but also afford major practical benefits. Considering the fact that in difficult conditions, separated from scientific centres, he was able to create original concepts, I believe that his ideas deserve support, regardless of their final verification.

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Ciechocinek — Katowice, September — October, 1996.
The interview conducted by Marek Chylinski.
Part 2

Optimal nutrition and diseases

Anti-atherosclerotic syndromes

BUERGER’S DISEASE

Also known as thromboangiitis obliterans (TAO), it is a type of auto-aggression disease caused by a certain incorrect type of nutrition. A hundred years ago or so it was even called the Polish disease because of its high prevalence there. Where Buerger’s disease rules - atherosclerosis cannot exist; that is why it is included in a specific group of diseases described as anti-atherosclerotic syndromes. It is a typical "pasture" type of disease. The main source of energy for the sufferers from this disease are carbohydrates burned in the hexose cycle, with free fatty acids being burned mainly during stress by the privileged organs, i.e., the heart and the brain. A certain diet profile is behind the excessive catabolism of carbohydrates and the over-synthesis and release of compounds, such as adrenaline (epinephrine) and noradrenaline (norepinerphine) which make the arteries constrict. The worst affected tissues are in the peripheral regions of the body - the feet or the hands. In these tissues, cells of the artery wall cannot survive under the conditions of poor local blood supply. Consequently, these cells try to resist and begin to produce chemicals via faulty metabolic processes; the chemicals which contaminate the internal environment instead of being utilised locally. The cells can not utilise these chemicals because they lack the energy and the proteins needed to produce the required enzymes (machines). The body needs magnesium for the metabolism of sugar (glucose). The body of the disease sufferers burns a lot of sugar thus utilising a lot of magnesium. The serum and tissue level of magnesium in these people is 3 times higher than in an average healthy person. Hypermagnesiaemia is
typical of all "pasture" type diseases. The body extracts the required types and amounts of minerals from food. If it sources too much magnesium it means that it burns a lot of carbohydrate in the hexose cycle, the metabolic cycle typical for herbivores or slaves. The production of cholesterol in that cycle is 300 times lower than when glucose is catabolised via the pentose cycle. That is why those people do not get atherosclerosis. But for the sufferer it really does not matter what causes the obstruction of the arteries in the legs or the hands. And it makes no difference why the feet are so painful, why the toes or the fingers start to ulcerate or dry off like on Egyptian mummies, why one screams in pain at night. A one-time world record holder in swimming, shown in a TV program a while ago, suffers from Buerger's disease. He had been having very strong pains in his leg, he could not sleep, he had to stand up for days and nights because the pains were less severe in a standing position. He could not eat much but he was able to drink 2 litres of very sweet compote in one go. The professor interviewed on this program stated that it is still unknown why some people get the disease and the others do not. At that time I already knew the cause of this disease, I had helped quite a group of patients by that time. However, I was not able to help that man - thanks to the medical profession.

The smoking of tobacco has a very negative effect on those suffering from Buerger's disease. The effect of smoking is similar in all those suffering from the "pasture" type of diseases, the so-called anti-atherosclerotic syndromes, because these people develop an overall and local dominance of the sympathetic system, and smoking increases that dominance. Smoking also negatively affects their diet, and it narrows their already narrowed arteries. However, smoking more than 40 cigarettes a day has an opposite effect. The resultant inhibition of the sympathetic system increases the influence of the parasympathetic system, which in turn causes dilation of the arteries and the relief of pain. It does not mean that those suffering from Buerger's disease should start smoking 40 or more cigarettes a day. The cause of the disease is in wrong nutrition. Cigarettes cost a lot of money. If money is spent on cigarettes, nutrition will suffer even more, and cheaper nutrition means in most cases the "pasture" type of nutrition which caused the disease in the first place.

The body can improve the supply of one tissue by robbing the other I issues. But the other tissues have to have supplies. When the supply is exhausted, no drags, no treatments, or smoking a large number of cigarettes will change anything. In Buerger's disease, the inflammatory narrowing of the brain arteries does not occur because these arteries are unaffected by the action of the sympathetic system, i.e., adrenaline (epinerphine) or noradrenaline (norepinerphine). The condition of a patient typically gets worse during a hospital stay and typical treatment. Often, one walks into the hospital but leaves it in a wheelchair without one or both legs. The hospital diet is a "pasture" type of diet which has to potentiate the advances of the disease. Beyond that, the stress of the hospital stay causes an inhibition of the appetite and the nutrition suffers even more. Visiting friends and family bring flowers to the hospital which bring no harm directly, and sweets or fruit. And the latter, of course, are very harmful indeed - directly.

Arkadia received 53 sufferers of Buerger's disease, including 10 women. The average age of patients was 34 (21 to 47 y.o.), they suffered from the disease on average for 10.2 years (from 6 months to 21 years). Those with less advanced disease were encouraged to treat themselves at home because of the limited number of places. There were 16 limb amputees and 15 others who had other amputations; sympathectomies (from 1 to 4) had been performed on 37 patients. The sympathectomy is a treatment modality which cuts the sympathetic nerves, nerves which constrict the arteries. The operation does not improve the blood supply to a foot or to a hand; the local distribution of blood is altered instead. The skin gets warmer, but the muscles are even more deprived of blood. Very often, the condition worsens after the operation and the leg has to be amputated. Typically, one leg is denervated, occasionally both. When needed, a hand or both hands are done as well. Sometimes after one procedure, but more often after 3 to 4, an improvement can be seen. Because of the increased skin blood supply patients starts to lose a lot of heat. To produce more heat, one not only has to eat more but has to eat differently. And the type of diet a person starts to eat differs from the one which causes the disease being much closer to the "trough" type of diet. On that type of diet one does not suffer from Buerger's disease anymore.
Out of all patients, 41 suffered from ulcers of the toe, the finger, the leg, or of the amputated stump; 36 patients suffered from resting pains. These kinds of pain are typically very severe and often require treatment with a narcotic pain-killer. In all patients, out of 106 theoretically healthy legs, only 29 could be tested using the lameness (exertion) test. The remaining 77 legs were not up to it. They were either missing or were too badly ulcerated. All the patients were treated with selective PS currents on the legs and, if required, on the hands. The causal treatment consisted of optimal nutrition.

The results of the treatment were as follows: the resting pains, which affected 36 patients resolved in 25 of them during a period from 1 to 12 days (on average, in 7 days). The remaining patients experienced such an improvement that discontinuation of narcotics or other pain-killers was possible. The ulcerations healed up in 5 patients; the rest of them experienced a marked acceleration in healing. Oedema, cyanosis or skin spotting abated rapidly in all cases. Before treatment, only 20 patients were able to walk, with pain. Therefore, only they could be assessed by the so-called distance of lameness, the distance, which they could walk before they experienced pain so severe they had to stop. After 12 days of treatment the distance of lameness improved on average by 1100% in 12 patients; the lameness disappeared in the remaining eight. The strength of the leg muscles increased by an average of 55%, the blood supply improved by approx. 240%. Maximal stimulation of vasodilatory nerves in healthy subjects can improve blood supply by a maximum of 500%. In those with the disease, the improvement following stimulation with selective currents is half of that, but as such is still unachievable by any other means of treatment. "If I had known about the existence of Dr Kwasniewski, I would still have both of my legs and I could live like a human" - wrote one patient cured of Buerger's disease. Although a number of health ministers, their scientific advisory bodies and many professors knew about my existence for many years, they chose not to inform the public. There were very few exceptions.

Every patient who came to Arkadia with the disease was cured of it. Sadly, the limbs they lost could not grow back. There were no relapses of the disease - never. All ulcerations, in many cases very extensive, healed over within a few months - within 20 months at the latest. Not long ago, I met one patient who came to Arkadia in 1987. He had seven toes which looked like those of an Egyptian mummy - they were black and dead. After a few months he cut off some of these toes with a razor; il home, the rest simply fell off. Within 9 months from the commencement of the treatment he was cured and has remained disease-free until the present day. This terrible disease brings unnecessary suffering and premature death to many people, yet many individuals have known for a long time that it does not have to be like that. If one does not know, one has to try to learn, one must never refuse to try.
BECHTEREW'S DISEASE

Also known as ankylosing spondylitis (AS), it is an auto-aggressive type disease which causes stiffening inflammation of the joints of the spine; it is caused by a certain incorrect type of diet. It causes seven pains of the joints and the spine, deformation of the spine and other joints, deformation of posture and spine rigidity. It causes permanent disability and it limits the ability to work. The number of sufferers increases after every war. It affects mainly men but it can appear in teenagers. It is an advancing disease and all the treatments have very limited success, most often no success. The quality of life deteriorates rapidly.

The optimal diet is the causal treatment for this disease. The improvement in health is considerably accelerated by the use of selective currents which dilate the arteries and thus improve the supply of affected tissues in the "spare parts", energy and oxygen. This particular disease and the associated symptoms resolve much faster than other types of connective tissue diseases collectively known as collagenoses. There are many factors which predispose to collagenosis type disease, but these factors exert their impact only in those who follow a diet with a certain type of profile. Greenland's Eskimos have never suffered from rheumatoid arthritis, ankylosing spondylitis (AS), or any other type of collagenosis although they have always been exposed to cold and dampness. Shepherds never suffer from these types of disease either. Over half of those suffering from collagenosis have rheumatoid arthritis. Other diseases from this group include: lupus erythematosus, nodular arteriosis, scleroderma, erythema nodosum and other rare diseases; all of them resolve equally rapidly after the introduction of the optimal nutrition.

During the treatment, the consumption of all products containing connective tissue should be greatly increased.

In Arkadia there were 24 patients suffering from AS - 20 men and 4 women ranging in age from 24 to 56 years. The average age at the appearance of the disease was 24 (12-54) years; the average duration of the disease was 12.8 (2-21) years, therefore in most the disease was advanced. The treatment results were as follows: joint and spine pain stopped in 11 patients, the abatement of joint pain or spine pain was Ncecn in 4 patients, marked improvements were seen in 7. A minor Improvement was observed in one totally wasted patient, suffering also from amyloidosis, high blood pressure, and kidney failure. In that patient, the erythrocyte sedimentation rate (ESR) dropped only by S (from 120 to 115). One patient (52 y.o.) who had had the disease for 1H years and who could not walk for the last 4, returned to Arkadia tttlone, unaided after 4 months of treatment with the optimal diet at home. The average, on admission, ESR for patients with the disease was 68.3 (from 6 to 126), after 12 days of treatment the value decreased to 38.3 (from 0 to 115), with an average drop of 44%. Only the optimal diet and the selective currents applied to the spine were used in the treatment - no exercises were prescribed. It was too early for any kind of exercise. The ability to bend the spine assessed by the distance from the tips of the fingers to the floor, whilst bending forward with straight knees, improved markedly. Initially, the average distance between the middle finger and the floor was 45.5 cm - after ii 12-day treatment it was 23.3 cm. Almost all patients from the group regained normal health after further continuation of the treatment at home. They all forgot that they had once suffered from that allegedly incurable disease.

Is physical activity recommended for patients suffering from rheumatoid disease? One has to know for whom and when exercise can bring a benefit, and when it can only bring them harm. If one does not know it is best not to give advice. In the concentration camps "exercises" were often used to accelerate the wastage of the prisoners. Those suffering from collagenoses do not eat much better than did the prisoners in the concentration camps. Therefore, exercises are most often harmful for them. They are always harmful when the ESR is high. They are less harmful when ESR is below 30 after 1 hour. They are helpful when the ESR is below 15 and the patient is on the optimal diet. Thus, after 1 -2 months from the introduction of the optimal diet one can start to exercise, progressively increasing the load. But we only exercise when there is no pain!
MULTIPLE SCLEROSIS

It is a type of auto-aggression disease caused exclusively by inappropriate nutrition. It belongs to a group of anti-atherosclerotic syndromes; it is a typical "poor-pasture" disease. It is unknown, for instance, in India, it occurs very rarely in Hindu people who immigrated to England. However, it is as common in the children of these immigrants as it is in the native English. Quite simply, in India one could not eat so poorly as to get MS - in England one can. One can also develop the disease in many other so-called developed countries. In the poor countries, the food which causes the nervous system to rebel and the body to start a war against it, is hard to get. In the affluent countries such food is plentiful. The disease changes occur in the brain, cerebellum, and the spinal cord. The disease starts most often with visual disturbances. Every person, especially a young person, who notices temporary visual disturbances should be aware that it could be the beginning of MS. However, in particular the medical practitioner should remember that, especially the ophthalmologist. There are four main forms of MS differentiated on the basis of its progression and severity. The most common type, known as remitting-relapsing, advances in recurring attacks, almost always leading to incapacitation and premature death. Presently, the disease is considered incurable.

Many and various medications used to treat MS are practically useless, sometimes harmful; some are very expensive. Those suffering from MS are not admitted to sanatoria because the treatments used there are in most cases harmful. When I worked in one, I hardly saw a patient with MS. However, in 1978 a girl who suffered from MS for two years was brought to me on a stretcher. She had already managed to visit a few hospitals and clinics; her disease was advancing very quickly. Her hands were crippled; she had not been able to walk for a few months. She proclaimed, "I know that I am suffering from an incurable disease and no treatment will help me". I managed to convince her mother to give the diet a try. After its introduction her overall condition improved rapidly; after 3 weeks she started to walk, after 7 months she was already cured. After 2 years she got married, later gave birth to three healthy kids and - she has stayed healthy.

In following years I started to see more people suffering from MS. Is every one suffering from MS able to cure oneself from this disease? Unfortunately, no. The disease attacks the nervous system. The pathological changes within the nervous system, if extensive, cannot be reversed.

Those struck with apoplectic stroke often have their limbs on one side totally paralysed, after a short period of time the paralysis becomes hemiparesis, the severity of which declines after a while, to a Ilie point of total abatement, on occasion.

By the same principle, improvement occurs in those affected by MS. But mainly in the initial stages, when the cells which have stopped functioning are not yet destroyed. When we can improve their supply in "spare parts" and energy they can very often regain their normal function and the symptoms of the disease decline or cease. MS sufferers have a very reduced resistance to all infection. Some studies have shown that viral and bacterial infections occur in them up to 90 times more often than normally.

So what benefits can the introduction of the optimal nutrition bring for an MS sufferer? These benefits may include:

1. A full cure from the disease, which often happens provided the disease has not been of long duration. On occasion, a cure has been possible in individuals suffering for as long as 5 years.
2. A halt in the progression of the disease (always).
3. An improvement in the physical condition and a reduction of disease symptoms (to a varied extent).
4. An elimination (practically total) of new attacks of the disease provided the optimal nutrition is continued indefinitely.
5. Achievement of the highest degree of resistance to all sorts of infection.

Optimal nutrition is the causal treatment in MS. The arteries in the hands and most often in the feet are markedly narrowed in individuals with MS. Consequently the limbs are cold. Therefore, faster and more progressive improvements are achieved when concomitant treatment with selective currents is implemented in order to improve the blood supply via the dilation of vessels. Quite often, after a few sessions the
hands or the feet warm up and the strength of the muscles rapidly improves. In general, only one series of electrical stimulation is required when the optimal nutrition is implemented as the treatment. Occasionally, selective current stimulation may need to be repeated at yearly intervals. In rare cases, the improvement can be very rapid. One patient, aged 26, came to Arkadia after suffering from MS for 7 years. His vision was continually distorted, his upper and lower limbs were badly incapacitated. He could walk slowly but only on crutches. He arrived on the 2nd of November 1987. On the 9th, he was already able to walk with a walking stick; on the 10th without the stick. On the 12th he went dancing and then he played table tennis. After 2 months, all the visual disturbances stopped altogether with all other symptoms of the disease. His current condition - healthy.

However, not everyone has experienced such an improvement. Arkadia received 212 patients with MS - 131 women and 81 men. For women, the average age was 36 (18-63) years, the average age upon contracting the disease was 28.5 (10-57) years, and the average length of the disease was 7.5 years (1-23). The incapacitation or the paralysis of the lower limbs was common to everyone, cold legs occurred in 128, vision disturbances in 98, hand incapacitation in 86, balance disturbances in 56, problems with urination in 14, speech disturbances in 4. There were also associated diseases including: neurasthenia in 29, incontinence in 26, obesity in 22, and single episodes of migraine, psoriasis, and ulcer disease. The so-called diseases of civilisation were absent. For men the average age was 37.5 (22-55) years, the average age at the time of appearance of the disease was 25.4 (16-46) years, and the average length of disease was 12.1 years (1-32). The incapacitation or the paralysis of the lower limbs was common to everyone, cold legs occurred in 75, vision disturbances in 53, hand incapacitation in 52, balance disturbances in 28, swallowing disturbances in 4, speech disturbances in 1, problems with urination in 13. Those with obesity numbered 11, neurasthenia - 9, ulcer disease - 4, hypertension - 4, and the one case of psoriasis, brucellosis, asthma, migraine and coronary heart disease. Those patients who could not be admitted to the "in house treatment" because of lack of space treated themselves at home with the optimal diet and returned for the treatment with selective currents when they could walk. One patient who could not walk for 10 years returned after one year of home treatment; he was able to walk unaided. The other one, in similar circumstances returned after only three months.

In all patients, the feeling of cold feet was alleviated, the nscylometric index (the indicator of arterial blood supply) improved by an average of 1.68. The function of the limbs improved, vision and balance disturbances stopped or were markedly reduced. Neurasthenia was cured with the optimal nutrition and the selective currents to the central nervous system. Incontinence was treated with SVU-type of currents stimulating the constrictor muscle of the bladder with the results of cure in 20 women and 4 men, and marked improvement in 14 women and 5 men. The pain associated with the degenerative changes of the spine stopped in 22 patients and lessened in the remaining 6. During a period of 12 days, the strength of the lower limb muscles, assessed by the above-described walking distance test, increased on average by 68% (from 20-80%).

The improvement was greater than that ever achieved in those affected by atherosclerosis of the lower limbs or Buerger's disease. Obese patients lost on average 3.4 kg (2-8); underweight patients gained on average 2.6 kg (1-5) in weight. In a short period of 2 weeks only the progression of the disease could be arrested and the improvement in the overall condition of health was possible. In those who implemented and continued the optimal nutrition, gradual improvements occurred for up to 2 years. None of the obese with MS reacted to stress with increased food consumption, the reaction typically seen in all suffering from the "rich" type of obesity and caused by the incorrect proportion between fat and carbohydrate in diet.

Amyotrophic lateral sclerosis (ALS) - an awful, thankfully not very common, disease, typically leads to the death of the patient within 10 years of its onset. It is a similar to MS auto-aggression disease which attacks the centres and the neuronal pathways of movement; it causes rapid wasting of muscles, disturbances of speech and swallowing, and paralysis of the chest muscles. Arkadia received 15 sufferers of ALS. Muscle dystrophy occurred in 12, cold limbs in 11, disturbances in the walk in 11, a total paralysis of the hands in 4, of the legs in 3, speech and swallowing disturbances in 8, balance disturbances in 6, and incontinence in 3. All of these patients experienced a marked...
improvement in health and general condition to a greater degree than that seen in patients with MS.

Important! The patients with MS and ALS should be fed, especially in the first weeks of the treatment, a diet containing animal brains and spinal cords. Initially, the required amount is 150 grams per week, later it can be reduced. Recently, sausages made partly using animal brains have been used with good results in the treatment of MS in the USA. Let us hope, that in the future, a diet containing appropriate constituents will be recognised as the treatment for a variety of diseases.

RHEUMATOID ARTHRITIS

It is an auto-aggression disease which is caused by a certain type of diet. It is a serious disease which very often leads to permanent disability, quite often to a serious degree of incapacity. There are at least 10 variations of the disease, including one affecting children also known as Still-Chauffard disease. The acute type of rheumatoid arthritis (RA) ends with the death of the sufferer within a short time. The current treatments are very expensive, the drugs are not very effective, giving different results in different patients. Some drugs can improve the condition of the patient, (e.g, gold) others, although temporally helpful, do cause serious side effects. Currently the disease is being treated symptomatically. The causal treatment is optimal nutrition because the main cause of all auto-aggression diseases is incorrect nutrition. This treatment is successful in every case. The health and the general condition of the patient are always improved. This treatment always results in a reduction of the ESR, and a reduction or withdrawal of pain. A complete cure, without the recurrence of symptoms, can be achieved in most cases. A child aged 7, suffering since the age of 3 years, was brought to me in 1970. For the previous 4 years her health had been getting progressively worse as she went through a number of clinics and hospitals. The girl was however, pleasant, patient and trusting; she allowed me to have her blood sample taken. Her 1-hour ESR was 130. During the consultation Prof. Wanda Werninska entered my surgery. When I addressed her: "Dear Professor, please have a look at this child", the girl froze and changed into a frightened animal; she started to shake and to sob loudly. For her the term "professor" was associated with a lot of pain and suffering based on her experiences from visits to numerous specialists! The girl was a daughter of a forest administrator. I visited her a month later. When I saw her, she was eating cottage cheese with a piece of pork rind. Already, after one month the pains were gone, her ESR was down to 42; after six months it was down to 2! I decided to visit the clinic of the professor who decided to let her go home to die. I presented the results of girl's treatment and the results of other patients suffering from RA whom I have successfully treated. I suggested: "Why do you not try, maybe you can help those who needlessly suffer, these poor children who can
be saved from being crippled”. The professor had a dumb-looking face and was at least 30 kg overweight. He obviously felt threatened. His methods of treatment, although not successful, were threatened. And of course, he did not agree to the collaboration as did not dozens of other professors and specialists whom I had approached with propositions of collaboration in the causal treatment of many diseases. I had to try. Maybe it would have worked. But it did not work. It could not have worked!

After 9 years the girl and her parents came to visit me in Ciechocinek. She was a beautiful and healthy girl. Almost all pathological changes in the joints had dissolved altogether. Deformations of the spine and her posture had self-corrected. Only a shifted patella remained but was corrected surgically soon after.

Optimal nutrition is the causal treatment in RA, also known as progressive arthritis; in those on the diet it can be described as "regressive" arthritis. RA affects mainly the poor; it rarely affects the well-off. In the USA the incidence of RA is the lowest in the upper class white Protestant suburban neighbourhoods. In the populations living in the inner city (poorer) the incidence is much higher. A much higher incidence of RA was also observed in Blacks compared with the Whites, however the highest incidence occurred in the native Indian reservation populations.

The production of hormones in the body is governed by the supplied substrates or simply speaking - nutrients. With "trough-like" nourishment the quantity and the type of the produced hormones is different to that with "pasture-like" nourishment. Taking oral contraceptives causes similar effects to those produced by the oversupply of hormones due to a "trough-like" diet. When a patient eating a "pasture-like" diet, and therefore suffering from RA, is given the hormones, which occur in excess with a "trough-like" diet, the patient's metabolism changes accordingly, to that which results from that type of diet. Consequently, certain changes in a patient's diet are forced-in by that hormonal change, to which both the patient and his medic are oblivious. Under the influence of encorton or dexamethasone, both of which have been used extensively in the "treatment" of RA, the condition of the patient improves, the ESR decreases, and the patient often puts on weight.

Smoking of cigarettes by RA sufferer increases the dominance of the sympathetic system, narrows peripheral arteries, worsens the blood supply of peripheral tissues, exerts an effect on the diet pushing it towards the "pasture", which in its effect causes the acceleration of the disease. That is the effect of cigarettes at the dose, which causes stimulation of the sympathetic system, i.e., 10-15 a day. In those smoking 40 or more a day, or more than 25 for irregular smokers, paralysis of the sympathetic system occurs; consequently the domination of the parasympathetic system develops and a beneficial effect for RA is achieved. Those suffering from RA typically smoke cigarettes in the number which stimulates the sympathetic system. Obviously, they should not try to increase the number to 40 or more. Their bodies are weak, devastated by the disease, and have no reserves. The beneficial effect may be minor or might not occur at all because of the damaging properties of cigarettes.

The causal treatment consists of the optimal diet. Of course, the diet has to be modified somewhat. It has to include far more collagen: cartilage, jelly, pigs' hocks, tripe, lungs and egg yolks. The most necessary are thick stock soups — the best is beef stock. The meat, and the cartilage too has to be cooked for a long time until it is very soft. Different types of pressed jelly-meats are excellent, the best are ones with blood. They also accelerate the treatment of anaemia so often present in RA sufferers. One has to make sure to eat a lot of fat: butter, cream, lard, pork rind and bacon. Pig's skin is recommended. One has to eat as much as wanted. The amount of food should not be limited. However one should never "overeat". The ESR should decrease at the rate of 40% every two weeks. Joint pains should abate within a few, or a dozen days. The dosage of drugs should then be reduced and later stopped. The use of the selective currents stimulating the parasympathetic system markedly accelerates the treatment of RA. Nevertheless, cold feet and hands, so typical in RA, will receive more Moods after a certain period of time with the help of the diet alone.

The new diet improves the supply of the whole body in nutrients almost immediately, but as is the case in any society, so too in the body, there are always those that are equal and those that are more equal. The privileged organs scoop the benefits first and intensively regenerate themselves whilst using a lot of energy. Therefore, at the
beginning tissues that are less well-supplied miss out - they have to wait their turn. However, to aid their supply we enrich the diet in the very materials needed by these less privileged tissues, the products I have mentioned above. Thus, initially the proportion of protein to fat should be approx. 1 g : 2 g, respectively. Later, when the 1-hour ESR falls to 30, the proportion should be changed to 1 g of protein to 4-5 g of fat.

In cases when the sympathetic system has an overall advantage within the body, the selective PS currents are applied to the central nervous system in order to rapidly remove that influence. The currents are also applied to the peripheral areas such as the legs, the hands or sometimes the spine, in order to rapidly remove the narrowing of the arteries and thus increase the regional blood supply. Typically, the selective current treatment is sufficient when applied only once. The benefits should last for about one year, and that period of time should be sufficiently long for all the symptoms of the disease to recede; the deformities of the affected joints should either be repaired or markedly improved.

Is the diet able to cure every RA sufferer? In more than 90% of cases - yes! But there are exceptions. Surgical treatment is needed for those with advanced deformations and muscle contractions. However, that has to wait until the 1-hour ESR falls to between 10 and 20. Quite often the pathological function and/or the overgrowth of the synovial sack are present. In such a case surgical removal is necessary. If more than one joint is affected the operation may not be very successful - the symptoms of RA, although reduced, will persist.

During the first 2 years of the existence of Arkadia, 234 RA sufferers, 213 women and 21 men, were admitted for treatment. The average age at which RA developed was 40.3 years (2-64). The most common coexistent disease was neurasthenia and incontinence - only in women. Infrequent coexistent cases of hypertension, coronary heart disease, ulcer, migraine, sclerosis of the upper or lower arteries (3 cases only) occurred in patients who were treated for lengthy periods with steroids. Within the group of those not treated with steroids, there were single cases of scleroderma, inoperable cancer, lupus erythematosus, MS and ALS, Raynaud's syndrome, or diseases from the group of so-called "pasture-origin" syndromes.

The results of the treatment were the following: neurasthenia was cured in all (44) patients, incontinence in 38 (only women); these patients were cured with the help of SVU currents. Cases of hypertension, migraine and ulcer were also cured. Those RA patients who were pathologically thin put on weight from 1 to 5 kg during the 12-day treatment period. The obese ones lost on average 3.7 kg. From day one of the stay, medications were withdrawn in 190 patients. In others, the amount of drugs taken was reduced 17-fold. During the stay, the pain had stopped in 88 patients, was markedly reduced in 132, failed to reduce in 4 even though the ESR was down in these patients. The mean ESR on day one of the stay was 54.9 (2-149), on day 12 it was 31.7 (0-113). The average fall of the ESR was 23.1 or 42%. All patients reported that they no longer felt cold; all pathological changes including oedema, muscle spasms, joint deformities, skin ulcerations, etc., resolved or improved markedly. Rapid and marked improvements in the psychophysical condition of all patients were observed. Only two patients from the total of 234 reported deterioration of their health at home; in both cases they abandoned the optimal diet.
LIVER CIRRHOSIS

The most common cause of liver cirrhosis which occurs mainly in children, but less often in adults, is a viral hepatitis. All people come in contact with hepatitisis-causing viruses many times during their life. There are a few types of hepatitis virus, some are transmitted via food or water droplets in the air, other are typically contracted via blood contact or injected. Only a few of those who come in contact with the virus will develop hepatitis. Disease develops in those with the weakest immune system or natural resistance. The lowest resistance typically occurs in people on the "poor-pasture-like" diet. The real cause of the disease is poor nourishment which facilitates the invasion of the virus. Why do some get sick but not others? The incidence of hepatitis is relatively high, but only a few sufferers subsequently develop cirrhosis of the liver. And the main cause behind it is a particularly poor diet, to which those with hepatitis are subjected in hospitals or during their recovery. Recently, an article published by researchers from the Medical Academy in Białystok (Poland) described a beneficial effect of a high-fat diet in the treatment of acute viral hepatitis. The liver, which is being attacked by the virus should be maximally spared. Long-chain saturated fats spare the liver the most. Only these compounds bypass the liver and are transported via the lymphatic system directly into the blood. The liver is overworked by too large a quantity of proteins. The consumption of proteins should be dramatically cut down, only those of the highest nutritional value should be eaten. The liver does not like sugar (carbohydrate), which has to be converted into fat or cholesterol. The diet of those succumbing to viral hepatitis contains a lot of proteins, a little fat and a lot of carbohydrate, thus stressing the liver the most.

"Who has been programming our brains so badly?" - asked the priest. Professor Sedlak. When the basic sciences discover that something is bad for humans, that very thing is immediately recommended for the ill as the best. When the basic sciences discover that something is the best, it immediately is forbidden for the ill and for healthy humans. The human brain had been very well designed and programmed by those that created human beings. "It was of human making that man is sick, unhappy" - wrote Stanislaw Staszic. Humans had a chance of 'Vicinal life', here, on earth; having lost wisdom they lost everything, Immanuel Kant wrote: "The opinion that nature picked the human being as the favoured and treated the human much kinder than other animals is highly mistaken; on the contrary... Furthermore, the lack of understanding of natural predispositions brings onto humans more than enough self-invented afflictions; still, other enforced by their own race, by law, by oppression, by the barbarity of wars, etc., bring onto humans so many disasters, working all along, as much as possible, towards the immihlation of their own race..."

For many years a lot of money has been spent on liver transplants. They are done in a few places in the world and cost a lot of money per each patient. After the operation the patient is not healthy and in the majority of cases does not survive for long. For the money spent on one transplant, hundreds of patients with liver cirrhosis could be cured and hundreds of liver cirrhosis cases in children with hepatitis could be prevented.

In January 1990, I was contacted by the sister of a man dying in hospital from advanced congestive cirrhosis of the liver. This disease is currently considered incurable. Even when the transplant is successful, the sick heart will destroy the healthy liver very rapidly. When the heart is replaced the sick liver will destroy the heart equally fast. Only a heart-liver transplant could prolong the life of the patient.

I said to the sister: "I can give you the program of correct nutrition that should help your brother. It is your decision." In 1992 on the 2nd of September the interview with the patient and his sister appeared in the weekly publication Kujawy i Pomorze. The following are the relevant parts of it.

Patient: "I was not allowed to eat eggs, cream, fried meat. I had no appetite at all for low fat cheese, vegetables, or veal - said Mr Piwowarski - whatever I ate I always vomited."

Sister: "All that was recommended by Dr Kwasniewski was the exact opposite of all the prescriptions of the other clinicians - said Mrs Niwińska. - I started the treatment with bacon and eggs. Slowly, I increased the servings; I introduced kebabs, later pork fried in lard, Full cream milk, and cream. After a week, the vomiting subsided. My brother started to regain his appetite. From day to day he became..."
stronger. After a few months the symptoms of cirrhosis were no longer present; oedema, the fluid in his lungs had gone".

Patient: "After a few months on the diet I became lively, physically adept. Now I can drive, I am not fatigued by walks in the forest. During my stay in the hospital my weight was 95 kg, presently it is 74 kg. That is how much water was in my body. I never feel hungry" - he added.

Sister: "In March this year - after 14 months on the diet - we went to the clinic. The medics said that his condition was good."

Interviewer: "And what do all those specialists that previously gave up on Zenon say now? They can, after all, appreciate the recovery he has made?"

Sister: "Oh well, I attempted to talk to them, I wanted to tell them about the diet which saved my brother, but they did not want to listen to me. I am outraged that medics are not prepared to consider methods of treatment different from those they currently use. I gave up on convincing anyone to use this type of diet, which is not only better but also much cheaper...."

I saw the patient one month into the diet treatment. He was still in a serious condition. He had atrial palpitations, the bilirubin was 20 mg% (the norm is up to 1) and the blood albumin was down to 0.8 g/1. And what that means every medical practitioner knows. The patient had to sit all the time, if he lay down brain oedema and fluid in the lungs would set in. The atrial palpitations went away after 3 months, the level of albumin returned to normal after 11 months. That resulted in a total abatement of abdominal dropsy, oedemas. The size of the liver reduced markedly. His condition improved so much that after 14 months he went on vacation abroad, in his car. Most of the sufferers of cirrhosis can rapidly cure themselves from it. But one has to know a lot. It is necessary, with the help of a medical practitioner, to perform regular blood tests and carefully follow the changes, which occur progressively.

NEURASTHENIA

The prevalence of neuroses has been steadily increasing in all age groups. They are increasingly common in children and teenagers. Out of all patients admitted to sanatoria approx. 90% complain about neurosis; in about 30% the neurosis is the main disease. The treatment of those suffering from neuroses is long, expensive, and not very successful. Neuroses often limit the ability to perform work. In addition I hey limit productivity and the quality of output. They are a tremendous burden for everyone involved, the cost are spread all over. The underlying cause of neurasthenia lies in the continuation of stress, which is further reinforced by changes in nutrition towards the "pasture-like" type. Most people when they are under stress cannot eat. If the stress persists, the changes precipitated by it are consolidated and I lie sufferer starts to eat differently. And thus neurasthenia begins.

Neurasthenia typically affects persons who under stress restrict their food intake, much less often those for whom stress does not modify food intake or the quality of it. In those who react to stress with cravings for food it occurs very rarely, when they are older, and only after they develop sclerosis of the arteries in the brain. The typical symptoms of neurasthenia are: insomnia, tiring dreams, fears, crying for no reason, sweating, accelerated heart rate and heart ache, dry mouth, tiredness after a night's sleep, constant tiredness, recurring thoughts, headaches - especially in the morning, dizziness, oversensitivity to sudden noise impulses, shaking of the hands, shaking described by the patients as "internal". The direct cause of neurasthenia is the overproduction of catechoamines, i.e., adrenaline (epinephrine) and noradrenaline (norepinephrine), resultant from an overall dominance of the sympathetic system. The diet content which forces the body to burn glucose in the hexose cycle during a rest, and free fatty acids during stress, is also most crucial. This is the very way all herbivores react to stress, and slaves, and - neurasthenia sufferers. Carnivores react in a totally different way. Prolonged stress mobilises I heir bodies and prepares them for the maximal effort, when such an effort is most needed. Normally, humans react similarly. That was appreciated by all great commanders who utilised that knowledge skillfully. The army prepared by Moses was the greatest army ever. As
told in the Bible, ten Israeli soldiers could match a hundred others, and five hundred could defeat ten thousand. What counts is not the quantity but the quality. The recent conflict in the Persian Gulf confirmed that very clearly.

Priests from Delphi, Cyrus, Alexander the Great, or the Polish king Jan III Sobieski knew about the principles to prepare a soldier or a sportsman.

It was the latter who, on the 9th of November 1673, took position with his small army outside Chocim's fortress, which held much larger Turkish forces. His first attack was repulsed. For the whole night from 10th to 11th Sobieski kept his army in full readiness for the attack forcing the enemy to keep constant vigil. The night was bitterly cold and it was raining. He waited. The prolonged vigil time caused a marked decline in the battle worthiness of the Turkish army. The opposite was the case for the Poles. "The Turks are far more susceptible to cold, rain and bad weather than we are. Now is the time to attack" - he wrote about his battle for Chocim. The Turkish army was defeated; ten thousand Janissaries lost their life in the 20 minutes of battle. The same goes for sport. If by chance, in one nation, in a certain period of time, a model of nutrition facilitates the appearance of human material able to achieve good results in a particular sport then high achievers in that discipline emerge. The opposite is true as well. No condition - no results. It is not possible to make an eagle out of a crow. Twenty five years ago I wrote an article in which I explained the correct nutrition for sports people, nutrition which would lead to better results, resistance to injuries, faster reflexes and a longer span of the carrier. No one understood it.

Neurasthenia causes considerable losses in gross national income, the result of low productivity and poor quality of output. How neurasthenia affects the productivity of the sufferer was best described by the "butcher" Rudolf Hess. During the 20s he had spent some time in prison for political assassination. He had to work in the prison and initially he was able to fulfil his daily production quota without any problems in a few hours. In his memoirs he describes all the symptoms of neurasthenia that got hold of him. He wrote: "No matter how hard I worked I could no longer meet my daily target". He cured himself from neurasthenia by much improved nutrition, he wrote later.

Life is a tremendous burden for neurasthenia sufferers. They are not able to enjoy it. They consume a lot of medication - usually without any result, since, for a man, it is impossible to obtain nourishment from drugs. The optimal nutrition produces the disappearance of the disease within 3 weeks to 2-3 months. As already mentioned, the primary cause of the disease is the over-dominance of the sympathetic system, in the central nervous system and in the peripheral tissues. This dominance can be rapidly removed by the application of the selective PS currents which stimulate the parasympathetic system. The effects of the treatment last at least a year, sometimes longer. I have had patients who were cured with the selective currents treatment alone, without a change in their nutritional habits. For 6, 10 or even 16 years after treatment they were free of the disease. The selective currents work in every case. When the currents treatment is combined with the optimal nutrition, the symptoms always rapidly abate and the cure is permanent. The simple way to determine the degree of the dominance of the sympathetic system in neurasthenia and the progress of the retreat of that dominance or the disease during the treatment is to measure the amount of saliva produced.

A previously weighed piece of lignin is inserted in the mouth between the teeth and the cheek for two minutes. The change in weight indicates the amount of saliva. After treatment the procedure is repeated. After 15 sessions the amount of saliva increased in all patients on average by 58%. When the treatment is successful in the removal of the dominance of the sympathetic system, it causes a permanent change in the metabolism, which in turn modifies the diet of the individual, and then the cure is permanent.
TYPE I DIABETES
(diabetes mellitus)

Type I diabetes is also known as insulin-dependent diabetes mellitus (IDDM) or youth-onset diabetes. There are millions of sufferers from this disease all over the world. These are mainly young people. There are not many old ones. The sufferers don't get a chance to grow old; they die early on in their life. Diabetes shortens life by an average of 30%, markedly lowers the quality of life, costs society dearly, much more than type II diabetes also classified as non insulin-dependent diabetes mellitus (NIDDM).

Generally speaking, type I diabetes is not known within the animal kingdom, between both meat- and plant-eating animals, living in their natural habitat. It is however, known to develop in representatives of those species, which due to the lack of knowledge (human) or under the influence of man (dog, domestic pig), are fed a diet suitable only for herbivores or a type of diet, the chemical composition of which makes it inferior to that of herbivores.

Type I diabetes does not exist amongst the Eskimo, the Masai, or the Hunza people, and the shepherds of Yakutia, Abkhazia, Georgia or Bulgaria (and many other indigenous people whose diets are typically low in carbohydrate).

Type I diabetes is caused by sugar, or to expand on that, a diet, which per 1 g of protein contains more, or far more, carbohydrate than the proportion occurring in the diet of herbivores.

In order to metabolise carbohydrate the body needs a lot of protein, vitamins, magnesium and other microelements, which are not contained in sugar, sweetened drinks, honey, potato/maize flour or other pure carbohydrate products. All plant products, which per 1 g of protein contain more than 10 g of carbohydrate, are deficient in those necessary elements. A diet which lacks sufficient amounts of protein forces the body to consume greater amounts of food in order to obtain more protein, vitamins and minerals, but in fact this results in consumption of even more excessive amounts of carbohydrate. Consequently, such a diet lacks the proper amount of protein. It lacks vitamins and magnesium to burn carbohydrate. The body finds a way around the problem by converting a proportion of carbohydrate to fat, I IRIS saving on the expenditure of proteins, vitamins or magnesium.

Carbohydrate metabolism, including the processes of conversion to Fat and cholesterol, as well as other carbohydrate conversion processes requires insulin. Thus, sugar is the cause of the insulin. When a diet does not contain any carbohydrate, the release of insulin in the human body is minimal. The way in which carbohydrate delivered in food will be metabolised depends on many factors, but mainly on the overall content of the food. And that content influences the proportion of how many grams of sugar are needed to release one unit of insulin. Six grams, 10 g or even 15 g of sugar may be needed to release 1 unit of insulin. The body resists sugar. It defends itself against it. In type I diabetes, this defence consists mainly of destruction of beta cells of the Langerhans islets located in the pancreas, the cells which produce insulin. Destroyed beta cells cannot produce insulin. Several or more months before diabetes develops, the blood of the future diabetic contains antibodies against the beta cells. When the majority of those cells are destroyed the body stops the destruction of the remaining cells. That is why at the time of the first symptoms of the disease antibodies only exist in the blood of approx. 70% patients.

The human body will almost never destroy all beta cells. Those that are needed are left intact, not for sugar metabolism but for other important processes. Insulin is needed in the body for a variety of metabolic processes, sugar metabolism being one, although not the most important one.

The remaining 5-15% of pancreatic beta cells are still secreting insulin, but that amount is much too small for the large amounts of ingested carbohydrate. However, that amount of insulin would be sufficient if the carbohydrate intake were reduced to match the insulin production by the remaining beta cells. In type I diabetes the blood level of sugar rises because tissues do not require or want any sugar. They defend themselves against the glucose as would the so-called "devil against holy water". Glucose is excreted in the urine; its blood concentration increases dramatically. The suffering individual loses weight because the spare fat is used as fuel in metabolic processes not requiring insulin. The system is overloaded with ketone bodies in amounts well in excess of the body's capacity to burn them. Acidosis
develops. A number of other serious metabolic problems develop. The patient has to die unless insulin is provided.

Diabetic patients being "cured" by insulin injections most often die of renal complications caused by pathological changes in the small arterioles of the kidneys, changes that resemble those caused by atherosclerosis. All diets recommended for diabetics during their "convalescence" contain far too much sugar for the amount of insulin still being secreted by the remaining beta cells. Thus, insulin has to be injected. The amount of injected insulin depends on many factors. Sometimes one injection a day is sufficient, at other times a few injections are needed. The body does not want sugar and external insulin and defends itself to its best ability. Antibodies to insulin are produced thus inactivating it. The long-acting types of insulin are not very effective because they are inactivated. The levels of insulin need to be increased to 100 or even 200 units in 24 hours - but the diabetes persists.

Surgical removal of the pancreas in carnivores (man, cat, dog, fox, owl, other birds of prey) leads to serious disturbances in their bodies culminating in rapid death. Still, carnivores consume minimal amounts of carbohydrate. Surgical removal of the pancreas in herbivores: the goat, sheep, rabbit, cow, and also ape (!!!), leads to minor disturbances in their metabolism, and these animals, including apes, can survive for a long period of time without the pancreas. Man and the carnivores cannot survive without the pancreas. Insulin is far more essential for man and other carnivores than for herbivores and apes. Carnivores, especially birds of prey, have bigger brains, are far more intelligent than herbivores or seed-eaters, they also live much longer. In terms of anatomy, biochemistry, and histology man is a typical carnivore. Indeed a super-carnivore, taught from the beginning to "enhance" most nutritious, animal-origin food using fire. Humans could not have had a common ancestry with apes because humans cannot survive without the pancreas. Humans have no resistance to African sleeping sickness (trypanosomiasis), to which apes are resistant. Apes, although through necessity, are generally plant eaters, meaning they are unable to obtain food of animal origin or simply have become used to eating plant food, but they resemble carnivores anatomically, more so than do humans. Especially the baboon. Their teeth are typically carnivore-like, but apes

Causal treatment of type I diabetes

In order to obtain a cure for type I diabetes, the quantity of ingested carbohydrate ought to be reduced to the amount dictated by the insulin-producing capacity of the sufferer. That typically equates with a daily intake of 40 to 50 grams of carbohydrate for an adult, and approx. 1.5 grams per kg of body weight for children. Furthermore, the daily intake of protein should also be reduced to 0.5 grams per kg of body weight, being the highest quality animal-origin protein, e.g., egg yolks, poultry liver, or kidneys. Energy should be mainly sourced from fats of the highest biological value such as bone marrow, egg yolks, cream or butter. The proportions between the nutrients should be maintained at 4 to 5 grams of fat per gram of protein; for the obese that should be reduced to around 2.5 grams of fat.

For those who still find it hard to believe that type I diabetes can be successfully cured by the optimal diet I have cited a letter from one of those who experienced "a miracle".

/ am 17 y.o.; I developed diabetes 2 years ago. My daily dose of insulin was between 15 and 20 units. From the first day on the optimal diet I reduced the insulin dose by half; after a week I stopped it all together. After 6 months on the optimal diet I have no diabetes; other minor health problems are also gone.

Maria Nowak (address withheld)
Practical guidance

1. Implement the optimal diet in its full scope from day 1.
2. Reduce the insulin dose by 50% from day 1.
3. Long-acting insulin should be injected only once a day. If large doses of insulin are normally required due to inactivation, a few doses of short-acting insulin should be administered.
4. When the requirement for insulin is low (10 to 15 units/day in adults), injections may be stopped.
5. Blood glucose levels need to be controlled daily.
6. When the fasting blood glucose level falls below 140 mg%, the daily dose of insulin may be reduced by a further 50%.
7. Within a few days for children, or a few weeks for adults, having achieved the fasting blood glucose levels of 140 mg% at a dose of insulin not exceeding 10 to 15 units per day, the insulin should be withdrawn for good. However, that is conditional on strict adherence to the principles of the optimal diet, as described in this book.

Dangers of the transitional period

In theory, a 10- to 15-fold reduction in consumption of carbohydrate should "cure" the diabetes in one day. However, that is not the case. Each cell in the body of a diabetic contains large quantities of many enzymes (proteins) used in the metabolism of sugar. All together the body contains a few kilograms of these enzymes. Following the introduction of the optimal nutrition, over 50% of these now-redundant enzymes are quickly removed (converted) into glucose. One kg of these proteins may produce up to 560 grams of glucose - or a 10- to 12-day allowance of glucose on the optimal diet, not counting the sugar eaten daily. Thus, in the first few days (weeks) following the change-over to the optimal diet most of the sugar comes from within the body rather than from external sources. The quickest cure from diabetes - within a week - can be achieved in children but only in those on low doses of insulin and at the initial stages of the disease. At the latest, the cure will be achieved within 8 to 12 weeks.

Between the 6th and 10th day after the introduction of the diet, a transient state of ketoacidosis of variable intensity may develop. This slate is characterised by the appearance of ketone bodies in the urine with the intensity being measured using a special cross "+" indicator on the scale of I to 4. As mentioned, this is a transient natural state which also occurs during fasting. This effect does not indicate that the fasting or the optimal diet ought to be stopped. However, during that stage of the diet some temporary modifications should be introduced. Consumption of egg yolks, milk, cream, and vegetables neutralises the acidosis, whereas, egg whites, meat in general (including fish and poultry), and nuts will exacerbate acidosis and therefore should be avoided in the first 10 to 14 days of the diet. A minor temporary increase (10 to 20 grams) in the daily consumption of carbohydrate will also decrease the acidosis.

During the first few weeks of the diet carbohydrates should be mainly sourced from vegetables or alternatively from low amounts of fruits which have a low carbohydrate content (see tables at the end of this book). The vegetables can be eaten raw, cooked (from soups), or slewed in butter. After the initial period of two weeks other products containing low amounts of carbohydrate can be included in the menu.

The greatest danger of the transitional period may come from hypoglycaemia when the blood glucose level falls below 50 mg% as a result of an insulin overdose. Therefore, during that period one should ensure that the level of glucose does not fall below 90 to 100 mg%. Thus, it is preferable to slightly under-dose the insulin than to over-dose it. Just in case, one should carry a sweet or a sachet of sugar at all times.

Unstable type I diabetes, with complications and requiring large doses of insulin, or that affecting young children should always be treated in a hospital setting. However, that of course creates problems since the medical profession and especially diabetes specialists firmly believe that type I diabetes is incurable. Having said that, the combination of an appropriate level of intelligence (of parents in the case of a diabetic child) with strict adherence to the diet (and good knowledge of the chemical content of products), and with a recently-acquired or an uncomplicated and stable disease (requiring low doses of insulin) should result in successful treatment at home. However, that form of treatment ought to be an exception rather than a common occurrence.
Atherosclerotic syndromes

TYPE II DIABETES

Type II diabetes, also known as non-insulin dependent diabetes mellitus (NIDDM), is a disease of humans. No animal living in its natural habitat is able to eat the kinds of food diabetics eat. It is simply impossible. Pigs and dogs also suffer from type II diabetes. Pigs fed foods deficient in protein, and little fat doggies not being fed fresh raw meat any more, but instead being fed chocolate, sweets, cakes, and even apples.

The incidence and prevalence of this disease is increasing throughout the world at an alarming rate. The 20th century has seen the appearance of type II diabetes among many tribal nations in which the disease used to be unknown e.g., Tonga, New Zealand Maoris, Australian Aborigines, Alaskan Eskimos to name a few. In recent years, the prevalence of IDDM has been increasing at an alarming rate in most countries of East Asia, including Japan. And the reason is simple. Throughout the last few decades, these nations have been progressively denied access to, or "persuaded" to abandon or modify their traditional diets.

As with type I diabetes, sugar is the cause of the disease. This sugar from sugar, from honey, from apples, from fruit juices, potato or maize flour, rice, bread, bread rolls, and cakes.

The mechanism of defence against sugar which is not wanted by the organs and other tissues of the body, is somewhat different in type II ("trough-origin" diet) from that in type I ("pasture-origin" diet) diabetes, but the end results are alike. Type II diabetes is considered as one of the risk factors in coronary artery disease, atherosclerosis or obesity, but in the reality it is not the risk factor at all. Indeed, it is a symptom (a disease) caused by a common higher cause. In the same way as smoke is not the cause of fire, diabetes is not the cause of other diseases.

Type II diabetes affects millions of people. The costs of treatment, the costs of the less productive work of diabetics, the costs of a shorter life of diabetics (type II diabetes shortens life by approx. 25%), and
other costs, which we all bear, are incredibly high. Human beings, whose diet contains similar caloric proportions of sugar and fat (for instance 45% energy from fats and 45% of energy from carbohydrates) can be compared to the driver of the car, who sources half of the energy needed to run a car from petrol (fats) and the other half from carbon with water (carbohydrates). In such conditions the body will not excrete fat, and the driver will not throw out petrol and try to drive using carbon and water (carbohydrate). Instead, he will drive less, but only on petrol, converting some of the carbon to petrol, and throwing out the rest.

Diabetics (type II) convert glucose to fat and cholesterol, gaining at the same time oxygen, and secondly, hydrogen. Tissues are able to obtain oxygen from glucose. That is why the tissues of diabetics, individuals suffering from atherosclerosis and obese individuals are resistant to the lack of oxygen to a far greater extent than the tissues of the healthy individuals.

No one can suffer from fatosis. Many suffer from sugarosis (diabetes)!

The current methods of the treatment of diabetes are in fact not the methods of treatment of diabetes. These methods treat the high concentration of glucose in the blood, but not diabetes. The aim of the treatment is to cure oneself of the disease and to be healthy. Those being treated using current methods will never be cured of diabetes. Type I diabetes is a "poor pasture-origin" disease, and was covered with other diseases grouped under the so-called anti-atherosclerotic syndromes.

Is it possible to cure people from type I or type II diabetes? Yes! In almost every case. In the case of type II diabetes one has to know a lot to be able to do it. In the case of type I diabetes one's knowledge has to be far more extensive. For those reasons one can cure oneself from type II diabetes at home, however, in the case of type I, patients should spend the first dozen or so days in hospital. Children especially should be admitted to hospital. Currently, there are no hospitals that undertake the causal treatment of type I diabetes with the aim of curing it. I approached many professors and medical practitioners with the proposition of causal treatment and the cure of this type of diabetes. So far I have had no positive response. If someone "knows" that there is no cure for diabetes, then it is impossible to convince that person otherwise. "There are no incurable diseases, only our knowledge that is insufficient" - wrote Professor Julian Aleksandrowicz. And he was right. Not just in the case of diabetes.

Type II diabetes can be cured by starvation (concentration camps), with a dramatic restriction of fat consumption and its replacement with carbohydrate (concentration camps also), by the intake of fats with the lowest biological and caloric value, meaning polyunsaturated fats (soy oil and particularly corn), fats which do not contain all the vitamins and enzymes necessary for their metabolism, elements occurring naturally in all animal fats. However, every one of these treatments shortens human life and degrades the human intellect. The cure of diabetes using these treatments is attainable, but the cure of atherosclerosis is not, and the probability of contracting cancer is dramatically increased.

Type II diabetes is currently being "treated" with orally administered drugs which stimulate the pancreas to produce more insulin. With the hitherto existing model of nutrition and drug-increased production of insulin, the development of atherosclerosis is rapid. This effect occurs because insulin accelerates the conversion of glucose through the pentose cycle more efficiently than through the hexose cycle. Conclusion: oral drugs prescribed for the "treatment" of type II diabetes markedly accelerate the development of atherosclerosis.

Causal treatment of type II diabetes

Causal treatment of this type of diabetes involves a 10-fold reduction of carbohydrate intake and the replacement of those carbohydrates with fats. The fats should be of the highest caloric value, meaning fully hydrogen-saturated fats, optimally in the form of long-chain free fatty acids. These fats need to be of the highest biological value such as those from: egg yolk, bone marrow, bovine lard, pork lard, butter, and cream. This type of treatment is safe, always successful, can be undertaken at home, and the cure of diabetes occurs practically in all cases within a period of 3 weeks to 3 months, very rarely longer. Someone inquisitive may ask: "If I reduce my carbohydrate intake 10-fold, my diabetes should be gone the very next
day. Why then, do I have to wait up to 3 months for the cure?” The answer is the following: the sudden introduction of the optimal diet forces the body to reconstruct, to remove unnecessary enzymes from cells, to replace them with other ones. The enzymes used to burn sugar, used in conversion of sugar to fat and cholesterol, become redundant. The body metabolises them. Enzymes are built from proteins. More than half of those enzymes (in weight) are converted at that time to glucose. Therefore, we consume very little sugar, but we make a lot of it. However, only for the time being. Most of the sugar conversion from the unnecessary enzymes occurs in the first week, every subsequent week the level of conversion drops, after 3 weeks (in the young) and after 3 months in the elderly, the chronically sick, and those with advanced atherosclerosis. Only then is the process complete.

Practical guidance

After theoretical preparation, after studying what I have written above, after securing the means (glucometer) of frequent measuring of the blood glucose concentration, the following steps should be taken to achieve the cure:

1. Implement the optimal diet in its full scope on day 1.
2. Patients on 3 pills per day should immediately withdraw their medication.
3. Patients on 4 or more pills per day should reduce their doses by half.
4. Patients administering insulin in doses up to 20 units per day may immediately stop it.
5. Patients administering insulin in doses above 20 units per day need to immediately reduce their dosage by half. The insulin - only a long-acting (Lente) type and not short-acting (Rapid) type - should be injected once a day, optimally in the morning. Those receiving insulin in doses above 20 units per day, and particularly those who previously controlled their diabetes with oral medication may withdraw insulin and replace it with hypoglycaemic medication. However, the dose should be a half of that taken before the introduction of insulin.

6. Blood glucose concentrations should be monitored regularly.
7. Fasting blood glucose should be kept between 100 mg% and 200 mg% by adjusting the dose of oral medication.
8. When the fasting concentration of glucose declines below 140 mg% the dosage of the medication should be reduced by a further 50%, and then subsequently withdrawn.

Dangers of the transitional period

The above procedural scheme is given as a guide. During the process of withdrawal or the reduction of medication, or insulin, one has to follow the blood concentrations of glucose as a guide. After the implementation of the optimal diet the level of blood glucose does not greatly fluctuate during the day. With the exception of the first few days, the blood glucose concentrations need not be measured too often. The excretion of glucose in the urine abates much faster than the reduction of the glucose concentration in the blood.

In some people ketone bodies may appear in the urine. These can be measured using different indicator systems, typically a system of crosses. The scale ranges from one cross to four crosses. At the level of one or two crosses there is no reason for concern. At the level of three, but more importantly, four crosses, the diet must be modified. There is no reason to be scared of ketone bodies. In individuals on a high fat diet the body makes up ketone bodies as the "fuel" preferred to free fatty acids. The brain, the heart and other organs take up ketone bodies as the first option. In such circumstances, there is no need to abandon the optimal diet, but it has to be modified. Ketone bodies appear usually between days 6-10 after the change of diet. Similarly, ketone bodies appear in the urine during starvation "treatments", which does not indicate that the starvation must be terminated. On the 6th-7th day of starvation the amount of energy sourced from fats equals approx. 85%, from protein 13%, from carbohydrates only 2%. On the 6th-7th day of starvation the patient feels the best, because the body runs on the optimal diet with a somewhat increased burning of proteins. Past that time-point, conditions deteriorate.

During the treatment with the optimal diet acidosis (ketone bodies) occurs less frequently than during starvation. Transiently synthesised
ketone bodies are an excellent source of energy for many tissues. But the ability to burn them is limited. During rest, the human body can burn approx. 2.5 g of fat per 1 kg of body weight without excreting any ketone bodies in the urine. Therefore, in a 70-kg man the burning of 175 g of fat does not cause excretion of ketone bodies in urine.

Between the 6th-10th day, one has to monitor the level of ketone bodies in the urine. If the level rises to 3-4 crosses, the delivery of external nutrients must be lowered (internal fats are burned fast), by eating less, by supplying fats with the highest biological value, by the reduction of physical activity, by remaining in a warm environment. The consumption of temporally alkalising products such as egg yolks, cream, or vegetables should be increased, and the consumption of acidifying products, i.e., meat, fish, poultry, nuts should be decreased. The consumption of carbohydrates can also be increased to approx. 50-60 g per day. In a 70-kg man, consumption of 50 g of carbohydrates per day prevents the appearance of ketone bodies (acidosis).

Having implemented the optimal diet, the reader may want to check their blood cholesterol level. The total level of cholesterol often increases but the rise is due to the increase in the "good-HDL-cholesterol", which indicates the abatement of atherosclerosis but not, repeat - NOT, the progression of it. The highest blood level of HDL cholesterol I have ever come across in the diabetic patient after implementation of the optimal diet was 180 mg% which corresponded to a total level of 242 mg%. A high level of blood cholesterol, even as high as 400 mg%, does not have to indicate the progression of atherosclerosis. High cholesterol levels do occur without atherosclerosis, and conversely, low levels may accompany a rapid progression of the disease. The most important and the most reliable indicator of the progression of atherosclerosis is the blood level of triglycerides. If it declines below 90 mg% - atherosclerosis is abating. Similarly, the overall blood level of lipids below 800 mg% indicates abating atherosclerosis.

Once the cure has been achieved, the reader is encouraged to forward his/her personal details to the address provided at the end of this book, together with the description of associated diseases as well as the length of the time taken to obtain a cure.

Attention! In a serious case of renal failure, with high blood concentrations of urea and creatine, some complications might develop. Introduction of the optimal diet causes an increase in the utilisation of proteins for energy, which causes an increase in the blood level of urea and creatine, which in turn can lead to the collapse of the renal system. In such a case, extreme caution should be exercised. The supply of proteins in the diet has to be markedly reduced; if possible, one should seek admission to the nephrological or internal diseases ward in a hospital (taking one's own food). Provided there is a medical practitioner willing to agree. And that could be the biggest problem.
ATHEROSCLEROSIS

For modern man, that word alone means bad luck, a sort of doom, which sooner or later will catch up with every one of us. The predominant opinion states that we cannot defend ourselves against it, that atherosclerosis cannot be cured, but can only be, although not always, delayed by the use of expensive medication and surgical procedures which will reduce its effects. The truth is different!

Atherosclerosis is a human disease, almost exclusively. It has also been detected in some (long-lived) parrots and in African elephants. Parrots feed mainly on seeds which contain protein, fat, and carbohydrate in different proportions. Elephants forage mainly on grasses. They do not eat eggs and fat...

Many so-called risk factors have been identified, which are typically found in those suffering from atherosclerosis. None of those recognised risk factors is the cause of the disease. Most of them simply belong to a group of symptoms of the disease rather than to causes. Atherosclerosis can develop at any age. It has been seen in foetuses, children of any age; conversely it may be totally absent in the elderly. Over 25 years ago I wrote that: "In order for a human to develop atherosclerosis, one had to eat so badly, that carbohydrates were the source of the energy for the cells of arteries, and so well, that those carbohydrates were converted in the so-called pentose cycle." All other factors accelerating or limiting the progress of atherosclerosis act via an increase or a decrease in the amount of glucose converted in the pentose cycle in these cells; practically all risk factors act in that way. The main cause of atherosclerosis are carbohydrates and in particular fructose or sugar from honey, fruit, and from sugar produced by sugar-cane refineries. One particular, absolutely essential, component is needed for the synthesis of the cholesterol - an enzyme called NADPH (a reduced form of nicotinamide adenine dinucleotide phosphate). Without that enzyme (machine) the synthesis of cholesterol in the walls of the arteries is impossible. This nucleotide is formed in the human body during three different processes. However, the catabolism of glucose in the pentose cycle is the only process able to deliver the necessary high quantities of it, within a specific location, for the formation of atherosclerosis. The obvious conclusion is: without glucose in the food and without its catabolism (conversion) in the pentose cycle, synthesis of cholesterol is not possible, and therefore the development of atherosclerosis is not possible. Without a certain amount of carbohydrate in the diet, the body is unable to deliver the carbohydrate to the cells of the arteries because it cannot deliver something that does not exist. When the quantity of carbohydrate is low atherosclerosis cannot develop. With large amounts of carbohydrate in the diet the development of atherosclerosis is also impossible since they have to be burned in a similar fashion to coal being burned in a furnace. The conversion of glucose to cholesterol in the walls of the arteries can only occur when the nutrition is calorically excessive, when the diet contains too little protein or if the protein is of poor quality (e.g., elephants during a dry season, or people suffering from the obesity of the "poor"), when certain vitamins and minerals needed in catabolism of carbohydrate are lacking in the diet, when other vitamins and minerals needed for catabolism of glucose in the pentose cycle are oversupplied, when some drugs or hormones which increase the conversion of glucose in the pentose cycle within the walls of the arteries are taken.

What can one do to prevent the development of atherosclerosis? Exactly the same that has to be done to stop the production of coke in a furnace. Without coal there is no coke, without carbohydrate there is no cholesterol. Energy can be generated from sun, water, wind, and a nuclear reaction or from hydrogen, gas and petroleum, instead of burning coal. By using these other sources of energy the use of coke is avoided. In order to prevent atherosclerosis and to (almost) certainly cure oneself from it, one has to limit the consumption of carbohydrate to a safe low level. Instead of carbohydrates, one has to supply clean energy (high-energy phosphate compounds) and fats - of the highest possible value. The best fats are the free fatty acids, with long chains and maximally saturated with hydrogen, which also contain all the vitamins, minerals, and enzymes needed for their catabolism. All of these elements should be eaten in optimal quantities and proportions.

These conditions cannot be met by any food processing factory. Certainly not a margarine factory or a factory producing food supplements, vitamins, minerals, or baby formulas. These conditions
are met by fats from egg yolk, bone marrow, butter, cream, bacon, pork fat, full cream cheese, or fatty meat. Contrary to common opinion the cholesterol in food should not be limited. Food products derived from plants do not contain any cholesterol but people who mostly eat these foods develop atherosclerosis as well. Their bodies produce cholesterol. Depending on the composition of the diet the body can make up to a few dozen times more cholesterol than it receives in food; thus, food containing cholesterol has no influence on the extent of the atherosclerotic changes. The amount of cholesterol delivered in the diet has no influence whatsoever on the level of cholesterol in the blood. Therefore, if a blood test shows that the blood level of the cholesterol is high it simply means that the body has been making too much cholesterol. If the cholesterol is made up in the walls of the arteries - atherosclerosis develops. A popular opinion exists that saturated fats, especially those in egg yolks and butter, are the cause of atherosclerosis. This is a mistaken opinion!

The main hormone which accelerates the progress of atherosclerosis is insulin. Insulin arises because of glucose (carbohydrate) delivered in food. Development of atherosclerosis is accelerated by a growth hormone, hormones from the adrenals, hypothyroidism, and many commonly prescribed drugs. It is not possible to determine how many units of insulin are produced by the body per each 10 grams of glucose. One may need 8 or 15 grams of glucose to produce one unit of insulin. This proportion may be different for each person since every one of us has a different metabolism. Thus, different amounts of glucose may be needed to produce a given number of insulin units. However, the more carbohydrate one consumes the more insulin one has to produce. Beyond that, insulin is the one of the most prominent cancer-promoting agents in man.

The cause of insulin is sugar. Therefore, all carbohydrates are the cause of the most malignant tumours.

Biochemically, the best foodstuff for a child is an egg - for adults it is egg yolk. Egg yolk contains many anti-atherosclerotic components (choline, iodine, sulphur, etc.), but most studies investigating the effects of different diet components in people have shown that it is the very egg yolk which increases the level of cholesterol in the blood.

How can it be that the very thing which is supposed to be the best: for people causes the worst damage in most of us? This concept could not be and still cannot be understood by scientists or medics. In some U'sts, fats contained within egg yolk were shown to increase the level of cholesterol in the human blood as much as 4.5 times more than any other fat. Is it any wonder that with such results eggs have become the most damaging food for humankind - thus, the "One egg a week" advice from your medic.

For the last 30 years I have been eating at least 6 egg yolks every day and somehow my arteries have not been damaged at all. Quite the contrary. My patients, for many years, have been eating between 5 and 12 egg yolks every day and they have become healthier. And during all that time, and between all these thousands of people from Poland and other countries, no-one has ever reported a single case of cancer in a person eating optimal nutrition.

It is simple! Normal human cells can be kept for long periods of time in a broth containing mainly egg yolks, but cancer cells can only survive for a very limited time (between 10 and 20 hours) in the same conditions. Normal cells do not need sugar to survive; cancer cells have to have sugar. Sugar is bad and useless because it is not contained in egg yolk.

So why does egg yolk cause such an increase in blood cholesterol? Precisely because it is the best. After the consumption of a set amount of egg yolk (per body weight), the increase in blood cholesterol can be marked or small, or it may not occur at all, or blood cholesterol may decline rapidly and markedly. Why? Because the best fats (egg yolk) have the highest ability to limit the amount of carbohydrate burned in the body (energy), and increase the amount of carbohydrate converted to fat and cholesterol. However, egg yolks can increase the amount of carbohydrate converted to fat and cholesterol only when this carbohydrate is consumed. If the consumption of carbohydrate is low the conversion cannot take place and therefore atherosclerosis cannot develop. When atherosclerosis is already present - it must and it will abate.

During an inspection of his fortresses, Napoleon asked the commander why he was not greeted with a cannon salute. The commander attempted to answer trying to give a number of reasons.
"Firstly, we do not have cannons" - he started. "You do not have to mention the other reasons, the first one will suffice" - answered Buonaparte.

All other risk factors which are involved in the genesis of atherosclerosis are the very reasons about which Napoleon did not want to hear. The first reason was enough. Any of a number of risk factors involved in atherosclerosis has no major influence on its development if carbohydrates are not present in the diet in the required amounts, or in other words, if the cannons are missing. In order to stop our tissues and organs fighting each other or fighting the whole body, and the body fighting them back (Buerger's disease, type I diabetes, RA, MS, asthma and other allergic diseases, and even atherosclerosis) we should not supply the cannons. Let's supply tractors. If we do not want to become ill with cancer (the French or the Bolshevik revolution) let's not supply our tissues and cells with cannons (carbohydrates).

Modern medicine cannot prevent atherosclerosis and is unable to treat it causally. It attempts to "treat" the level of cholesterol in the blood which for the patient always causes even greater damage. One should not treat cholesterol or triglycerides. Instead, atherosclerosis should be treated. The poorest people in the poorest countries have very low levels of cholesterol and triglycerides in the blood; they do not get atherosclerosis but their average life expectancy is 35 years. All diets recommending caloric restrictions are bad. And all diets currently recommended for the prevention and for the "treatment" of obesity or atherosclerosis include lesser or greater caloric restrictions. The only exception is the optimal diet.

I have written before that the carbohydrate consumed in "average" quantity are the cause of atherosclerosis. Let's assume that a person is consuming 400 grams of carbohydrate a day. Out of that amount one can burn, for instance, 200 grams and the remaining 200 grams can be converted to fat and cholesterol. How much can be burned and how much can be converted will depend on the amount of fats consumed at the same time, on their biological and caloric value. When the amount of fat equals that of carbohydrate and the fat is of the highest biological value, and therefore, is the preferred source of energy, the body will not need to burn a large proportion of glucose and will be able to convert it to fat and cholesterol. When the conversion process must occur in the cells of the walls of the arteries atherosclerosis will develop. Never from fat - but always from carbohydrate. From a total of 400 grams 50 could be burned and the rest will be converted to fat and the cholesterol. A newborn fed mother's milk, out of each 100 grams of lactose (milk sugar) will convert on average 90 grams to fat (mainly) and cholesterol. Babies fed only mother's milk will not develop atherosclerosis; babies fed cow's milk must develop atherosclerosis. Why can babies fed breast milk not develop atherosclerosis? Because fats are practically the only source of energy for them.

In the USA, a newborn's organism receives in mother's milk on average 5.7% of energy in the form of protein, 90.6% in fat and only 3.7% in carbohydrate. The best milk, the milk with the maximum amount of fat contributes 2.9% of energy in the form of protein, 95.1% in fat and only 2% in carbohydrate. In the least valuable milk, (e.g., poorest Asian or African countries) the proportion of energy derived from protein equals - 13.9%, from fat - 79% and from carbohydrate - 7.1%. The worst model of nutrition in recent history occurred in the USA in the years between 1949 and 1955. Atherosclerosis, infarcts, strokes, hypertension, diabetes and, obesity were far more common than at present, the average life expectancy was also shorter. In American soldiers killed in Korea atherosclerosis was a common occurrence, in over 30% of them the narrowing of coronary arteries was more than 50%. In English soldiers killed in Korea the incidence of atherosclerosis was even higher. However, in the casualties who were breast-fed for 1 year or more atherosclerosis did not exist at all! Is it then possible that mother's milk fed for at least 1 year could protect against atherosclerosis in later life? Directly no, but indirectly, yes. When the baby is fed mother's milk long enough (in ancient Egypt for over 3 years) it adjusts its metabolism to the chemical content of the milk. One of the most important factors in the development of atherosclerosis is the low mechanical resistance of the internal membrane of the arteries - the endothelium. Mechanical injury of the arterial endothelium can occur with greater frequency under certain conditions. The repair of such an injury involves the migration of smooth muscle cells from the middle membrane of the wall into the endothelium. The middle membrane has a good supply of oxygen,
energy and building materials, much better than the endothelium. In their new location smooth muscle cells are therefore lacking oxygen and energy. However, they can get by. With bad nutrition, in poorly supplied tissue, glucose becomes the main source of the "fuel". The worst fuels including glucose require far more oxygen for conversion to energy. But oxygen is lacking. To make up the shortfall, the cells convert carbohydrate into fat getting from that process the necessary amounts of oxygen. Next, that fat is converted to cholesterol in the process, which contributes a lot of hydrogen. That hydrogen burned together with oxygen gives the necessary energy for the "repair" process of the damaged endothelium. However, the produced cholesterol is accumulated in these cells as a by-product. That is how atherosclerosis begins.

Inappropriate nutrition is the cause of poor resistance of the arterial endothelium to injury. Bread, vegetables or potatoes, apples and other plant-origin products do not contain valuable "spare parts" for human organs or tissues. As a rule, in poor nutrition, the worst spare parts and the worst sources of energy are available to the least privileged (supplied) tissues. And that is how the endothelial cells are classified in the body. It is easy to kill a rabbit, a cat is hard to kill. The mechanical resistance of the cat’s tissues and organs is much higher than that of the rabbit. If one is eating what is eaten by the rabbit then one cannot expect to be resistant to disease and injury.

Years ago, the worst nourished people had very low mechanical resistance of tissues; they were forbidden to play football or volleyball. They were only allowed to play bridge. They commonly suffered from degenerative joint and spine disease, they were obese, and they developed atherosclerosis 10 years earlier than other men. The progression of their atherosclerosis was particularly fast; the disease was mainly concentrated in the brain and in the coronary arteries. Most, in fact 90% of them, reacted to stress by gorging on food. The losses (deaths) due to such a model of nutrition in Polish military pilots, since it is them I am referring to, were enormous. Many air crashes, many deaths and many lost planes - all the result of a fatal model of nutrition.

The factors listed as important by modern medicine in the development of atherosclerosis include obesity, diabetes, hypertension, primary hypetiipiderma, cigarettes, and the lack of minerals (particularly magnesium) in the diet, the oversupply of vitamin D and calcium. The first four are certainly not causes of atherosclerosis, but are the effect of the common superior cause. Lightning in the storm does not cause the rain to fall. Smoking tobacco has a different effect in different individuals. Depending on the number of smoked cigarettes and on the diet content, smoking can accelerate atherosclerosis, it can have no effect, or it can actually retard the development of the disease. Of course, it does not follow that the smoking of cigarettes is recommended. But before giving any advice to anyone the whole truth should be known. Smoking more than 40 cigarettes (paralysis of the sympathetic system) will accelerate atherosclerosis in the heart or the brain arteries, whereas smoking of 10 to 15 a day (stimulation of the sympathetic system) will theoretically act against it. In those suffering from diseases which are classified as anti-atherosclerotic syndromes the dominance of the sympathetic system occurs. A low number of smoked cigarettes will intensify that dominance, thus, accelerating the progress of the disease, but atherosclerosis will not be accelerated, in particular atherosclerosis of the brain and the coronary arteries. Overstressing of limbs most often accelerates the development of atherosclerosis in those limbs. More than 90% of those suffering from atherosclerosis in their lower limbs overstressed their legs for long periods of time. Up to the present time, I have managed to cure a few thousand men and women from atherosclerosis of the lower limbs as well as of the upper limbs. All of them experienced marked improvements in, or the disappearance of, all symptoms of the disease. No other effective method of treatment exists at present which is able to deliver such an improvement and in a such short period of time; a treatment without any negative effects for the patient. These results can only be obtained with the causal treatment.

Optimal nutrition is the causal treatment for atherosclerosis. Selective currents considerably accelerate the disappearance of the symptoms. These currents rapidly dilate the arteries; after only 2-3 sessions the legs become warm, the optimal nutrition is able to deliver much better fuel to the arteries and muscles. When better fuels are being burned less oxygen is needed. The lowering of oxygen requirements, the improvement of fuel "quality", the improvement of
the delivery of spare parts, the widening of the arteries by an average of 200%, all cause rapid abatement of the disease symptoms, as achieved in "Arkadia". Such improvements have never been achieved anywhere else. The introduction of the optimal diet not only cures atherosclerosis but many other diseases suffered from at the same time. According to modern contemporary medicine achievement of such results is impossible. Oh well - it can and should be checked.

Over a 100 years ago, one of the greatest science authorities expressed his view stating that devices heavier than air would never be able to fly. He was quickly proven wrong - they could. Currently, it may be possible for people not to get ill, and when they do become ill, they should be able to cure themselves causally from their diseases, both cheaply and painlessly. Brain haemorrhage and thrombosis are the most common complications of atherosclerosis causing paralysis and paresis, often of the whole side of the body. Other complications include heart attacks, caused by embolism, or thrombosis of the coronary arteries, obstruction of the aorta, femoral and leg arteries causing spontaneous pains and walking pains, ulcerations of the leg, the foot or the toe, moist or dry necrosis of the leg, the foot or the toe. Kidney failure is a strong possibility as is necrosis of intestines, caused by the embolism or thrombosis of the arteries. In the advanced stages of atherosclerosis, atherosclerotic plaques protruding above the vessel wall can detach and be transported with the blood flow resulting in the blockage of a smaller artery in any organ (brain, lungs, heart, etc.). In the spot where the plaque detachment occurred a thrombus is formed, which can cause the blockage of the artery. This can result in acute symptoms which quite often end tragically. It is impossible to predict which of the organs will be affected by the narrowing or blockage of an artery.

And what sort of turnaround can one expect after the introduction of the optimal diet? I have treated thousands of patients suffering from advanced atherosclerosis of the brain arteries (after strokes), of the coronary arteries (infarcts), of the leg arteries (amputations, arterial grafts, and denervations of arteries). Optimal nutrition will proteel against thrombosis, but it cannot immediately cure a damaged artery. Time is needed for that. In the first few weeks of treatment with the optimal nutrition I have come across 11 cases of acute blockage of an artery, which included 4 brain and 7 lower limb incidents. None of these incidents had a tragic ending. And it is obvious why, since thanks to the optimal nutrition the body has had at its disposal the best sources (of energy and the best fuels, which were available to the tissue endangered by ischaemia). With optimal nutrition, the body has a huge regenerative potential and is able to repair any damaged tissue rapidly and efficiently. Blocked arteries can be unblocked; the effects of ischaemia can be corrected.

Below is a fragment of letter from one of thousands of people who have been able to forget about atherosclerosis and its associated health problems.

I survived two heart attacks. I suffered from atherosclerosis, hypertension, heart problems, bleeding within the digestive tract, heartburn, and stomach pains. I have been following the optimal diet for two years. All my ailments have vanished, including the joint pains and the memory disturbances.

Olga Krol (address withheld)
HYPERTENSION

In nature there must always be a cause and an effect. No disease, including hypertension, will ever develop spontaneously. The popular opinion that any disease can be spontaneous is wrong. So too hypertension has a cause. The direct cause of hypertension is the brain. As is the case with the government of every poor nation, the brain of a person eating a certain type of incorrect diet forces the improvement of its own supply, but always at a cost to the rest of the body. Therefore, hypertension is caused by incorrect nutrition, but only when the body is able to expend a certain amount of energy to maintain a higher blood pressure, a faster heart rate, and a stronger heart beat, and the constriction of the peripheral blood vessels. When the body cannot find that energy the blood pressure is low.

In man, there are only two scenarios for low blood pressure: when the body is unable to increase it or when there is no need to increase it. Of course the second option is the preferred one - the body is able to supply all the tissues at a low pressure and at a low heart rate. The blood pressure needs not be increased when one consumes proteins (spare parts) of the highest biological value and when uniform and the highest quality "fuels", or carriers of energy, are used to obtain energy. The lowest blood pressure in man was found by Max Burger (not the one of Buerger disease fame) in 85-90 y.o. males. Such an old age is unattainable for contemporary men without the inclusion of significant amounts of fat in the diet. Thus, one who eats a lot of fat will have a low blood pressure and will live a long life. Starvation prevents development of atherosclerosis but causes early aging of the arteries, the brain arteries in particular, a pathological state which has nothing in common with atherosclerosis. Those few fortunate ones who survived the St. Petersburg siege during WWII, uniformly suffered from hypertension once they began to eat normally. In these people hypertension developed because the brain, having enough energy to increase the blood pressure, turned against the body. The aged arteries could not sustain the extra pressure load and would burst causing extensive strokes. A similar misfortune awaited prisoners of concentration camps. They too commonly suffered from hypertension and often ended in hospitals with strokes.

The brain of those suffering from an unstable form of hypertension increases the production of catecholamines, i.e., adrenaline (epinephrine) and noradrenaline (norepinephrine), which causes constriction of the arteries in many tissues and organs. The whole of the human head, including the brain, is supplied by four arteries. Catecholamines constrict all of them but do not affect the brain arteries. That results in a typical headache in those people but never migraine. To suffer from migraine one has to eat differently - less "pasture-like", more "trough-like".

The treatment of hypertension has traditionally included drags which inhibit the sympathetic system, i.e., those reserpine-like drugs which decrease the blood pressure but accelerate the development of atherosclerosis. When a patient has been treated for years with these types of drug, he or she typically develops the other type of hypertension - atherosclerotic hypertension, in later life. Typically at that stage such a person is well-off, the kids have left home and he or she can afford to indulge in good food. The diet of such a person becomes typically "trough-like" and this type of diet further increases the atherosclerotic changes in arteries of many different organs, but not all of them. Atherosclerosis does not develop in the lung arteries (except in those few suffering from lung hypertension), in the tongue arteries or the small arteries of the heart; rarely can it be seen in the arteries of the spinal cord.

Prevailing medical opinion states that an excess of salt in the diet causes hypertension. That opinion is incorrect. Why does one consume a lot of salt? Because one likes it. And why does one like it? Because the diet one eats demands much higher amounts of salt than is otherwise present in food. With optimal nutrition the demand for additional salt simply does not exist. The optimal diet contains all minerals in the optimal amounts and proportions. It is not uncommon for those who begin to eat the optimal diet to add salt to their meals for some time. Later, however, they stop. Without exception, all of these people later complain that most processed meats or sausages are "too salty". There is a simple relation between the salt content and the quality of the diet - the more inferior the diet, the more salt one adds. Nevertheless, it does not follow that more salt in food will lead to a higher risk of hypertension. During both World Wars the consumption
of salt markedly increased but the incidence of hypertension did not. In one American study, the consumption of salt was increased four-fold in a group of volunteers. No effect on blood pressure was observed. It is therefore apparent that hypertension and a high consumption of salt have one common underlying cause. When such a cause is absent, the salt alone does not increase blood pressure.

In one of my experiments, two groups of rats were given two types of diet - the optimal diet or the standard lab diet; each group had a choice of two different types of drinking water - a distilled one and a 5% solution of "Ciechocinek" salts. The "Ciechocinek" salts contain, apart from salt, many minerals in similar proportions to those in human plasma or sea water (at the time of the appearance of the first forms of life on the earth). Neither man nor rat can survive drinking distilled water. When only distilled water is drunk many serious health problems develop, which often lead to death. Animals and humans can drink water which is soft (less minerals) or hard (more minerals). In the experiment, rats could choose the type of water; all animals could drink as much as they needed. The results indicated that the group of rats on the standard lab diet drank 68% more of salt solution than did the rats on the optimal diet, even though the standard diet contained the multiple of ashes (minerals) content of the optimal diet. Distilled water was not harmful to these rats as long as they could drink salt solution. Thus, the more inferior the diet content, the more chemical reactions occur in the body, the higher the need for salt and other microelements naturally occurring in the "Ciechocinek" salts (more precisely in "Ciechocinek" silt known to contain almost all chemical elements).

The underlying cause of hypertension is a certain type of nutrition. Changes in that particular type of nutrition combined with pharmacological treatment result in a gradual change of the unstable form of hypertension into the stable form of hypertension - the atherosclerotic form.

The majority of drugs used in the treatment of hypertension act via the inhibition of the sympathetic system, which consequently causes a reduction in the synthesis of catecholamines and other active compounds. In parallel, the synthesis of hormones of the adrenals is increased, hormones which themselves accelerate the development of atherosclerosis, cause hypertension, increase blood coagulability, cause
150 patients who left Arkadia with their blood pressure lower than 150/80 - all without any form of medication. Within the group there were 118 patients after strokes (from 1 to 3) of whom 15 had hypertension. Upon admission, the mean blood pressure in these patients was 193/111 (160/120 - 260/140) and after 11 or 12 days of stay it has decreased to a mean of 146/84 (110/70 - 190/90).

You might wonder why am I quoting all these statistics. Simply because I want everyone suffering from hypertension to know how long it takes to cure the unstable form of hypertension or atherosclerotic hypertension. Is it possible to cure oneself from the unstable form of hypertension in 2 days? Well, apparently so. The optimal nutrition rapidly improves the brain energy supply, inhibits the dominance of the sympathetic system and the synthesis of compounds, which increase blood pressure, i.e., adrenaline (epinephrine) and noradrenaline (norepinephrine).

The results of experiments conducted some time ago in the USA indicated that just 48 hours on a high fat diet lowered the blood concentration of noradrenaline by 59%, decreased the concentration of catecholamine metabolites in urine by 41% and reduced both systolic and diastolic blood pressure - all with the same intake of salt in the food. The conclusion - high blood pressure is mainly due to the high production of catecholamines.

Because I knew that a high fat diet is able to rapidly decrease blood pressure I had no hesitation in stopping all medication taken by my patients with unstable hypertension or even atherosclerotic ones who were in less serious condition. In practically all of them, their blood pressure dropped within two days, after a dozen or so days all of them had low blood pressure. When the optimal diet is maintained there is simply no chance that high blood pressure will ever return.

Drugs used to inhibit the sympathetic system, those reserpine-like agents, accelerate the development of atherosclerosis. Additionally, they have been shown to increase the incidence of nipple cancer in women; the increases ranged between two-fold and 3.9-fold. Incidentally, smoking a low number of cigarettes has a protective effect against that cancer.

What conclusions could therefore be drawn from the typical "treatment" of hypertension? Those that think they need to continue the traditional treatment should do so. However, those that want to cure their condition rapidly have only one choice. The optimal diet is the only causal treatment of hypertension regardless of its type.

Below is an excerpt from a letter from one sufferer who recently made the right choice.

I am 71 y.o. and I have been suffering from hypertension and heart problems. Recently the symptoms have extended to pins and needles in my feet and the feeling of cold in my legs. I started the optimal diet a month ago and I stopped all my medication. My blood pressure has normalised and all the other symptoms have gone.

Jan Drozd (address withheld)

As I have already mentioned, the worst type of human nutrition in a developed country existed in the USA between 1948 and 1954. During these years, the incidences of hypertension, heart attack, stroke and other diseases of civilisation were highest. Within a few years the average diet content shifted from the "trough" towards the "table". Every year the consumption of animal fats increased whilst the consumption of carbohydrates decreased. In 1972, the amount of energy derived from fats in the diet of the average American exceeded 50%, in 1978 it came close to 60%. And what came with that? From the end of the sixties the incidence of death as a result of heart attacks or strokes started to fall rapidly. During the seventies the number of sufferers from hypertension decreased by 70%, heart attacks by 20%, strokes by 60%.

Conclusion - the cause unknown!

The drop in the incidence of hypertension, heart attack or stroke occurred then in all the developed countries; it was seen first in France, USA, England, and Switzerland.
HEART DISEASES

All heart diseases are caused directly or indirectly by an incorrect type of nutrition. A particular model of nutrition, unsuitable for human beings, forces specific readjustments of the metabolism within the heart and the whole organism.

Congenital heart problems can be genetically acquired or can develop during the gestation of the foetus within the mother's womb. Genetic heart defects can be caused by incorrect nutrition of a sufferer's ancestors which forced certain changes in the genetic material subsequently passed on to the sufferer. All gestation defects, including heart defects, can be caused by certain inappropriate forms of a mother's nutrition prior or during pregnancy.

Our heart is an excellent pump, which can work well over 100 years. It is able to regenerate itself continually. It never stops and it is able to utilise a number of different energy sources. A healthy heart is a small heart, one able to utilise the best sources of energy.

The heart is healthy when the organism receives the optimal supply of the main nutritional ingredients, vitamins and microelements, all delivered in the optimal quantities and proportions. In such conditions the heart uses small amounts of oxygen, is the smallest in size, and the most efficient in its work. In such conditions its energy is almost exclusively sourced from ATP and other high-energy phosphate compounds which are delivered as carriers of energy ("batteries") from energy generators located in the liver and other tissues. These forms of energy carrier also utilised by the brain and other privileged tissues are returned to these energy generators to be recycled or "recharged" in a similar fashion to recharging a battery. In an average person during a 24-hour period, the amount of utilised (and continually recharged) carriers (ATP, etc.) oscillates at around 1 kg per 1 kg of body weight.

The need to utilise inferior sources of energy forces the heart muscle cells to build up various technological lines. Those technological lines are built from enzymes (proteins) supplemented with some vitamins and minerals. They occupy a considerable volume within the cell and so cause an overgrowth of the heart muscle and subsequently its defective performance. Thus, when the heart is forced to utilise less efficient sources of energy, certain heart pathologies develop. The more an inferior "fuel" is delivered to the heart, the larger it becomes and the less efficiently it performs.

Is it possible to reduce the weight of the heart of mature animals whilst improving its efficiency by changing the diet? Yes it is! The average relative (per body weight) weight of the heart from rats fed the optimal diet for only three weeks was 2 grams compared with 3.4 grams for rats fed the pilots' diet, or 3.7 grams for rats fed the standard laboratory feed. During the times when the biological value of the Polish nation temporarily increased (after WW II) the size of the heart was measured in 100 of the most celebrated sportsmen. In 91 of them the size of the heart was found to be smaller than average. Coincidentally, these were the times when Polish athletes and football players were performing at the top international level. A large heart - the so-called heart of the sportsman, found occasionally in sportsmen, but never the top-level ones, always prevented these individuals from reaching top rank. None of them lasted in the sport for a long period of time.

Is it possible for a person with an overgrown, inefficient, weak heart to reduce the size of the heart, cure oneself from cardiovascular inefficiency or even start to enjoy running?

Yes it is, in the same way as it was possible for rats, but the process will take much more time than for rats.

What does the heart run on? It depends in whom. We live only once. It can be a long or a short life. We can suffer from a heart attack or we can avoid it for sure. How we fare depends on the source of energy our body is able to deliver to our heart. And that in turn depends on the type of nutrition.

Saturated long-chain fatty acids are the best type of "fuel" for our heart out of all the known types of fuel; the worst type is the short-chain polyunsaturated fatty acids.

Some time ago, Brazilian scientists conducted an experiment using isolated muscle cells from a rat's heart, suspended in a nutrient solution. These cells were able to contract of their own accord for a certain period of time. That period was markedly extended when long-chain saturated fatty acids were added to the solution. Theoretically, these fatty acids are the best fuel (but not the best source of energy) for the heart. However, these spontaneous contractions were
sustained for the longest time when a lipid fraction of blood plasma was added to the solution - far longer than when saturated fatty acids were added. Thus for the rat heart, blood plasma contained the besi form of energy, better than the best "fuel". The same is true for man. Nevertheless, the above-mentioned plasma-contained sources (ATP, etc.) of the energy are not the only ones or even the best. The human brain and heart receive even better sources of energy in a different way, but these are still unknown to science.

Is honey (glucose and fructose) a good source of energy for the heart? No, it is not! The rat's heart muscle does not like to burn carbohydrate, since a rat will never eat as badly as contemporary human does, unless it is forced to.

When the nutrient solution in that experiment was supplemented with glucose, the heart muscle cells stopped contracting almost immediately, but their respiration did not stop - they were alive.

During the 50s and 60s acquired defects of the heart were the most common cause of death - associated with heart - in children and adults. These defects were typically acquired following streptococcal infections, i.e., throat, scarlet fever, etc. Many but not all children or adults after having a streptococcal infection developed rheumatoid disease, a disease, which "licks the joints and bites the heart". At that time, such heart defects were not corrected surgically. The underlying cause of the rheumatoid disease was incorrect nutrition, the nutrition which in the connective tissue of joints and heart valves produced a certain antigenic profile structurally resembling the toxin produced by the streptococcus bacterium. Thus, the toxin was only a trigger. The trigger made the body destroy the connective tissue of the heart valves. However, in some people, who nourished their bodies in a different way, thus having a different antigenic profile of their connective tissue, rheumatoid disease never developed even after many streptococcal infections.

Heart disease may result from myocardial ischaemia (lack of oxygen - hypoxia - in the heart muscle), from obstruction of the blood flow to the heart muscle which also produces ischaemia and consequently hypoxia, from disturbances of contractile or relaxant mechanisms in the heart muscle, or from disturbance of the normal contraction rhythm.

Ischaemic heart disease is caused by forcing the heart to catabolise free fatty acids (FFA), particularly in excessive amounts. The less high-energy compounds are made by the body and delivered to the heart, the more free fatty acids are "burned" by the heart. This disease is caused by a type of nutrition which forces the heart to obtain energy from the conversion of pyroracemic acid (pywate) to lactic acid. The heart muscle cells contain enzymes necessary for that conversion process only when suffering from this disease. The larger the amount of FFA burned by the heart the more oxygen is needed; the more frequent are heart rhythm disturbances, and typical signs of hypoxia seen on an ECG. These signs occur not because too little oxygen is delivered but because too much is needed.

During severe stress, the sufferers of this type of disease succumb to an infarct (heart attack) caused by the necrosis of the heart muscle which is precipitated by biochemical damage to that muscle, but not an infarct caused, as is the case in sufferers of arteriosclerosis, by an obstruction of blood flow due to a thrombus or coronary embolism. In the USA during the Great Depression of the 30s, over 60% of the victims of heart infarcts did not have any signs of atherosclerosis in their coronary arteries or any symptoms indicating thrombus or coronary embolism.

Coronary arteriosclerosis (or atherosclerosis) is caused by the lack of oxygen in the cells of the inner membrane of the coronary arteries. Oxygen deficiency typically occurs in tissues which are poorly nourished, and unfortunately some segments of coronary arteries belong to that class of tissue. Arteriosclerosis can never occur for instance in the arteries of the tongue because the tongue has an excellent blood supply.

When nutrition is deficient, the tissues which have the poorest blood supply receive the worst nourishment. Atherosclerosis occurs in an artery not because the cells of the artery wall receive less oxygen but because the requirement for oxygen increases in these cells due to a need to utilise a different type of fuel which requires more oxygen when "burned".

The organism's oxygen requirements increase when it has to burn more carbon (CO₂) and less hydrogen (H₂O). When the cells of the internal membrane of the artery must burn carbon (i.e., carbohydrate)
then a local lack of oxygen must develop, thus necessitating its local production.

It has never been proven that radio (radioactive carbon)-labelled cholesterol administered in a variety of ways finds its way to the cells of the internal membrane of the arteries. But is this not what modern medicine accepts as certainty?

However, it was conclusively proven that administration of radio-labelled glucose, after only 30 minutes, resulted in the appearance of its radio-labelled portions in the cells of the arteries, not in the glucose molecules but in the molecules of triglycerides. After a further 30 minutes the same radio-labelled portions were associated with cholesterol found in the same cells.

During the catabolism of carbohydrate the respiratory quotient (the proportion between inspired oxygen and expired carbon dioxide) equals 1, and that means that all of the oxygen goes towards the burning of carbon. During the catabolism of fat that quotient equals 0.7, and that means that a large portion of the delivered oxygen is burned with the hydrogen. The more hydrogen the body is able to burn, and the less carbon, the better it is for that body.

When burned, one gram of hydrogen liberates 34.3 kcal, 1 gram of carbon produces 7.87 kcal and 1 gram of glucose delivers only 3.73 kcal when burned in the hexose cycle, or even less when burned in the pentose cycle, or in other ways.

**Circulatory insufficiency** is caused by the type of nutrition which forces the heart muscle to produce enzymes utilised in the pentose cycle, the cycle needed to produce oxygen in the process which converts glucose to triglycerides. Such a heart grows in size since large amounts of enzymes must be stored in the muscle cells of the heart. The heart becomes inefficient since although it grows it works less efficiently. If a car's engine would also have to grow in size if we needed to convert coal (carbon) to petrol, that car would clearly be less efficient.

The muscle cells of a healthy heart do not contain any enzymes used by the pentose cycle. The pentose cycle converts carbohydrate to fat, producing a lot of oxygen to be used as required. Fat obtained in that way is converted to cholesterol in a process which delivers a quantity of hydrogen which is utilised as the best fuel.

During nutritional deficiency, an organism's requirements for the oxygen increase markedly but they cannot be met by the existing supply mechanisms since these are set for a different type of nutrition, the optimal nutrition. Optimal nutrition lowers the body's oxygen needs.

**Hypertrophic myocardiopathy** occurs when the heart muscle cells are forced to obtain energy by burning glucose in the hexose cycle. This cycle utilises many enzymes therefore the cells must undergo considerable expansion in size. The cells forced to accommodate these enzymes can grow in size up to 8-fold, thus increasing the weight of the heart up to 1-1.5 kg. The walls of the heart thicken and consequently the size of ventricles becomes smaller, and that rapidly leads to death. As a result, most heart transplants are performed because of hypertrophic myocardiopathy.

The optimal nutrition can cure hypertrophic myocardiopathy very fast and the patient is not forced to receive a new heart, which may have been wasted if no changes in the diet have been made. And what happens to patients suffering from coronary atherosclerosis or circulatory insufficiency following the adoption of optimal nutrition? They get well very rapidly indeed.

**Heart rhythm disturbances** can be caused by a variety of reasons including anatomical abnormalities, however a large proportion of them is caused by an increase in the intensity of man-made electromagnetic fields.

Optimal nutrition is the causal treatment in heart disease regardless of its origin or the previous type of nutrition. In most cases it removes the cause of the disease which leads to a cure in over 90% of cases and marked improvement in the rest.

Similarly, rhythm disturbances can be corrected by optimal nutrition in over 90% of cases. However, at times these disturbances will persist, although in most of such cases they do become less severe and intrusive. In such cases pharmacological treatment is helpful, although because of the biochemical changes in the heart muscle some typically prescribed drugs may not work at all. In some cases, other drugs typically not used in such treatment may bring relief.

Both tachycardia and heart rhythm disturbances associated with accelerative changes can often be cured using selective currents stimulating the parasympathetic system.
Too slow a heart rhythm, particularly that associated with tin. domination of the parasympathetic system, can be cured using selective currents stimulating the sympathetic system, and in such cases a heart pacemaker becomes obsolete. When a heart with bradycardia reacts to the administration of atropine by an increased rate then selective currents acting on the sympathetic system will deliver a permanent remedy.

Primary hyperlipidaemias are considered to be hereditary and thus genetically induced. Those who suffer from them die very young. However, it has been shown that in most cases the ancestors of those who have had the disease died at a very advanced age of 80 or over. And that clearly questions the genetic origin of that disease.

It had also been demonstrated that all types of hyperlipidaemia occur exclusively in people whose diet delivers 35 to 40% of energy from carbohydrate. It is unlikely that genetic make-up would force a person to eat such a particular form of diet.

Optimal nutrition leads rapidly to a cure from hyperlipidaemias except for cases caused by congenital enzyme deficiencies.

During the first 2 years of its activity, Arkadia hosted 233 patients suffering from coronary artery disease (62 after infarcts) including 111 males and 122 females. The condition of most of them was serious, for some it was very serious. Different types of drugs, up to 45-60 tablets a day, were taken by 93% of them. After 12 to 13 days of treatment the symptoms of the disease ceased in 206, and markedly lessened in the remaining 27. In total, 128 people suffered from circulatory insufficiency. After the same period of time the symptoms of the disease ceased in 113 of them, and markedly lessened in the remaining 15. During the stay in Arkadia medication was still given, but at greatly reduced doses, to 85 patients suffering from heart diseases.

Based on the above results of the treatment every person suffering from coronary artery disease and/or circulatory insufficiency would be able to determine how long it would take for the symptoms of the disease(s) to stop. In younger patients the process is faster, in older obviously slower. But the symptoms will never return as long as the sufferer (in the past) or the healthy individual (within a short period of time) persists with the optimal diet.

OBESITY

The popular opinions and views with regard to obesity are simply untrue, and they will remain as such for as long as obese individuals are a part of our population. None of the obese people wants to be fat, but they must remain fat because they do not realise what to do in order to become slim. Obesity is the greatest, misfortune for a human. The obese person must be ill and the brain function of such individual must be pathological. Against all beliefs, obesity itself is not the cause of any disease. However, obesity and many diseases have a common cause. It is also not true that one gets obese because one eats too much. Every person eats as much as is needed. The fact that the obese person eats more than do others has a higher cause. The underlying cause is a certain proportion between protein, fat and carbohydrate in one’s diet.

The obesity of the "poor" - typically affects poorer strata of our society. It is caused mainly by too-little protein in the diet in relation to the amount of carbohydrate. One cannot get obese from eating bread made out of full grains of wheat. Whole wheat contains just enough protein and other necessary compounds to burn all of its carbohydrate content. However, when the bread is made from wheat flower "purified" of most of its valuable components, obesity is imminent. When a diet based on wheat and potatoes is supplemented by products containing only carbohydrate, e.g., sugar, potato or maize flour, fruit juices, jams, dates, figs or apples, the amount of carbohydrate per each gram of protein will be far greater than that present in a typical plant food, such as vegetables, peas or lentils.

In order to burn sugar (carbohydrate) the body needs a lot of protein and a lot of certain vitamins and minerals. These elements are absent in sugar, honey, potato/maize flower or Coca-Cola. These products have no protein at all, and without proteins sugar cannot be catabolised. Practically all fat stored in the body of an obese person comes from carbohydrate. Obesity leads to the development of certain types of disease which include degenerative disease of the joints, atherosclerosis (even when no fatty food is consumed), gallstones, coronary disease, circulatory insufficiency, and many other diseases. These people have a characteristic behavioural trait in terms of their...
reaction to stress - when irritated, they do not increase their food consumption, and thus stress has no effect on the quantity and quality of their food intake. These people suffer from a specific type of disturbance in the production of certain enzymes and hormones. For instance, they produce too much pituitary growth hormone or hormones of the adrenals. And that, if they are still at the age of growth, leads to excessive height, faster maturation, to a pathological build of the body (too-long hands or legs) and constant seborrhoea, which in combination with low resistance to streptococcal bacteria causes a chronic pimple problem.

The human body defends itself against the sugar (carbohydrate) in a variety of ways. It converts sugars to fat, which it then stores. That fat cannot be catabolised because the body is not used to doing so. Carbohydrate is converted to cholesterol since that is the way to obtain oxygen which is lacking, especially in poorly perfused tissues or tissues which receive the worst energy and oxygen supply.

At that point, a careful reader may arrive at the following conclusion - if cholesterol is produced from carbohydrate in only those of my tissues which lack oxygen, if the walls of my arteries make cholesterol because they do not get enough oxygen - then, after all, I could start eating better and allow the arteries to get on without needing extra oxygen and thus stop the production of cholesterol. I would not get atherosclerosis and if I already have it I could possibly cure myself of it.

The healthy wall of the aorta or the wall of the coronary artery contains no magnesium at all. And that means, with absolute surety, that no carbohydrate is converted to fat or cholesterol in these walls. The cholesterol concentration in the cells of the healthy human artery is zero (0). And that is how it should be.

It is not true that the cholesterol from ingested food, or the one already contained in the blood, is accumulated in the walls of the arteries. And that has been conclusively proven by experiments, in which cholesterol (marked with radioactive carbon) given by a variety of routes was never found in the cells of the arteries in humans. But it was shown, however, that a marked glucose, given alone or even better with insulin, could be found in the arterial walls after only one hour following its administration. But it was not glucose any more, because the marker (radioactive carbon) was found in the molecules of the cholesterol (!).

Another way the human body can protect itself against carbohydrate is type 1 diabetes (in some languages known as sugarosis). No one has ever suffered, is suffering now or will ever suffer from fatosis. Millions of people do suffer from sugarosis because nature is logical. Nature’s own laws are never broken. No driver will ever substitute petrol for water with carbon. Our body will never get rid of fat and keep sugar (carbohydrate). The more carbohydrates one consumes the more insulin the pancreas has to secrete. The body defends itself against sugars as well as it can manage. It produces antibodies against the pancreas cells which produce insulin. And that is what type 1 diabetes is all about. When approx. 85%-96% of these cells are destroyed the remainder is spared. Consequently, the pancreas of diabetics does not produce enough insulin. But not according to the real nutritional needs of a person, but not enough according the amount of carbohydrates being ingested at the time. In effect, the blood concentration of glucose increases and it has to be excreted in the urine, typically in very large amounts. Why? Because our tissues do not want glucose. And not only when we suffer from diabetes but also when we do not have that disease. When the blood of a healthy individual contains the "normal" amounts of different "fuels", the body will always choose the best quality "fuels" as the first - the worst quality ones will always be used last. Our tissues are the keenest to utilise the so-called ketone bodies, with a 2-3 times faster uptake than free fatty acids, which are taken up 40 times faster than - glucose.

With certain and extensive knowledge and with the ability to precisely monitor blood glucose levels, a person suffering from type 1 diabetes may be able to cure oneself at home. However, for the majority of sufferers a short stay in a hospital will be required, but only if a hospital prepared to causally treat the disease can be found.

Obese individuals suffering from the "poor" type of obesity, after the introduction of the optimal nutrition, are able to lose weight at the rate of above 6 kg per month, until their weight normalises at a low level. When they lose the required weight, they should, depending on their age, profession, physical activeness, increase the intake of fat in their diet to approx. 3-4 grams of fat per I gram of protein.
Obesity of the "rich"-type generally occurs less often but is far more dangerous for humanity as a whole. It causes brain function which is the most pathological and the most damaging for people. And since it mostly occurs in the governing class, the consequences for all nations have always been tragic.

A few thousand years ago a Sumerian scribe lamented over his son who became "tall, fat and huge" and because of that a decline awaited him "because he did not pay attention to what is worthy of a human" - he wrote. That was the very reason why the Sumerian civilisation collapsed, the civilisation which made the greatest contribution to humanity overall. These people, possessing the best intellectual properties, were able to faultlessly predict the tragic effects which awaited every nation, within which obesity will appear in the governing elites. They wrote: "And grew stupid princes of Soan, the counsel of wise Pharaoh's advisers became stupid... Became fat, they glow, and exceed others in their malice..." And these authors of the Bible faultlessly "foresaw" Egypt's future: "And Egypt will lose its way in its every pursuit as a drunk man losses his way ". Egypt lost its way in its every pursuit over 2300 years ago and will go on wandering for some time yet.

Popular opinion dictates that genetic factors play a decisive part in the development of obesity. The occurrence of so-called primary hyperlipidemia is supposedly purely genetically based. But is it? The main hereditary factor which is passed down the family line is the kitchen, the type of nutrition, the type of metabolism adjusted accordingly to the nutritional profile of the diet. The kitchen, or a certain type of nutrition, is inherited mainly via women. It is mainly women who prepare the meals for the household according to a template brought over from their mother's home.

There are no two people in the world who eat exactly the same diet. A similar, or even virtually identical diet was used in the ancient Sparta to feed their soldiers. They ate exactly the same products. In the collective type of nutrition, and also in the family-type nutrition, some products are assigned for each person (e.g., egg, steak or sausage). However, considerable variations exist in terms of unregulated supplementary products. Some tend to eat more salad or potatoes, some may put one sugar in tea others will put 3 or 4. Typically a larger person would eat more unregulated products whilst eating the same amount of the assigned ones. One may eat one slice of bread with an egg for a breakfast or eat 6 slices.

Thus, the same food may be eaten but the proportion between the protein, fat and carbohydrate will vary markedly. And every variation in the proportion produces different effects. Even when the proportions are very similar for two individuals, the remaining environmental factors can profoundly affect the way the body's metabolism is functioning — for instance what proportion of received carbohydrate can be converted to fat. When working in the cold, our body will have to burn more carbohydrate; working in hot conditions - less carbohydrate will be burned and more will be converted to fat. When the water which is drunk contains less minerals needed for the catabolism of sugar (soft water), more carbohydrate must be converted to fat and cholesterol because these processes do not utilise as many minerals. When the body is running, more carbohydrate is converted to energy; when it is sitting in front of the TV more is converted to fat and cholesterol. When it finds itself at high altitude (vacations in the mountains) it must produce more oxygen from glucose, thus more cholesterol will be made.

A dozen or so years ago, between the patients in one of the sanatoria, I found 14.5% women and only 3.8% men who reacted to stress by gorging on food. All of these men and women were obese. The men were mainly employed as managers or directors of various types of enterprise; the women were mainly employed as sales assistants in meat shops or bar attendants. In one professional group, preparation for which costs society hundreds or thousands times more than for other professions, the incidence of obesity was in excess of 80%. Members of that group reacted to stress by gorging on food in 90% of cases; they developed atherosclerosis on average 10 years sooner than other men. These people were typically sent on "weight reduction" vacations to the mountains where on a certain calorie-reduced diet and under a physical exercise program they usually put on weight, on average over 3 kg. That was the case for that particular professional group of people over 27 years ago.

Individuals who react to stress by gorging on food, thus putting on weight because of stress, lose weight at a different rate after
implementation of the optimal diet. It is because most of them lack a certain enzyme, the "machine" needed to liberate fatty acids from "storage". For most of those people the loss of weight is similar to that in other obese people, however in a few it can be much slower. For a large group of people of a certain type, who suffer from obesity less often and in whom obesity is less extensive, stress causes the loss of appetite. They lose body weight when under stress. Sometimes, when the stress is prolonged they initially eat less than normally and choose different products, typically inferior ones. After a short period of time their nutrition is deficient to such an extent that they develop neurasthenia. In this type of obese people, implementation of the optimal diet causes a loss of weight at the rate of over 6 kg per month.

There are many approaches to weight loss, new ones are invented all the time but the number of obese people continually increases. What then is the opinion of science regarding the effectiveness of these methods?

1. Every dramatic reduction of food quantity markedly accelerates aging, particularly of blood vessels.
2. In the obese people treated with a diet containing 1200-1500 kcal and forced to exercise, the cloudiness of serum (hyperlipidaemia) increased even further.
3. Low-calorie diets are ineffective in the permanent treatment of obesity.
4. Low-fat diets cause an increase in lipid production, depression and overall exhaustion.
5. The treatment of obesity with fasting is totally ineffective. The final result - always failure.
6. Fasting causes apathy, the lowering of the perception of morality, the lowering of mental abilities, asocial and egoistical behaviour. The dropping of the fast produces an improvement in mental numbness.
7. Based on experiments with isotopes, it was shown that fasting, diuretic drugs or products derived from the thyroid gland cause loss of water and lean body mass with minimal, if at all, loss of fat.

Contrary to popular belief, the reduction of weight in obesity is not at all proportionally related to caloric restrictions. The calculations of how many calories one is losing when marching, running or swimming are incorrect. The mechanical efficiency of our body varies markedly depending on the diet content. To perform a certain type of work a person may have to expend 1000 calories whilst another one only 500. Calories are not equal to calories. If that were the case, rockets would be put into orbit using a coal mix rather than hydrogen.

Already in 1956 the English scientists (Kekwick and Pawan) were able to show that loss of weight in the obese is proportional to caloric restriction only when the relative amounts of the main food ingredients (protein : fat : carbohydrate) are constant. However, when the delivery of calories is kept constant, the speed of weight loss is the fastest on a fat-rich diet. One can, therefore, lose weight and eat more calories. And one can eat less and put on weight. The same researchers showed that obese individuals who put on weight on a typical mixed diet containing 2000 kcal, lost weight when the intake of calories was increased to 2600 kcal but as a fat-rich diet.

Scientific investigations proved that a fat-rich diet cannot cause obesity, heart and vasculature diseases, but causes low blood pressure, low blood cholesterol, zero incidence of atherosclerosis and obesity, very high physical efficiency which reduces minimally with the progression of age. The possibility of developing diabetes or a disease of the joints is eliminated.

Obesity is very damaging to the sufferers, but it is far more damaging for the nation or even (in a wider terms) - for humanity as a whole. In the USA and other developed countries, employers typically prefer to hire slim workers because with the obese come troubles. They get sick more often and they are not such good workers.

Joe Girard, the author of many books, the man who proved that he is the best in the world in selling himself, and who sold the most cars in the world for a few years, also proved how much of a handicap obesity is in any type of work. In one of his books he also describes the strict rule with regards to body weight of students attending Oral Roberts University — keep the correct body weigh or get lost. That rule may be severe but it is right, according to Joe. Every student is offered a chance to lose weight down to the correct level according to one's
height. Should one not succeed, there is no other option but to leave the college.

A reputable university which prepares its students to assume high level positions cannot afford to teach obese people, because they cannot be taught well enough, and later in their work (always poorly performed) they will never reflect the prestige of the school they hail attended. Joe Girard was asked to give lectures at this University because he was slim. He wrote about it: "If such a chance came about three years earlier, then regardless of my achievements, I doubt if I would have been invited. Why? Because of the packaging. At that time I was a fatso. And a fat person has no chance of representing oneself properly."

There is nothing to add - but one should think.

Everyone can achieve a low, proper body weight without the quantitative limitation of food intake and without feeling hunger. And it can be done cheaply. At the same time all sorts of diseases can be causally cured. As a result, one's income should increase because of higher work efficiency and increased output. More free time will be gained (time to think) because the work will be done much faster. Having all that free time and energy one can join local government, at any level even the highest, however one should never vote for a certain type of person - the obese.

Most importantly, the slimmed-down person is able to become a human being. A free human being. A human being is not afraid of anything but never tries to break his/her head against a brick wall. A human being promotes only such causes which have a chance of being brought to fruition. They give no good advice or teachings to anyone, unless properly asked. "Do not give good advice to the bad, because they will repay only with malice" - is written in the Bible.

Optimal nutrition should always be implemented immediately, without any adjustment period. Depending on the degree of obesity, and the type of coexisting diseases caused by a common cause, the proportion between protein and fat has to be initially readjusted to 1 gram of protein to 2-3 grams of fat, and 0.5 g of carbohydrate. Calories should not be counted at any time, with one exception - they should be counted when buying food.

In Arkadia the optimal diet was always introduced from the first day. A large proportion of patients came with different digestive tract complaints or diseases. Stomach aches after meals were reported very rarely and only after the first meals.

Depending on the associated disease(s), the type of eaten proteins should be selected so as to chemically resemble the tissues, which had been damaged by the disease. The best proteins are in egg yolk. It contains all the necessary proteins needed to rebuild any tissue within the human body.

Obese people most often suffer from degenerative changes of the joints, cartilages and ligaments or "decalcification" of bones. These changes occur not because of too low a consumption of calcium or phosphorus (in degenerative disease there are no abnormal blood levels of calcium and phosphorus or disturbance in regulation of these minerals) but due to too low a consumption of collagen. Bones are mainly made of proteins. All cases of bone decalcification are always secondary in nature. The primary changes are associated with collagen. To aid the recovery from degenerative diseases one has to consume collagen from all kinds of sources: pork and veal hocks, bone broths, cartilage and pork rind. The correct optimal diet should contain a lot of collagen but in diseases of the joints a better treatment progression can be achieved by increasing the consumption of that essential protein.

One should have no fears that during a rapid reduction of body weight using the optimal diet the skin will become old and wrinkled or floppy on the abdomen. To the contrary. The skin typically becomes smooth and contracts "as required". In January 1996 during a get-together with the past patients from Arkadia I spoke to the man whose weight in 1987 was 155 kg and who then was gravely ill. At that meeting he weighed in at 75 kg, was slim, healthy, physically and mentally very active, had a fantastic skin and continued to work, all that being ... 80 years old.

When the reduction of weight is too slow, which occurs in those reacting to stress with gorging on food, the period between meals should be extended. Breakfast at 7-8 and dinner at 17-18, and later only fluids without sugar. When such a person wakes up without feeling hungry it means that the body has started to mobilise the fat from its own stores and the process of slimming has begun.
A large proportion of the obese can suffer from gallstones. Initial at the time of the introduction of the optimal diet, these people should have no problems if their stones are large. However, problems arise later when the stones start to dissolve slowly and their size will decrease enabling them to be expelled down the bile canal. This of course may cause, although not often, a blockage of the canal and subsequent pain attacks. With thousands of my patients it has only happened to 9 of them. In 8 of them, the medication to dilate the canal and a pain-killer allowed the passage of the stone and a full recovery. In one patient however, an operation to remove the stone was necessary. Therefore, anyone encountering such a problem should be prepared for surgery but it should be delayed as long as possible.

Kidney stones will also dissolve when the optimal diet is introduced. In that case, patients start to urinate with sand after 3-4 weeks, with a full cure occurring some time later. The facts are simple - with the optimal diet the likelihood of having gallstones or kidney stones is nil. Stones can only develop when the nutrition is wrong.

And now a few more words about primary hyperlipidemia. All together, there are five main types of it. Apparently they are all genetically determined. Precise and extensive research indicates that these problems develop only in individuals whose diets contain carbohydrates in a narrow bracket between 35% and 40% in terms of their calorific value. There are no genes which can force a person to eat that exact amount of carbohydrates in order to develop hyperlipidemia. Men suffering from that disease die typically very young and mostly from heart attacks. Normally they do not live past 45. But the ancestors of these men were known to enjoy a much longer life - from 62 to 81 years on the male side. They lived much longer, but they should now have if they have had a genetic error.

The optimal diet cures primary hyperlipidemias causally.

DISEASES OF THE DIGESTIVE TRACT

From over 1650 patients suffering from different diseases who came to Arkadia between 1987 and 1990, over 43% also complained about diseases of the digestive tract. Their ailments included ulcer disease of the stomach or the duodenum, gallstones, chronic inflammation of the gall bladder and biliary tract, inflammation of the small intestines, ulcerative inflammation of the colon (colitis), liver cirrhosis and other diseases.

Patients always arrived on Monday. From the first day they were put on the standard optimal diet set out for the period of the two weeks. Group nutrition will never be as good as the individual nutrition at home. Different diseases demand a somewhat modified diet. Different products should be included in the diet of MS sufferers, different in that of RA sufferers or other various diseases in which different tissues and organs are affected. The degree of change in the diet was the greatest for those suffering from the "pasture-like" diseases and the smallest for those suffering from the "trough-like" diseases. However, for both of those groups of patients the change was major.

Every major change in the model of nutrition causes frequent complications within the digestive system. Such complications, for instance, can occur on the first day of Christmas, but more often, occur after the longer Lent or on the first day of Easter. These days people do not follow Lent as they used to, therefore not many patients with "overeating" symptoms are seen. From all of those patients who suddenly adopted optimal nutrition only 37 presented themselves on the first day with minor symptoms of digestive disturbances, which on day-two persisted in only 6 of them and on day-three were no longer to be felt by any of them. After the adoption of the optimal diet the first to abate are the symptoms and the diseases of the digestive tract since the organs from that system are the first ones to gain access to the benefits of this diet.

Disturbances of the digestive tract persisted throughout the 2-week period in one patient, although the intensity lessened compared with what they were when she arrived. I suggested that the persistence of disturbances must be due to organic pathological changes which ought to be diagnosed on her return home. That indeed was the case; she
underwent surgical removal of intestinal polyps which eventually led to a full cure. The other case of unexplained digestive complications surfaced 8 days into the treatment. The patient, a dentist, admitted that the kind of pain she was having had bothered her on and off for the last 20 years. During that time she has visited many clinics and professors unable to obtain any relief. She was always prescribed pain- and spasm-relieving medication, which never helped. It did not help in Arkadia either. After a long discussion and a careful analysis of the symptoms I was able to diagnose abdominal migraine. The disease was quickly cured with the selective S currents, which stimulate the parasympathetic system. The obvious question that begs the answer is why the disease was not diagnosed for 20 years.

The great majority of patients who came to Arkadia were on many occasions treated in different clinics and hospitals. They all had their histories of treatment. All diagnoses were confirmed and accepted. However, quite often the patients did not suffer from the diseases they were diagnosed with, and for which they were unsuccessfully treated. Buerger's disease was for instance confused with MS or the reverse was the case; most often ALS was confused with MS. There were plenty of those sorts of mistake. Recently, someone has suggested that the medical practitioner's brain is the best diagnostic instrument - but only when one can think.

The fastest cures were achieved with stomach ulcer disease. Hyperacidity and pains receded after 1 or 2 days and never returned. Not long ago experimental evidence was obtained indicating that ulcers can heal very rapidly - within a matter of a few days. This can only occur when the lack of carbohydrate in the diet prevents their metabolism in the stomach via the pentose cycle, thus resulting in the reduction of carbon dioxide overproduction, and the subsequent reduction in the formation of carbonic acid which in turn leads to the reduction of the overproduction of hydrochloric acid. With the help of the selective currents relief can be felt within 2-3 sessions. In ulcer disease local domination of the parasympathetic system can be corrected by the application of the S type currents which stimulate the sympathetic system. The cure of ulcer disease can be achieved by an increase in the consumption of fat until the diet resembles the "table" diet, and at the "table" no one gets sick any more.

Many years ago a diet rich in fat was proposed as a treatment for ulcer disease. The Sippy's diet, as it was called, consisted of consumption of 0.5 L of 30% fat cream per day. Such an amount of cream contains as much as 150 grams of the highest value fat. Regardless of what the patient eats, that much fat would be the main source of energy. In such a case one cannot suffer from an ulcer anymore.

In Poland, the Sippy's diet was adopted as the treatment of ulcer disease years ago. Two scientific papers were published on that subject. The authors of one paper reported a marked decrease in the incidence of atherosclerosis in the group of patients treated (with the cream) for the ulcer over a period of a few years. The second paper reported the abatement of symptoms of the atherosclerosis during long-term treatment with that diet. That diet is not the optimal diet but it resembles it closely enough to be able to produce the elimination of the atherosclerosis. The optimal diet can produce the same effect but much faster. The optimal diet does not attempt to cure any particular disease but causally converts the sick person into a healthy one. Even a cure for the most advanced form of liver cirrhosis is possible. A dozen Arkadia patients suffered from different forms of cirrhosis including congestive, biliary and alcohol-induced. All adopted the diet without problems and were cured of the disease.
STOMACH ULCER DISEASE

The earliest and the most commonly used medication in the treatment of stomach ulcer disease was atropine - the drug which paralyses the parasympathetic system. Presently, drugs with a similar mode of action are universally prescribed. Unfortunately every one of these drugs acts over a relatively short period of time and their specificity is limited - as is the case with all drugs, side effects are common. Drugs which could act on the vegetative system specifically, where their actions were required, but not in any other place, or the drugs whose strength of action would not be dependent on their ever changing concentration have not yet been invented and never will be invented. Such drugs do not exist but the specific method of treatment does. The local domination of the parasympathetic system in the stomach can be permanently removed using selective S type currents - those that selectively stimulate the sympathetic system. These currents can be dosed. When the currents cause over-inhibition of the parasympathetic system the balance can be restored with the opposite currents (PS) in order to arrive at the optimal concentration of the stomach acid. The optimal diet is the causal treatment in ulcer disease. With the help of the selective currents a cure can be achieved rapidly. If needed, the currents can be repeated but their benefit will last for a year or sometimes longer.

However, the cure can be obtained with the help of the optimal diet alone.

Below I have cited an excerpt from a letter that describes the typical effect.

I am 44 and I was suffering from ulcer disease, frequent attacks of migraine, eczema and obesity. I was treated for these ailments for five years without any major impact. I have been on the optimal diet for the last 5 years. After only 3 months all my symptoms vanished and I have lost excess weight.

Nina Maj, (address withheld)

Other diseases

BRONCHIAL ASTHMA

Disease which results from the localised, in this case within lungs, domination of the parasympathetic system over the sympathetic one, is bronchial asthma.

Traditionally, the treatment of asthma attacks has involved the administration of adrenaline, the drug that is over-produced in the body during the domination of the sympathetic system. Other drugs, which inhibited the domination of the parasympathetic system, were also used. Most often atropine.

I hope that those of you who needlessly suffer from asthma will want to cure themselves from it for good. The optimal diet is the causal treatment for bronchial asthma. Recovery occurs quite rapidly in non-complicated asthma, somewhat more slowly when complications are present.

It is a common opinion that asthma and other allergic diseases are caused by certain allergens: dust, feather, dust mites, cats' fur, pollen, and some foods. This opinion is wrong. All of us come into contact with these or other allergens, but only a few of us get the disease. In order to suffer from asthma one has to have a certain "fault" within the body, which is not present in those who do not get ill. The cause of that "fault" is a certain kind of nutrition which results in the localised domination of the parasympathetic system within the respiratory organ.

Is it possible to cure oneself of asthma? Almost always possible and the cure is permanent.

In Arkadia, there were 41 asthma sufferers in ages ranging between 14 to 67 y.o., suffering on average 13 years (from 3 to 37).

All were treated with the optimal diet and the selective type S electric currents stimulating the sympathetic system in the lungs, the action of which is similar to adrenaline.

The results were: a cure after 2-3 days in 14 (34%) patients, a cure after 7-12 days in 10 patients, the total number of those cured within the time of the stay (14 days) was 24 (59%).
A marked improvement in health occurred in the remaining 17 patients (41%) with the removal of medication in 12 of them, and a marked reduction in medication in the rest (5).

All of the asthmatics who left with improved health, cured themselves at home by continuing the optimal diet - within a period of up to 4 months.

Is it possible to cure asthma in 2-3 days permanently? Yes, it is possible if the optimal diet is implemented and the selective type S electric currents are used. Correct nutrition alone will also cure asthma, but that takes a little more time.

And here is a fragment of a letter from one of those who benefited from it.

I have been employing the optimal diet for the last 6 months. I was suffering from asthma and a strong neurosis. I began to lose hair - because of that I felt very depressed. Only after a month of the optimal nutrition the asthma and neurosis were gone. The hair loss has stopped too; indeed the growth has improved.

Stefan Duk, (address withheld)

Other forms of allergic reaction can also be successfully "treated" with the optimal nutrition. The excerpt from a letter cited below illustrates the expected effect.

For many years I have been suffering from allergic reactions, particularly during the time of pollination of trees and grasses. I had chronic catarrh. I have been following the optimal diet for one year. The allergy has abated completely as did the other health problems. All of my family is sticking with the optimal diet.

Xenon Laga, (address withheld)

DEGENERATIVE DISEASE

The symptoms of degenerative disease appear much earlier in life than symptoms of coronary disease or atherosclerosis. These symptoms typically precede coronary failure in males by a few years and by over 10 years in females. The disease is caused by a certain type of incorrect nutrition. Connective tissue can be found in every organ of the body and collagen makes up over one third of all of the protein content of the body. Bones are not made of calcium or phosphorus; they are principally made of protein - collagen. The cause of disease lies in changes affecting the structure of proteins, stemming from the deficiency in the diet of proteins similar in their chemical structure to those found in normal bones. By eating bread, apples, sugar, honey, pudding, vegetables, or by drinking cola one cannot ever "repair" damaged joints. If one eats this type of diet, one simply does not eat those products that should be eaten such as cartilage, ligaments, and fascias. When these are not eaten then the body must lack elements necessary for the building or "renovation" of the joints, bones and the connective tissue as a whole.

Building materials necessary for building of a home are not sufficient alone. Energy must also be obtained.

Most people suffer from degenerative disease of the joints. This malaise constitutes the most common cause of the inability to perform work. The associated social costs are the largest compared with any other disease. In approx. 90% of cases, sufferers from an advanced form of degenerative disease also present with hypertension, obesity, often type II diabetes, gallstones, varicose veins, psoriasis, or many other pathologies. The cause of all these diseases is incorrect nutrition.

Is it possible to cure oneself from degenerative disease? Of course it is. Thankfully, bones and cartilages do not have nerves and therefore they do not hurt. The pain comes from the periosteum, ligaments, fascias and other parts of the connective tissue. And all of these parts can be "renovated".

It is a common occurrence that radiological changes of the limb or spine joints are very marked and yet patients have no symptoms. Occasionally the reverse is the case. Many and various therapies utilised in the "treatment" of degenerative disease act via an
improvement of local blood supply (nutrition) within the affected tissue. The same therapy, applied with the same intensity, in a person suffering from the same disease - can bring improvement, can make no difference or can make it worse - depending on the person. Improvement of the blood supply in one spot must cause worsening of the supply in another one. Without the change in nutrition no other scenario is possible. However, after the introduction of the optimal nutrition almost all therapies leading to the improvement in blood supply exert a positive effect in degenerative disease. When extensive degenerative changes are present the consumption of egg yolks, bone marrow, thick stocks, calf and pork hocks, cartilage, tripe and gelatine-containing processed meats should be increased. Oversupply of all "spare parts" and the necessary energy for the affected tissues has to be guaranteed, in particular the parts which cannot be "robbed" by the brain (meaning government) or any other privileged tissues. From that point the alleviation of pains, swelling and deformities of the bones or joints is rapid. Is optimal nutrition alone able to achieve a cure of degenerative disease? No doubt it can, but that process will be slow.

The sudden improvement of supply in the body (as in a society) will in the first place benefit most those tissues and organs (social or professional groups), which possess the means for channelling these supplies for their exclusive use. Whatever is the best for the connective tissue is not necessarily the best for the brain and vice versa. The brain will always feed itself provided it cares for those that supply it. Regrettably, the brain of a person nourished in the incorrect manner does exactly the same as what is typically done by the government of «an impoverished and corrupted country. It does not care about any of its suppliers, those that produce the "spare parts" or the energy. In such a case atherosclerosis develops, which eventually leads to haemorrhage, embolism, or thrombus. One is simply stroked-off, or using older terminology - struck by apoplexy. The patient often dies or becomes an invalid stuck in a wheelchair, or when lucky, is able to walk with a stick dragging one leg, carrying one mangled paralysed and cold hand, sometimes unable to talk, almost always with mental incapacity - or dementia. The severity of vascular-origin dementia is the greatest in those suffering from hypertension who after a stroke have low blood pressure; in those for whom that pressure did not change much - the dementia is not as advanced.

It always struck me as odd that sick people choose treatment methods which are unable to help them but in which they believe. That is why so many healers are so successful and why the health of humanity is steadily declining.

But, if only those with the power to influence the decision making had a little bit of wisdom, nothing could be simpler than to subject all of the current treatment methods to a controlled trial. Groups of patients suffering from the same complaint could be subjected to a treatment of their choice and the improvements monitored; the experiment would have to be repeated after a while to confirm the results. Only then the effectiveness of a certain treatment could be confirmed or a treatment could be shown to be without effect, or simply damaging. Is it not the method typically used by humans to make the most of their choices in life. Should it not be used to guide them when the choice is life or death?

One of the therapeutic approaches most often used in the treatment of degenerative disease is exercise. If we feel pain in any joint it always means that our body is saying: "leave me alone". Is it reasonable to "force" such a joint to move regardless of the increase in pain caused by the movement? The results can be different, but in most cases they won't be good. The movement will improve the blood supply. But the movement quite often accelerates the disease. Every movement is good for a human body only when it is dictated by intrinsic need. Forced movement will often have negative consequences. Not only for the joints.

After the introduction of the optimal nutrition one needs to become active only when the pain of the joints subsides or ceases. Optimal nutrition rapidly and markedly increases the pain threshold; this can occur in only a few days. In Buerger's disease strong resting pains stop on average after 7 days. In the case of marked hypertension, coronary disease, or myocardial insufficiency exercises should only be commenced after the cessation of the symptoms of the disease, in most cases after a few weeks. And what type of activity can one start with? The kind that is enjoyable, however, the type of activity also depends on the age, weight and the type of disease, or the combination of diseases. Walks or marches are always good. In cases, of changes affecting the hip joints bike riding will always help. When our physical condition improves to the point when we can run - then we can run!
GLAUCOMA AND PSORIASIS

Glaucoma is a serious disease which often leads to blindness. Its primary cause is a local domination of the sympathetic system in the t-yeball leading to an increase in the intraocular pressure via reduction in the draining of the intraocular fluid. Symptomatic treatment of glaucoma involves a local stimulation of the parasympathetic system or inhibition of the sympathetic system which leads to the lowering of the intranuclear pressure via the facilitation of fluid drainage. Additionally, one of the newer approaches involves inhibition of the production of intraocular fluid which incidentally is not over-produced in glaucoma. A number of drugs are used in pharmacological treatment, some given orally and thus having potent side effects, and some applied in the form of drops into the conjunctival sac. However, even this form of treatment has many drawbacks. The patient has to remember about regular application. The concentration of a drug is ever-changing, being too high just after application and too low after a while; as a consequence the retina may suffer.

The dominance of the sympathetic system can be permanently removed by the application of the selective PS currents, applied locally on the eyes. It is a very safe treatment and free of any unpleasant sensations for the patient. The combination of the selective currents with the optimal diet leads to the permanent cure of glaucoma and thus saves the eyesight. The treatment with the currents alone is able to bring full relief from the symptoms for a period one year or longer. If needed, the treatment can be repeated every year or every few years as required.

Psoriasis is an auto-aggression disease. It is caused by a certain incorrect type of nutrition. Psoriasis was unknown in Japan until recently. A dozen or so years ago it started to surface in that country due to the change in the nutritional habits of the more affluent Japanese who felt the urge to "Europeanise" their food and drink. It is a very oppressive disease, which can sometimes cause incapacity. Psoriatic changes develop on those parts of the skin which receive inferior blood (nutrition) supply. These include the area around the elbow, knee or other skin which during movement is stretched and consequently less nourished. Long-term bending of the upper limbs (at work) leads to...
worsening of the blood supply of the skin around the elbows; sitting on the job leads to a similar effect around the knee joints. Scalp skin (with hair) often develops changes, particularly in those individuals who use their brain more often. In such cases the brain robs the scalp of its nutritional supply, which precipitates psoriatic changes. Improvement of the skin nutrition causes a rapid recession of psoriatic changes in the very spots where such improvement occurred. Implementation of the selective currents PS on particular parts of the body causes a rapid and marked improvement in nutrition of all tissues, including the skin, in the area subjected to the treatment. When the PS currents are for instance used to treat coronary heart disease in order to rapidly remove the domination of the sympathetic system, application of electrodes to each hand leads to a beneficial effect being exerted on the heart as well as on the skin within the area under the influence of the currents. If the patient happens to suffer, apart from a heart complaint, also from psoriasis the disease symptoms rapidly abate on the skin of his hands and on the upper body. The rest of the skin will not improve without the nutritional change.

Optimal nutrition is the causal treatment for psoriasis. The average man has between 4-8 kg of skin, which in a body is considered as poorly supplied tissue. With a certain type of incorrect nutrition the skin receives far worse supplies than the privileged tissues. The worst affected parts of the skin rebel, the body, as any country, instead of removing the cause of the problem by giving the skin (the people) what it needs (what they need), diverts supplies for the production of antibodies against the rebelling tissue (the government finances more police, prisons, courts).

When all tissues are well supplied, no rebellion is needed. The body is healthy, and all the tissues work in unison for the benefit of the body as a whole.

The recipe is simple - to deliver to the body the best possible energy sources and all other needed elements, if possible in the form of ready-built machines instead of machine parts, and to preserve the necessary proportion between the energy and the spare parts. And that is all. That is so simple that it cannot be any simpler!

In psoriasis, the skin is rebelling and the body is conducting the war against it. But a simple improvement in the nutrition of the skin would eliminate the cause of the disease. The skin needs spare parts. Bread, vegetables, sprouts, etc., cannot possibly supply them. After all, the skin on the apple or the plum is totally different to ours.

Is that simple basic concept so hard to comprehend? Regrettably, that concept is impossible for some people to understand. It is simple and obvious only for those who have implemented and followed the optimal diet for an appropriately long period of time. The best kind of "spare parts" for human skin are contained in pig's skin. One has to simply eat it. More collagen should be consumed in the form of: calf and pork hocks or collagen-containing processed meats. When the destruction of the skin is not too extensive (due to a prolonged disease process) the cure will be complete and permanent.
MIGRAINE

Over 20 million people in the USA suffer from migraine; in other countries the number is equally impressive. In order to suffer from migraine one has to follow a specific type of nutrition. In previous centuries migraine was common within the upper classes, affecting ladies especially. Peasants did not suffer from it because they could not. The principal cause of migraine is the domination of the parasympathetic system around the arteries or the artery supplying the brain. Another type of migraine, known as abdominal migraine, occurs mainly in children. The most dangerous form of migraine is called ocular or eye-paralysing. It can lead to a permanent loss of sight in the affected eye. Quite often, whilst ocular migraine affects one eye, neurasthenia - the disease caused by the domination of the sympathetic system, develops concurrently. Thus, medications used to treat the migraine potentiate the symptoms of neurasthenia and drugs used to treat neurasthenia, those which eliminate the domination of the sympathetic system or stimulate the parasympathetic one, cause aggravation of the migraine. So, how can these two diseases with contrary mechanisms of origin be cured?

Limitation of the consumption of products of animal origin can produce an abatement of the migraine but it has to worsen the neurasthenia. Optimal nutrition is the causal treatment for both diseases. Selective S currents can cure migraine, PS currents can cure neurasthenia. What happens if the origin of headaches is not fully understood? That is, when we do not know if the principal cause is narrowing of the arteries (as in neurasthenia) or local dilation of the arteries - as in migraine. The diagnosis and the subsequent treatment can be aided by the selective currents. When a patient suffering from neurasthenia and headaches of unknown origin is subjected to PS currents, which during the first or, at the latest second session induce a migraine attack, then we know that migraine is the cause of headaches. It can be cured by the local application of the S type of selective currents.

INFECTIONOUS DISEASES

I have stated already that "the dishes we eat" or "the pathological structure and the pathological function of the human brain induced by ecological factors" - according to Prof. Aleksandrowicz - are the cause of all disease. Who else knew or knows that? The Egyptian priests knew that. They knew that the pathological function and the pathological structure of the brain, so common in people, were caused by the wrong nutrition.

And what about infectious diseases? After all we now know which viruses or bacteria cause particular diseases. One of the most eminent scientists of the last century reckoned that neither viruses nor bacteria are the primary cause of the infectious diseases but some unrecognised superior cause. He also stated that the presence of a particular infection is merely a symptom of a disease, not the cause of it.

If indeed bacteria and viruses were the cause of disease, then the whole of humanity would have to be dead a long time ago, and be dead many times over. There never was an epidemic that would have affected all exposed to it; in every epidemic not all that got sick died. Therefore, it should be possible to find the real reasons which prevent some people from getting infectious diseases or dying from them. The conclusions should lead to practical solutions which when implemented would solve the problem, including the problem of HIV, and solve it causally.

Many of my patients reported a permanent cessation of Herpes simplex attacks, which struck them over the years at times of stress or another triggering event. And all thanks to the optimal diet. The HIV virus is somewhat similar to Herpes simplex. Optimal nutrition should help those suffering from AIDS, or prevent the development of the full-blown disease in those carrying the virus. Unfortunately I have not been able to test it myself. Others, who are supposedly involved in the fight against the disease - did not want to test it. And the reason is obvious. Who would want to cut the tree branch, whilst sitting on it?

Tuberculosis was the primary cause of death in the USA in 1910. In 1946 it was in the eighth place. During that 36-year period anti-bacillary drugs had not yet been introduced, and other forms of
treatment, i.e., climatic treatment, did not change. Tuberculosis is again becoming a problem all over the world, and both governments and scientists are not able to recognise the reasons behind its reappearance. And the cause is simple, and so is the solution. The simple solution would be to feed people properly and everyone would recover quickly. It would be simpler and cheaper to causally cure type II diabetes and to give every sufferer all the money which is presently being wasted on their medication.

The human race became susceptible to infectious diseases only after radical changes in the diet, which is a direct consequence of so-called Original Sin. God (gods), when creating people, made sure that humans received all the tooling required to combat infectious organisms, beginning from the moment of the very first contact with infection. The human race as we know it was created in Eastern Africa, the region of a constantly warm climate which eliminated the need for clothing. Our ancestors were naked and that fact did not create any problem for them, neither for their health nor for their safety. The situation dramatically changed when humans introduced new types of products to their diet, products which were not suitable, and consequently led to a marked decline in the effectiveness of the body's defences. In the region where humans were conceived the tsetse fly was always present. Most of the local fauna, including all herbivores (with one exception), the carnivores, and the apes, with which we humans are supposed to have shared a common ancestor, are the carriers of the sleeping disease parasite - but all of these animals do not get sick. The animals are resistant because over millions of years of coexistence the animals and the parasite worked out a state of equilibrium - resistance to the disease. Only approx. 10% of zebras, animals which suffer badly when infected, carry the parasite thanks to their protective striped coat. Although, zebras do not always die, horses and cattle do. All horse-like animals arrived in Africa from North America over land approx. 2 million years ago. This period of time was not long enough for zebras to develop resistance to tsetse fly. Humans have no resistance, not even a minute sign of resistance, to the tsetse fly. And that fact clearly excludes any possibility that we have apes as a common ancestor. Do all people bitten by the tsetse fly develop sleeping sickness? Well, not quite. Well nourished Europeans do not get sick. Why then, did God (gods) fail to provide human beings with the resistance to that disease during "Creation"? Because there was no need. Man was resistant to all infections. After committing so-called Original Sin, human resistance to all diseases collapsed. Nakedness became dangerous in terms of health and safety. God tried to protect people against the tsetse fly by giving them clothing but all was in vain. "And God gave Adam and his wife clothing made of skins" - was written in Genesis. Why did Adam and Eve need clothing when the climate in East Africa was so warm and many other original inhabitants of warm parts of Earth did not wear clothing? The inhabitants of Australia, Southeast Asia, and South America, where climates are similar or colder than in East Africa, never wore clothes. There was no need. There was no tsetse fly in those regions. Humans were banished from Paradise by the tsetse fly.
In general terms, the current model of human nutrition is - to a lesser or greater degree - wrong. Smaller deviations from the optimal model of nutrition produce lesser negative consequences in terms of life length of life, the state of health or the quality of life. Based on information from the last two decades, there are a few countries which generally have or perhaps used to have a better model of nutrition then the rest of the world. They include Australia, Canada, Holland, New Zealand, Switzerland, and USA. However, in recent times major nutritional readjustments, mostly negative, have been taking place even there.

On the other hand, the greatest deviations from the optimal model of human nutrition are observed in such countries as China, India, Pakistan, and most of the African countries. Consequently, in these countries we are able to notice the typical and the most severe manifestations of incorrect human nutrition: low puberty age, short life span, diversity of disease, low work output, deficient brain function, and the deepening cycle of poverty. Every national group has a distinct type of nutrition, but that "distinctiveness" has a markedly different range when one compares for instance a Dutch man and a Hindu man. Even within the same national group and at the same level of food expenditure people do buy different products and consequently have a totally different type of nutrition.

Typically, an individual has a preference for, buys and consumes, types of products in which major nutritional constituents occur in the proportions the individual's body is currently accustomed to. The adjustment of the body to a certain diet profile (the proportion between proteins, fats and carbohydrates), most often subconscious, forces the body to consume products which most closely reflect the current needs of the body.
The optimal diet is not a form of medical treatment. It is the correct nutritional supply template of all the necessary elements needed by the body in order to sustain a healthy life. Diseased individuals who adopt this type of nutrition quickly return to health, regardless of the type of disease, since the diet does not treat the particular disease, as does a pill or a specific treatment. The causal treatment associated with the optimal diet is based on the delivery of the most important nutritional elements, e.g., the most valuable proteins and fats, whilst leaving the body in charge of the distribution of these elements to the most critical areas. Thus, the optimal diet firstly treats the underlying disease and then subsequently (rapidly) removes the burden of unnecessary body weight, whilst increasing the strength, the energy, the resistance and the vitality of the body.

And that is how the principles of the therapeutic function of the proposed optimal nutrition should be understood.

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**NUTRITION DURING PREGNANCY**

Within the animal kingdom, for every healthy species there exists a balance between the quantity of available and consumed food and the number of representatives of that species. It is a proven fact that when the availability of food for birds of prey or for carnivorous mammals decreases these animals temporarily stop breeding. Some animal species also stop breeding in conditions which for other reasons are perceived by them as not appropriate for the development of their offspring. That is why there are such difficulties in breeding some species in captivity. These regulatory mechanisms work almost perfectly for all healthy species, but typically fail many diseased and degenerated ones. Unfortunately these natural mechanisms have been failing man, and paradoxically, the occurrence of the opposite effect has been observed. For some human groups in a particular environment, as the availability and the quality of food decreases, the birth rate increases in a proportional relationship. Thus, in the most affluent countries, citizens of which have reasonably good diets, birth rates are low; conversely poor countries experience high and increasing birth rates as the economic situation worsens.

Future parents should think long and hard before they create a new life. Most of all, they should consider whether their occupation and the present as well as their future (expected) material conditions will enable a healthy development and a just life for their offspring. The unconcerned attitude in that aspect of life, typically manifested by a sentiment "it will be all right", is dishonest towards a person's own children and towards the whole nation.

The production of biologically valuable food, not just any food, as is the case presently, has to increase for any rise in the birth rate to be justified.

Pregnancy is a natural physiological state which should not cause any disturbances in the body of the mother. The nutrition of a pregnant women should be particularly good if one cares for the well-being of the mother and the biological value of child. Eggs, butter, and full cream supplemented with cheese and meat, and particularly products containing cartilage and connective tissues, should form the basis of
nutrition in that unique physiological state. In the second half of the pregnancy meals should be smaller but more frequent. Weight gain should not exceed the combined weight of the fetus and the waters. The prospective mother should not experience any headaches, vomiting or any general discomfort; there should be no tooth problems. A pregnant women who has been following the optimal diet for some time can eat whatever amount of products she feels like eating. Typically, 4 to 3 weeks before the birth, the consumption of carbohydrates increases. It is a normal physiological occurrence which aims to induce special metabolic mechanisms in the fetus to enable it to safely survive a prolonged period of hypoxia, which typically occurs during birth. To do that, the fetus has to obtain materials, energy, and the essential elements, as well as enough time, to make the enzymes needed to produce the oxygen from carbohydrate.

Immediately before the birth, the fetal tissue glycogen (poly-glucose) content increases 3- to 10-fold, depending on the diet of the mother. Prepared by the appropriate maternal nutrition, the fetus can produce 38 litres of oxygen from 100 grams of glycogen, whilst converting the glycogen to cholesterol. Such a large quantity of oxygen allows the safe survival during that critical perinatal period of hypoxia. After the birth cholesterol is rapidly excreted through the skin and the digestive tract of a newborn.

**NUTRITION OF NEWBORNS AND BABIES**

The nutrition of the breast feeding mother does not depart from the Ueneral concept of the optimal diet. Thus, proteins should be of the highest quality and the amount of fat in the diet should be increased in relation to the protein intake. Mother's milk is the best possible food lor the newborn. Babies should be nourished mainly with mother's milk for at least one year. The biological value of the milk is very high and its content is best suited to the needs of the baby. The optimal content of mother's milk is presently unknown since no studies have been done on the content of the milk of women eating the optimal diet. It is, however, known that the proportion of protein to fat in mother's milk can vary from 1:3.1 to 1:11, respectively. It is, therefore reasonable to assume that under the influence of the optimal nutrition the fat content of milk will increase at the expense of carbohydrate. The content of protein should also decrease somewhat. Such a milk should slow down the development of the baby, slowing the progression of growth (height) and extending the period of maturation, and consequently increase the individual life span by 6 to 8 years per each year of extension of growth and maturation period.

A child is born with an iron reserve sufficient to last for a period of a few months. After that period, the iron content within the mothers' milk is too low to fulfil the baby's needs. The iron contained in plant products is absorbed very poorly, and only iron of animal origin can be absorbed effectively and in quantities sufficient to satisfy the needs of the body. Therefore, starting from the third or fourth month of age, the baby's diet should include, apart from mother's milk, also small amounts of animal products such as egg yolks mixed with butter or full cream. Progressively, other products edible in the optimal diet should be introduced to the baby's menu.

A child should never be forced to eat. It should eat only when it feels the need for it, and the amounts it likes to eat. The mother should always feed the baby, should always have her own milk, because nothing can substitute mother's milk. These days many mothers do not have their own milk, many simply refuse to feed their own children even though they produce it. This is a very disturbing phenomenon, very
dangerous for children, for their health and their future. In recent times
the incidence of serious health problems such as allergies, obesity,
diabetes, hypertension, heart disease, cancers, leukemias, and diarrhoea,
has been increasing in ever younger children. There can be no douhi
that these and less serious ailments (in terms of treatment) such as
colds, bacterial infections, and food intolerances are mainly related to
an improper nutrition of babies, i.e., a cow's milk-based diet.

The mother must be very poorly nourished in order not to produce
her own milk or in order not to feel the need to nourish her own child.
Affluent classes in many nations during different periods in the history
of humanity invented the "institution" of the wet-nurse. Peasant
women, who had a totally different diet to the affluent mothers, even
though it was mainly based on grains or other sources of carbohydrate,
always had a sufficient quantity of milk. It was, however, noticed that
as soon as their diet was "improved" according to the standards and the
abilities of the affluent class, many of these wet-nurses would stop
producing their milk.

The loss of mother's milk leads to artificial feeding of babies,
sometimes from the very beginning of life. The artificial feed typically
consists of cow's milk in the form of different milk formulas. The milk
nutrient content differs between different mammals; it is adjusted to the
particular needs of the offspring. There are major differences in terms
of content between human and animal milk. In terms of the caloric
value the protein content of human milk is only 7 to 8%.

Cow's milk is not suitable for consumption by the human baby and it
cannot be easily modified for that purpose. Cow's milk is only suitable
for the fast growing offspring of the herbivore. Any food suitable for
the herbivore is not compatible with the optimal diet, the diet which
guarantees a correct and slow growth of the offspring. Cow's milk,
even the full cream one, straight from the cow, cannot substitute mother's
milk to a newborn. The content of cow's milk differs markedly from that
of the average content of human milk. It contains 4 times the amount of
protein, protein of low biological value (90% casein), not enough fat,
not an appropriate proportion of calcium to phosphorus, 8 times less
Vit D and Vit E, 4 times more Vits B1 and B2, 2 times less Vit C, too
much salt, too little copper and iron and too much sulfur, iodine,
manganese. Additionally, there are inadequate proportions between

vitamins and other constituents for the needs of a newborn. Above the
nutritional elements, and perhaps most importantly, mother's milk
contains biologically active elements such as antibodies, white blood
cells and substances inhibiting the growth of bacteria and viruses which
protect the newborn against the development of diseases and allergies.

In some circumstances the use of cow's milk is unavoidable. If this
is the case, a suitable, to some degree, content can be achieved by the
supplementation of full-cream cow's milk with an egg yolk and a 3-fold
increase in fat (addition of butter or 30% cream) to reach the correct
proportion of fat to protein.

Below is an example of how to obtain the correct proportions of the
mixture using products typically available in shops.

Full cream cow's milk, available in shops, contains 3 g of protein and
approx. 3 g of fat per 100 grams. By adding 1 egg yolk (approx. weight
of 25 g) we will enrich that 100 g of milk by 4 g of protein and 8 g of
fat. Therefore this mixture will contain 7 g of protein (3 g from the milk
and 4 g from the egg yolk) and 11 g of fat (3 g from the milk and 8 g
from the egg yolk). In order to obtain an appropriate for mother's milk
P:F proportion, i.e., 1:4, an additional 18-20 grams of butter or 60 grams
of 30% cream has to be added to this mixture.

The addition of sugar or semolina, as it is commonly practised, is
totally wrong. The carbohydrate-based nourishment of babies has to
cause deleterious development and susceptibility to many diseases. It
has been noticed that atherosclerosis develops predominantly in those
children who had been fed large quantities of cow's milk. Thus, in
certain nutritional conditions cow's milk stimulates the rapid
development of atherosclerosis.

Apart from food, every baby should receive something to drink. The
most suitable is cooled boiled water. It can be supplemented with a little
(unsweetened of course) fruit juice. Obviously, diluted chamomile tea
can also be given. However, in the optimal nutrition herbal infusions
will not be needed since the baby nourished in the optimal way does not
have constipation, gases (colic), or any other type of gastric problems.

Breast-feeding and the nutrition of newborns are covered in more depth in the
book *Optimal Nutrition* (WGP, Warsaw 1999). The topics covered include, amongst
others, how to nourish the baby when the mother works full-time and which products
should be introduced from the age of five months (including recipes).
NUTRITION OF CHILDREN

The chemical content of mother's milk or artificial feeding mixtures influences the way a child's body is developing, its biochemical structure and its metabolism as well as the child's preferences and tastes in terms of eaten food. Thus, a child adjusts its appetite and taste according to the content of mother's milk and later when it can say "yam" or "yak" accordingly chooses his/her food; the food which most closely resembles the chemical composition of mother's milk. Therefore, some kind of "programming" takes place at the beginning of life which influences food choices in later life.

Unfortunately, the same mechanism operates for the artificial or incorrect diet, meaning that choices of food both during childhood and adulthood will be incorrect in terms of the most beneficial form of nutrition for health. Obviously, such incorrect nutritional habits can be changed via the adoption of the optimal diet but only when one realises the mistake.

Currently, children are mostly fed or filled with carbohydrate-based products, e.g., bread rolls, cereal mixes, noodles and other artificially sweetened, vitamin fortified and coloured products. They love lollies, cakes, cornflakes or muesli bars. Consequently, most babies and young children are pale, plump - often obese, and lacking energy. They commonly suffer from allergies and have very low resistance to all types of infection.

It is relatively common for contemporary man to accept harmful things and developments as beneficial - and vice versa. Most people would consider as beneficial the fact that their children are growing fast and gaining weight rapidly - the kids are "healthy", tall, well developed and strong. Most parents would consider the fast growing, fast maturing child as an object of pride. They have no way of knowing that their child should be small and slim, and should mature as late as possible since that positively influences a child's length of life.

The nutrition of children in the pre-school and school ages does not deviate from the typical optimal diet. The breakfast should be nutritious and filling. If the child does not like to eat a filling breakfast it should not be forced to do so. Instead a second breakfast should be given to take to school. The school meal should consist of a piece of cheesecake or pancake (see recipe) with butter and processed meat. Cottage cheese or cheese can be eaten with pastry baked using nuts - a nut bread (see cake recipes). A can of tuna (in oil) with a tomato or lew radishes is also good. Children should always have access to unsweetened drink; they should drink as much as needed. Under no circumstance sweetened drinks, e.g., cordial, lemonade or cola should lie given to children.

Water - pure or boiled, with an addition of a few spoons of fruit juice is always the best.

* Nourishment of school-aged children has been covered in the book Optimal Nutrition (WGP, Warsaw 1999). A few examples of school lunch have been cited, including recipes.
PRODUCTS RECOMMENDED FOR HUMAN CONSUMPTION ACCORDING TO THE PRINCIPLES OF OPTIMAL NUTRITION

1. All kinds of cheese.
2. Eggs (lots of) - over 4 a day.
3. Offal, meat jelly products with cartilage and skins; fat stock (soup).
4. Any kind of meat, preferably with fat - e.g., pork.
5. All kinds of processed meats, pate. Black pudding contains approx. 10% carbohydrate, therefore, 200 grams of it contains 20 grams of sugar.
6. Fish, including canned and smoked.
7. Poultry - duck and goose are the best.
8. Fat (lots of) - butter, lard, pork rind, goose fat, oils (olive, sunflower, macadamia), good margarine. Animal-origin fats are far better than plant-origin fats.
9. Milk and cream - up to 0.5 l per day (approx. 20 grams of sugar).
10. All kinds of vegetables including mushrooms up to 300 grams per day (approx. 10 grams of sugar).
11. Potato - one per meal - as chips or fries in animal fat (approx. 10 grams of sugar).
12. Fluids (without sugar - of course) should be drunk as desired. Coffee, tea, or fruit juices (without added sugar - 2 to 3 spoons per cup of water).

PRODUCTS INEDIBLE FOR HUMANS ACCORDING TO THE PRINCIPLES OF OPTIMAL NUTRITION

1. Sugar in any form (i.e., sweets).
2. Honey.
3. Fruits and fruit preserves, e.g., jams, compotes, etc. Low sugar fruits such as all berries can be occasionally consumed instead of potato or vegetables, but only up to 300 grams per day. The least acceptable are apples the nutritional value of which is 8 times lower than that of porridge, 4 times lower than that of potato or 2.5 times lower than that of banana. When the Bible was being written there were no known products worse than an apple. Thus, it was used as the symbol of the worst possible human nutrition.
4. Rice, maize and cereals.
5. Bread and similar products.
7. Potatoes (except as a vegetable).
8. Potato or maize flour, pudding.
9. Peas and beans (green beans can be considered as vegetable).
10. Any kind of sweetened soft-drink.
11. Other atypical plant-origin products.
12. Salt. The amount of salt in food should be lowered progressively, until not needed.

Attention: Compared with other types of diet, human protein and energy requirements are the lowest when on the optimal diet. For an adult person, these requirements do not exceed 50 grams of protein and 2000 kcal for a 24-hour period, without the need to watch the quantity of food. Within a 24-hour period, the intake of 1 gram of protein should be balanced with over 2.5 grams of fat and not more than 0.8 grams of carbohydrate.
Part 4

Culinary recipes according to the optimal nutrition

Anyone wanting to implement the optimal diet will encounter some difficulties, the obvious one being the lack of culinary recipes which would follow the rules of that nutritional model. In that regard, one has to remember that our body does not at all require nutritional variety; it is able to function optimally only when the diet is uniform and the nutrient composition of food identical.

Let's look at the animal kingdom - carnivores eat exclusively the meat of their prey and drink water. For these animals, nothing else is eaten until man chooses to exert influence over their menu. Herbivores eat only plant material, and nothing or no one will ever force them to eat meat or fat. Man could also eat only two or three dishes with the optimal content but our culinary habits, deeply rooted for generations in our psyche, demand that we vary our nutrition. Thus, an attempt has been made to satisfy this apparent demand.

The chapter below lists different recipes, and the one following, contains a two-week menu giving examples of daily meals arranged in the format of: breakfast, dinner (lunch) and supper.

In everyday life, it is recommended to prepare simple meals, meals which do not consume a lot of time and energy. After a while, a person eating the optimal diet does not pay much attention to the act of eating. Therefore, the loss of time for the preparation of exclusive meals is totally unnecessary. The satiated man does not look for pleasure in food. If one eats the optimal diet every day, one cannot improve on that.

The reader can use their own experience and any recipe or culinary book to prepare all meals, however, only those dishes which do not contain or contain very little carbohydrate but contain a lot of fat should be chosen.

Most of the problems arise initially because of the need to stop the consumption of bread, rice, pasta and similar carbohydrate-loaded
products. We are used to eating these products to such an extent that we cannot imagine our life without them, and that we can eat scrambled eggs, bacon and eggs or fish in oil without biting on bread. But these problems occur only transiently at the beginning. Within a short period of time, bread loses its taste. However, in order to temporarily satisfy old habits, which typically die slowly, the recipes given as the first are these of optimal breads and pancakes, the latter made using cottage cheese and eggs (with a little of flour) fried in lard. All make excellent substitutes for traditional bread. Similarly, for those who cannot live without dumplings or noodles, the pancakes will substitute them. For those who cannot live without sweets or cakes, we give a few recipes for cakes or creams. They are delicious and fully meet the requirements of the optimal diet. They can be eaten to one's desire.

To finish, one explanation - in all the recipes and for daily meals in the two-week menu, by "full-fat milk" we mean any milk that contains at least 3.2% fat, by "cream" we mean cream that contains 30% fat, the cottage cheese must contain at least 9% fat. If for some reason in the preparation of our meals we are forced to use another less-fat-rich product, we have to supplement the fat content by the addition of butter to the dish.

And finally. All ingredient amounts are given in grams, therefore, American readers will need to convert them to imperial units of weight. This, we trust, should not be too much of a problem for someone aspiring to become "homo optimus".

### THE OPTIMAL BREADS

#### 1. Nut bread

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hazelnuts - 500 g (or pecan nuts)</td>
<td>protein: 10.2 g</td>
</tr>
<tr>
<td>Eggs - 15 (700 g)</td>
<td>fat: 43.8 g</td>
</tr>
<tr>
<td>Butter - 250 g</td>
<td>carbate: 5.6 g</td>
</tr>
<tr>
<td>Cream - 110 g (1/2 cup)</td>
<td>kcal: 475</td>
</tr>
<tr>
<td>Wheat flour - 100 g (4 tablespoons)</td>
<td></td>
</tr>
<tr>
<td>Bread crumbs - 25 g (a tablespoon)</td>
<td></td>
</tr>
<tr>
<td>Baking powder - 2 teaspoons (flat)</td>
<td></td>
</tr>
<tr>
<td>Nutmeg powder - 1/2 teaspoon</td>
<td></td>
</tr>
</tbody>
</table>

In a large bowl, combine minced nuts with bread crumbs, flour, baking powder and nutmeg. Add eggs and cream, mix well. Pour in melted butter and kneed (or use a mixer) to obtain pastry. Cover the insides of a baking dish with extra butter (thickly) and add some bread crumbs making sure to spread them uniformly over the sides and the bottom. Transfer the pastry allowing approx. 3 cm for the rising of the pastry. Put into a hot oven and bake for approx. 40 minutes. To prevent the collapse of the pastry, switch off the oven and leave inside to cool down.

#### 2. Sponge pastry bread

<table>
<thead>
<tr>
<th>Ingredients:</th>
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<tr>
<td>Eggs - 10</td>
<td>protein: 11 g</td>
</tr>
<tr>
<td>Butter - 100 g</td>
<td>fat: 20 g</td>
</tr>
<tr>
<td>Wheat flour - 100 g (4 tablespoons)</td>
<td>carbate: 10 g</td>
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<tr>
<td>Baking powder - 2 teaspoons (flat)</td>
<td>kcal: 273</td>
</tr>
</tbody>
</table>

Using a hand-held mixer, beat the egg whites until firmly set. Whilst continuing beating, progressively add egg yolks - one at a time. Continue beating and using small portions, add flour mixed with baking powder and finally melted (cooled) butter. Transfer the pastry into a tall/oblong baking pan covered with baking paper. Place in the oven at

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"Carbate" stands for "carbohydrate", here and thereafter.
200-220°C and bake for approx. 1 hour. Leave in the oven to cool down to prevent collapse.

This "bread" can be made with the addition of nuts (chopped), sunflower seeds, sesame seeds, linseed, or desiccated coconut, which further increases the fat content. However, all of these need to be lightly fried in a dry (no fat) pan before use.

3. Cheese bread

Ingredients:

- Cottage cheese - 500 g
- Eggs - 10
- Butter - 100 g
- Wheat flour - 150 g (6 tablespoons)
- Baking powder - 2 teaspoons (flat)

Combine minced (or pressed through a sieve) cheese with melted butter, 10 egg yolks and a mixture of flour with baking powder; mix well. If the pastry is too dry mix in 2 or 3 egg whites. Beat the remaining egg whites and delicately combine with the cheese mixture. Bake as described above.

This "bread" has a relatively low-fat content and therefore should be eaten thickly spread with butter or lard. It keeps fresh for a week wrapped in a linen cloth in the fridge.

This "bread" can also be made with the addition of nuts and/or seeds as indicated above.

4. Egg and cottage cheese pancakes

Ingredients:

- Cottage cheese - 250 g
- Eggs - 0.5 kg (approx. 8)
- Wheat flour - 100 g (5 tablespoons)
- Lard (pig's) - 250 g

Mince (or press through a sieve) the cheese, add the eggs, flour and mix well together. Melt the lard in the frypan (until hot) and using a large spoon place the mixture forming small-size pancakes. Fry until light-brown on both sides.

The above quantity of ingredients will give approx. 30 cakes with the total weight of approx. 1.5 kg (approx. 50 g per piece). They are their best when eaten fresh with cream but can be kept in the refrigerator for up to 7 days. They can be eaten as bread or cut into strips to substitute for macaroni (pasta) or noodles. Cut into pieces and fried in butter or lard, they will substitute for chips or dumplings. When eaten as bread, they need to be supplemented with fat - spread on butter, margarine or lard. They make an excellent addition to any dish, in particular, soups. The cakes can be eaten in any quantity.

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**Vital proportions**

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<th>carbohydrate</th>
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<td>16g</td>
<td>9g</td>
</tr>
<tr>
<td>Eggs - 10</td>
<td>1 : 1.1</td>
<td>0.6</td>
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</tr>
<tr>
<td>Wheat flour - 150 g (6 tablespoons)</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Baking powder - 2 teaspoons (flat)</td>
<td>kcal - 246</td>
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**Vital proportions**

<table>
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<th></th>
<th>protein</th>
<th>fat</th>
<th>carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese - 250 g</td>
<td>214g</td>
<td>397g</td>
<td>73g</td>
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<tr>
<td>Eggs - 0.5 kg (approx. 8)</td>
<td>1 : 2</td>
<td>0.35</td>
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<tr>
<td>Wheat flour - 100 g (5 tablespoons)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Lard (pig’s) - 250 g</td>
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</tbody>
</table>

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**Dishes from eggs and cottage cheese**

In the optimal nutrition, eggs should be consumed as a basic food. They can be made into a variety of dishes. However, we always prepare them with the addition of fat. Boiled eggs, scrambled eggs, poached eggs - are universally known, easy and quick-to-make dishes. When making scrambled eggs or an omelette we add as much fat as can be absorbed; if there is some left we should pour it on the food. Scramble eggs in pork fat, in bacon or in butter contain approx. 2.5 to 3.5 grams of fat per 1 gram of protein. That is the exact proportion our body needs. All egg dishes can be supplemented with the addition of spices, ketchup, and lemon, or in the initial period with salt.
5. **Egg and cottage cheese dumplings**

**Ingredients:**
- Cottage cheese - 250 g
- Eggs - 0.5 kg (approx. 8)
- Wheat flour - 100 g (5 tablespoons)
- Lard (pig’s) - 250 g

**Mix the pate with the mayonnaise, add salt and pepper. Peel the \(\text{irjgs and cut into halves, cover each egg-half with a scoop of pate, place on a plate and decorate.} \)

These can be eaten with pancakes spread with butter.

8. **Eggs with roasted chicken**

**Ingredients:**
- Chicken - 100 g (roasted meat)
- Eggs - 4 (hard-boiled)
- Mayonnaise - 100 g (4 tablespoons)
- Full cream - 50 g (2 tablespoons)
- Almonds - a dozen or so
- Ketchup & parsley - to taste
- Salt & pepper - to taste

Mix the eggs and pour the mixture in the boiling milk, add butter. The quantity of the milk, eggs and butter can be adjusted according to requirements as long as the correct proportions are maintained.

9. **Eggs with radish in mayonnaise**

**Ingredients:**
- Radishes - 100 g (red)
- Eggs - 4 (hard-boiled)
- Mayonnaise - 50 g (2 tablespoons)
- Soup spices - to taste
- Chives, salt & pepper - to taste
- Tomato or lettuce - for decoration

Grate washed radishes, add 1/2 a spoon of finely chopped chives, mayonnaise, cream and a pinch of soup spices. Add salt and pepper to taste.

Peel the eggs and cut into halves, place on a plate and cover each egg-half with the sauce.
10. Eggs with cheese

Ingredients:
- Cheese - 150 g
- Eggs - 4 (hard-boiled)
- Mayonnaise - 100 g (4 tablespoons)
- Full cream - 50 g (2 tablespoons)
- Green peas - 50 g (3 tablespoons)
- Green dill, lettuce, salt & pepper

Vital proportions:
- Protein: 62 g
- Fat: 145 g
- Carbohydrate: 10 g

Peel the eggs and cut into halves, place on a plate covered with lettuce. Dice the cheese and combine with the green peas, add the mayonnaise, cream and salt and pepper to taste. Pour the mixture over the egg halves and sprinkle with dill.

11. Eggs with ham

Ingredients:
- Ham slices - 8, approx. 200 g
- Eggs - 4 (hard-boiled)
- Mayonnaise - 100 g (4 tablespoons)
- Green peas - 100 g (5 tablespoons)
- Salt & pepper - to taste
- Few dried mushrooms
- 1 onion, 1 tomato
- 1 small sweet & sour gherkin
- 2 vinegar prunes or olives
- Parsley, tablespoon of lard

Vital proportions:
- Protein: 73 g
- Fat: 190 g
- Carbohydrate: 26 g

Soak the mushrooms for few hours and boil till tender, allow to cool down and mince. Dice the onion and fry in lard. Peel the eggs and cut into halves, scoop out the egg yolks. Combine the yolks with the minced mushrooms and add fried onion, add salt and pepper. Fill the egg-white halves with the mixture.

Scald the tomato before peeling and dice into large pieces. Combine the tomato with the peas, finely diced parsley, diced gherkin, and mix well. Place scoops of the mixture on a plate and cover each one with an egg-half rolled in a slice of ham.

Pour the mayonnaise over the portions and decorate with pieces of prune or olives, sprinkle with parsley.

12. Eggs stuffed with herring

Ingredients:
- Fillet(s) - 50 g
- Eggs - 4 (hard-boiled)
- Full cream - 50 g (2 tablespoons)
- Green peas - 1 tablespoon
- Chives, lettuce, marinated red capsicum

Vital proportions:
- Protein: 32 g
- Fat: 42 g
- Carbohydrate: 12 g

Peel the eggs and cut into halves, scoop out the egg yolks. Mash the yolks, add finely chopped herring, cream and diced chives. Mix well, add salt and pepper. Fill the egg white halves with the mixture. Place on a plate covered with lettuce, decorate with peas and pieces of capsicum.

13. Eggs stuffed with liver

Ingredients:
- Pork liver - 100 g
- Eggs - 4 (hard-boiled)
- Onion - 1 small
- Tomato - 1 small
- Pepper or spices - to taste
- Lettuce, parsley
- Tablespoon of lard

Fry thin slices of liver in lard, add diced onion and cook until tender. Peel the eggs and cut into halves, scoop out the egg yolks. Mince the egg yolks with the cooked liver and onion, mix well and add spices. Fill the egg white halves with the mixture. Place on a plate covered with lettuce, decorate with tomato pieces and diced parsley.

14. Poached eggs with mushrooms

Ingredients:
- Mushrooms - 300 g
- Eggs - 8 (very fresh)
- Cheese - 100 g
- Butter - 50 g
- Ham - 100 g
- Ketchup, parsley
- Pepper or spices

Vital proportions:
- Protein: 92 g
- Fat: 146 g
- Carbohydrate: 18 g

Peel the eggs and cut into halves, scoop out the egg yolks. Mash the yolks, add finely chopped herring, cream and diced chives. Mix well, add salt and pepper. Fill the egg white halves with the mixture. Place on a plate covered with lettuce, decorate with pieces of prune or olives, sprinkle with parsley.
15. Eggs stuffed with chicken liver

**Ingredients:**
- Chicken livers - 100 g
- Eggs - 8 (hard-boiled)
- Cheese - 20 g
- Lard - 100 g
- Ham - 100 g
- Ketchup - 1 tablespoon
- Bread crumbs, pepper or spices

**Vital proportions**

<table>
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</tr>
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<tbody>
<tr>
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<td>68 g</td>
<td>150 g</td>
<td>10 g</td>
</tr>
<tr>
<td>Eggs</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>kcal - 1800</td>
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<td></td>
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</table>

Fry the sliced livers in lard. Do not peel the eggs, instead cut in half with one heavy stroke of a kitchen knife. Remove the eggs from their shells (without breaking them). Mince the eggs with the liver, mix in the grated cheese and ketchup. Add spices and mix well. Fill the egg shells and cover with bread crumbs. Place face down in hot lard and brown. Serve hot.

16. Eggs in cream sauce

**Ingredients:**
- Butter - 100 g Eggs - 8 (hard-boiled) Fresh egg yolks - 2 Cheese - 20 g Cream - 250 g Wheat flour - 50 g Bread crumbs, parsley

**Vital proportions**

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<td>1 : 3.1 : 0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheat flour</td>
<td>kcal - 2500</td>
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<td></td>
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</table>

Melt 70 grams of butter, add flour, mix well and remove from the heat. Mix in the cream and whilst mixing bring to boil, remove from the heat. Mix in 2 egg yolks but do not cook to prevent curdling.

17. Eggs stuffed with sheep or goat fetta

**Ingredients:**
- Sheep fetta - 100 g (full-fat)
- Eggs - 8 (hard-boiled)
- Cream - 1 tablespoon
- Butter - 50 g
- Onion - 1 small
- Gherkin - 1 small (sweet & sour)
- Bread crumbs, pepper or spices

**Vital proportions**

<table>
<thead>
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<th></th>
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<th>carbate</th>
</tr>
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<tbody>
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<td></td>
</tr>
<tr>
<td>Butter</td>
<td>kcal-1200</td>
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<td></td>
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</table>

Do not peel the eggs, cut in half with one heavy stroke of a kitchen knife. Remove the eggs from their shells (without breaking them). Mash or finely dice the eggs, add the fetta and mix in the diced onion and gherkin. Fill the egg shells with the mixture, cover with bread crumbs. Brown well in butter. Serve hot.

18. Scrambled eggs with onion

**Ingredients:**
- Eggs - 4
- Butter - 1 tablespoon
- Onions - 2 small
- Salt & pepper
- A spoon of water or milk

**Vital proportions**

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<th>carbate</th>
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</tr>
<tr>
<td>Butter</td>
<td>kcal - 454</td>
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</tbody>
</table>

Slice the onion and fry in the butter. Mix the eggs with water or milk and pour on the onion. Fry slowly mixing well.
19. Scrambled eggs with cheese

**Ingredients:**
- Eggs - 4
- Butter - 50 g
- Cheese - 50 g
- Pinch of nutmeg
- A spoon of water or milk

**Vital proportions**

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<tr>
<td>Butter - 50 g</td>
<td>1</td>
<td>2.4</td>
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</tr>
<tr>
<td>Cheese - 50 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinch of nutmeg</td>
<td></td>
<td>kcal - 820</td>
<td></td>
</tr>
<tr>
<td>A spoon of water or milk</td>
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</tbody>
</table>

Mix the eggs with all the ingredients and fry slowly in butter, mixing well.

20. Scrambled eggs with sausage

**Ingredients:**
- Eggs - 4
- Butter - 50 g
- Sausage - 100 g

**Vital proportions**

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<tr>
<td>Eggs - 4</td>
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<td>85 g</td>
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<tr>
<td>Butter - 50 g</td>
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</tr>
<tr>
<td>Sausage - 100 g</td>
<td></td>
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</tbody>
</table>

Slice or dice the peeled sausage and fry lightly in butter. Mix in the eggs and fry slowly, mixing well.

21. Scrambled eggs with garlic

**Ingredients:**
- Eggs - 4
- Butter - 50 g
- Garlic - 1 clove
- Dry white wine - 1 tablespoon
- Pinch of nutmeg

**Vital proportions**

<table>
<thead>
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<th></th>
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<tbody>
<tr>
<td>Eggs - 4</td>
<td>23 g</td>
<td>62 g</td>
<td>2.7</td>
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<tr>
<td>Butter - 50 g</td>
<td>1</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>Garlic - 1 clove</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry white wine - 1 tablespoon</td>
<td></td>
<td>kcal - 660</td>
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</table>

Dice finely the peeled garlic and fry lightly in butter. Mix the eggs with the wine and nutmeg, pour on the garlic and fry slowly, mixing well.

22. Scrambled eggs with chicken liver

**Ingredients:**
- Eggs - 4
- Butter - 50 g
- Chicken livers - 100 g
- Dry white wine - 1 tablespoon
- Almonds - 1 spoon (sliced)
- Salt & pepper

**Vital proportions**

<table>
<thead>
<tr>
<th></th>
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<tr>
<td>Eggs - 4</td>
<td>43 g</td>
<td>76 g</td>
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<tr>
<td>Butter - 50 g</td>
<td>1</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>Chicken livers - 100 g</td>
<td></td>
<td>kcal - 780</td>
<td></td>
</tr>
<tr>
<td>Dry white wine - 1 tablespoon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds - 1 spoon (sliced)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt &amp; pepper</td>
<td></td>
<td></td>
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</table>

Fry the sliced livers. Mix the eggs with the wine and add to the frypan. Fry slowly mixing well. Sprinkle with the almonds.

23. Scrambled eggs with veal kidney and mushrooms

**Ingredients:**
- Eggs - 8
- Butter - 100 g
- Veal kidney - 1 (approx. 150 g)
- Mushrooms - 100 g
- Cream - 2 spoons
- Salt & pepper
- Few drops of chilli sauce

**Vital proportions**

<table>
<thead>
<tr>
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<tr>
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<td>Butter - 100 g</td>
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<td>0.07</td>
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<tr>
<td>Veal kidney - 1 (approx. 150 g)</td>
<td></td>
<td>kcal - 780</td>
<td></td>
</tr>
<tr>
<td>Mushrooms - 100 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream - 2 spoons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt &amp; pepper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Few drops of chilli sauce</td>
<td></td>
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</table>

Clean the mushrooms, slice and fry in (part of) the butter. Wash the kidney, dry and dice, and fry in the remaining butter. Mix in the mushrooms. Mix the eggs with the cream and (salt) pepper and pour into the frypan with the kidney-mushroom mixture. Fry slowly, mixing well.

24. Scrambled eggs with pork

**Ingredients:**
- Eggs - 8
- Butter - 100 g
- Pork meat - 150 g
- Onion - 1 (small)
- Cream - 2 spoons
- Salt & pepper
- Few drops of chilli sauce

**Vital proportions**

<table>
<thead>
<tr>
<th></th>
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<tr>
<td>Eggs - 8</td>
<td>66 g</td>
<td>163 g</td>
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<tr>
<td>Butter - 100 g</td>
<td>1</td>
<td>2.5</td>
<td>-</td>
</tr>
<tr>
<td>Pork meat - 150 g</td>
<td></td>
<td>kcal-1750</td>
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</tr>
<tr>
<td>Onion - 1 (small)</td>
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<tr>
<td>Cream - 2 spoons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt &amp; pepper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Few drops of chilli sauce</td>
<td></td>
<td></td>
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</tbody>
</table>

Mince the pork. Fry the diced onion, add a little water and simmer until tender. Add the eggs to the minced meat, add spices and mix well. Combine the lot in the frypan, fry until well done, mixing well.

25. Fried eggs

**Ingredients:**
- Eggs - 8
- Butter - 30 g
- Pepper & (salt) - 46 g

**Vital proportions**

<table>
<thead>
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<th></th>
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<tbody>
<tr>
<td>Eggs - 8</td>
<td>46 g</td>
<td>67 g</td>
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<td>Butter - 30 g</td>
<td></td>
<td>kcal - 775</td>
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</tr>
<tr>
<td>Pepper &amp; (salt) - 46 g</td>
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</table>

Fry until well done, mixing well.
Melt the butter in the frypan. Break the eggs into the pan without breaking the yolk sac. Fry slowly until the egg white is solid, the yolk should stay fluid.

Fried eggs do not absorb fat as well as do scrambled eggs (approx. 2/3 less). Therefore, they should be eaten with extra fat, i.e., cheese pancakes spread thickly with butter.

26. Fried eggs in cream

**Ingredients:**
- Eggs - 8
- Butter - 30 g
- Cream - 200 g
- Cheese - 50 g
- Pepper & (salt)

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<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
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</thead>
<tbody>
<tr>
<td>60 g</td>
<td>140 g</td>
<td>4 g</td>
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kcal - 1500

Melt butter in the frypan and pour the cream. Break in the eggs (carefully), sprinkle with the cheese and pepper. Cook slowly on a low heat until the white becomes solid.

27. Fried eggs with bacon

**Ingredients:**
- Eggs - 8
- Bacon - 8 slices (approx. 200 g)
- Pepper & (salt)

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<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>70 g</td>
<td>136 g</td>
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</table>

kcal - 1500

Fry each slice of bacon on both sides until crisp. Break an egg on each slice, sprinkle with pepper. Place the frypan (heat-resistant) into a hot oven and bake until the white is solid.

One can also use ham for this recipe, however, in such a case extra fat should be used to fry the ham.

28. Baked eggs with mushrooms

**Ingredients:**
- Eggs - 8
- Ham - 50 g
- Mushrooms - 200 g

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
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<tbody>
<tr>
<td>70 g</td>
<td>115 g</td>
<td>7 g</td>
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</table>

kcal - 1320

29. Baked eggs with pork

**Ingredients:**
- Eggs - 8
- Lard - 50 g
- Pork meat - 200 g
- Ketchup - 50 g
- Onion - 1 small
- Pepper & (salt), garlic

**Vital proportions**

- Protein: 70 g
- Fat: 136 g
- Carbohydrate: 7 g

kcal - 1500

Fry the diced onion, add the minced meat and fry until the meat changes colour, add a little water and stew. When cooked add ketchup, almonds and crushed garlic. Transfer the portions of the meat into heat-resistant cups (with lard). Break an egg into each cup and sprinkle with pepper. Bake in the oven until the white becomes solid.

30. Baked eggs with chicken liver

**Ingredients:**
- Eggs - 8
- Lard - 50 g
- Chicken livers - 200 g
- Green peas - 100 g (canned)
- Walnuts - 100 g (diced)
- Pepper & (salt)

**Vital proportions**

- Protein: 90 g
- Fat: 130 g
- Carbohydrate: 99 g

kcal - 1640

Fry the sliced livers in lard adding pepper (salt) to taste. Divide evenly into heat-resistant cups (with lard), cover with an egg, peas (drained) and walnuts. Bake in the oven until the white becomes solid.
31. Baked eggs with sardines

**Ingredients:**
- Eggs - 8
- Lard - 50 g
- Sardines in oil - 200 g (canned)
- Mushrooms - 200 g
- Cheese - 50 g
- Pepper & (salt), pinch of curry

**Vital proportions**
- protein: 100g
- fat: 150g
- carbohydrate: 10g

**Preparation:**
Clean and slice the mushrooms, fry in part of the lard, adding pepper and curry. Mash the sardines into the oil, making sure that all of it gets absorbed. Divide the mushrooms evenly into heat-resistant cups (with lard), cover with an egg and the sardine paste. Sprinkle with grated cheese. Bake in the oven until the white becomes solid.

32. Lithuanian baked eggs

**Ingredients:**
- Eggs - 8
- Lard - 50 g
- Ham (smoked) - 200 g
- Dry mushrooms - 50 g
- Cream - 200 g
- One spoon of tomato paste
- Pepper & (salt)

**Vital proportions**
- protein: 110g
- fat: 220g
- carbohydrate: 20g

**Preparation:**
Clean, soak, and cook the mushrooms until tender (leaving a small volume of broth). Mince the ham with the mushrooms and combine with the broth, cream and tomato paste. Add pepper (salt). Divide the mixture evenly into heat-resistant cups (with lard), cover with an egg. Bake in the oven until the white becomes solid.

33. Omelette (plain)

**Ingredients:**
- Eggs - 2
- Butter - 50 g
- Jam (low-sugar) - 1 teaspoon

**Vital proportions**
- protein: 12g
- fat: 51g
- carbohydrate: 6g

**Preparation:**
Separate the yolks from the whites. Mix the yolks well, beat the whites until set. Mix the two together and pour into a frypan with butter. Fry on both sides. Transfer onto a plate and pour all the melted butter onto the omelette. Spread with jam. The omelette should be eaten hot.

34. Omelette with mushrooms

**Ingredients:**
- Eggs - 2
- Butter - 50 g
- Mushrooms - 100 g
- Parsley, pepper & (salt)

**Vital proportions**
- protein: 14g
- fat: 51g
- carbohydrate: 6g

**Preparation:**
Clean and slice the mushrooms, fry in butter, adding parsley and pepper. Transfer the fried mushrooms onto a pre-cooked omelette (see above) and fold in half. Place on plate and pour on all the remaining butter. The omelette should be eaten hot.

35. Omelette with ham

**Ingredients:**
- Eggs - 2
- Egg - 1 (hard-boiled)
- Butter - 50 g
- Ham - 100 g
- Cottage cheese - 50 g
- Parsley, pepper & (salt)

**Vital proportions**
- protein: 43g
- fat: 102g

**Preparation:**
Mince the egg with the ham and the cheese, and mix in chopped parsley, add pepper (salt). Transfer the mixture onto a half of a pre-cooked omelette (see above) and fold over the other half. Cover the frypan and keep on a low heat until the inside layer is warm; alternatively place into a hot oven for few minutes. Transfer onto a plate pouring on all the remaining fat.

36. Omelette with brains

**Ingredients:**
- Eggs - 2
- Butter - 50 g
- Brain - 100 g (pork or veal)
- Pepper & (salt)

**Vital proportions**
- protein: 21g
- fat: 58g

**Preparation:**
Separate the yolks from the whites. Mix the yolks well, beat the whites until set. Mix the two together and pour into a frypan with butter. Fry on both sides. Transfer onto a plate and pour all the melted butter onto the omelette. Spread with jam. The omelette should be eaten hot.
37. Omelette with liver

Ingredients:

<table>
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<th>Ingredients</th>
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<th>Fat</th>
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<td>56 g</td>
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<tr>
<td>Butter - 50 g</td>
<td>1 : 1.9</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Liver - 100 g (pork or veal)</td>
<td>1 : -</td>
<td>-</td>
<td>-</td>
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<tr>
<td>Onion - 1 (small)</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Pepper &amp; (salt)</td>
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<td>-</td>
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</table>

Vital proportions:

protein : fat : carbohydrate = 30 : 56 : -
kcal = 640

Fry the sliced liver in part of the butter. Add the diced onion, pepper, and simmer until tender. Prepare the omelette using the rest of the butter, place the cooked liver on one half and fold over the other. Serve on a warmed plate with the remaining butter poured over.

38. Omelette with frankfurts and bacon

Ingredients:

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<th>Fat</th>
<th>Carbohydrate</th>
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<tr>
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<tr>
<td>Frankfurts - 50 g</td>
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</tr>
<tr>
<td>Bacon - 50 g</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Cheese - 50 g</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Pepper &amp; (salt)</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Vital proportions:

protein : fat : carbohydrate = 34 : 98 : -
kcal = 1070

Take the skin off the frankfurts, slice. Dice the bacon and fry together with the frankfurts in the part of the butter.

Prepare the omelette as shown above, when fried on one side cover the top with the mixture and fold over. After transferring to a heat-resistant dish, sprinkle with grated cheese, place in the oven and bake until browned. Serve hot.

39. Omelette a la crazy

Ingredients:

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs - 2</td>
<td>26 g</td>
<td>95 g</td>
<td>7 g</td>
</tr>
<tr>
<td>Butter - 50 g</td>
<td>1 : 3.7</td>
<td>-</td>
<td>0.2</td>
</tr>
<tr>
<td>Peaches - 50 g (canned)</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Chicken meat - 50 g (baked)</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Cream - 50 g</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Walnuts - 50 g</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Vital proportions:

protein : fat : carbohydrate = 26 : 95 : 7
kcal = 1200

Scald the walnuts and peel the skin off, dice finely. Dice the meat and the peaches, mix with the cream and the walnuts. Simmer the mixture in part of the butter mixing well. Prepare the omelette as described above, when fried on the bottom cover the top with the mixture and fold over. Serve immediately with the remaining butter poured over.

40. Omelette with berries

Ingredients:

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs - 2</td>
<td>13 g</td>
<td>51 g</td>
<td>12 g</td>
</tr>
<tr>
<td>Butter - 50 g</td>
<td>1 : 4</td>
<td>-</td>
<td>0.9</td>
</tr>
<tr>
<td>Berries - 50 g (any kind)</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Sugar - 1 teaspoon</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Vital proportions:

protein : fat : carbohydrate = 13 : 51 : 12
kcal = 570

Wash the fruit, dry, and sprinkle with sugar. Prepare the omelette as described above, when fried on the bottom place the fruit on top and fold over. Place in a hot oven for a further 5 minutes until the fruit is warm. Serve immediately with the remaining butter poured over.

41. Omelette with sour cherries

Ingredients:

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs - 2</td>
<td>33 g</td>
<td>124 g</td>
<td>15 g</td>
</tr>
<tr>
<td>Egg yolks - 2</td>
<td>1 : 3.8</td>
<td>-</td>
<td>0.5</td>
</tr>
<tr>
<td>Butter - 50 g</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Sour cherries - 150 g</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Cream - 100 g</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Sugar - 1 teaspoon</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Almonds - 50 g (sliced)</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Vital proportions:

protein : fat : carbohydrate = 33 : 124 : 15
kcal = 1300

Take the skin off the frankfurts, slice. Dice the bacon and fry together with the frankfurts in the part of the butter.

Prepare the omelette as shown above, when fried on one side cover the top with the mixture and fold over. After transferring to a heat-resistant dish, sprinkle with grated cheese, place in the oven and bake until browned. Serve hot.
Wash the cherries and blend in a blender. Place the pulp in a pot, add the sugar and the almonds, simmer for 5 minutes. Mix the egg yolks well in a bowl, slowly pour in the warmed cream and beat with a mixer. Transfer the bowl over to a pot with hot water and continue beating until thick. Prepare the omelette as described above, when fried on the bottom place the fruit mix on the top and fold over. Place the omelette on a warmed plate and pour the remaining butter over it. Cover the omelette with the thickened egg yolk sauce. Serve hot.

Ingredients:

42. Egg salad with mushrooms

Eggs - 4 (hard-boiled) 33 g protein
Mushrooms - 250 g 92 g fat
Mayonnaise - 100 g (4 tablespoons) 9 g carbate
Parsley 1 : 2.8 : 0.25 kcal - 1020
Few drops of lemon juice
Soup seasoning, pepper & (salt)

43. Egg salad with green peas

Eggs - 4 (hard-boiled) 30 g protein
Green peas - 150 g (canned) 92 g fat
Mayonnaise - 100 g (4 tablespoons) 12 g carbate
Tomato -1 (small) 1 : 3 : 0.4 kcal - 1020
Parsley, pepper & (salt)

44. Egg salad with frankfurts

Eggs - 4 (hard-boiled) 60 g protein
Green peas - 150 g (canned) 164 g fat
Mayonnaise - 100 g (4 tablespoons) 1 : 2.7 : kcal - 1730
Tomato -1 (small)
Parsley, pepper & (salt)

Take the skin off the frankfurts, slice thinly and halve the slices. Dice the eggs and mix with the frankfurt pieces and a part of the mayonnaise. Add pepper (salt) to taste. Transfer the mixture to a salad bowl, pour over the remaining mayonnaise, and sprinkle with parsley.

45. Egg salad with smoked fish

Eggs - 4 (hard-boiled) 55 g protein
Fish meat - 150 g (smoked) 112 g fat
Mayonnaise - 100 g (4 tablespoons) 2 g carbate
Cucumber-1 (small)
Parsley, pepper & (salt)

Dice the cucumber and eggs. Combine with small pieces of fish, add mayonnaise and mix well.

46. Egg salad with mushrooms and tomato

Eggs - 4 (hard-boiled) 37 g protein
Mushrooms - 150 g (smoked) 137 g fat
Mayonnaise - 100 g (4 tablespoons) 11 g carbate
Ham - 50 g
Tomato -1 (small) 3.4 kcal-1430
Butter - 30 g
Parsley, pepper & (salt)

Clean the mushrooms, slice, and fry in butter, set them aside for a while. Scald the tomato, remove the skin and dice. Dice the eggs and ham. Combine all the ingredients, add pepper, mix in the mayonnaise and sprinkle with parsley.
47. Egg salad with pickling and beef

Ingredients:
Eggs-4 (hard-boiled)
Beef-150 g (cooked)
Herring (pickling)-150 g (smoked)
Green peas - 10 g (canned)
Mayonnaise - 100 g (4 tablespoons)
Cream - 100 g (4 tablespoons)
Parsley, pepper & (salt)

Take the skin of the pickling, remove the bones, and divide the fish in to small pieces. Dice the eggs and the beef. Mix all the ingredients well, adding the peas, the mayonnaise, cream, chopped parsley and pepper.

48. Egg salad a la Japanese

Ingredients:
Eggs — 4 (hard-boiled)
Mushrooms - 200 g
Herring fillets - 100 g (marinated)
Almonds - 50 g (sliced)
Mayonnaise - 100 g (4 tablespoons)
Butter - 50 g
Pepper & (salt)

Fry the cleaned, sliced mushrooms in butter. Dice the herring fillets and the eggs. Mix all the ingredients and combine with the mayonnaise.

49. Cottage cheese

Ingredients: Milk- 1 litre
Lemon juice - 2 tablespoons
Mushrooms - 200 g
Herring fillets - 100 g (marinated)
Almonds - 50 g (sliced)
Mayonnaise - 100 g (4 tablespoons)
Butter - 50 g
Pepper & (salt)

Warm the milk up to 37°C, add the lemon juice, cover and leave in a warm place. After 2-3 hours, slowly warm the milk up to 50-55°C. When the milk curdles leave to cool down. Pour the cheese into a sieve lined with a cotton cloth, leave to drain.

The cottage cheese thus obtained can be used to prepare many dishes.

50. Cottage cheese with radishes

Ingredients:
Cottage cheese - 200 g (full-fat)
Cream -100 g
Cucumber- 1 small
Radishes- 4 or 5
Parsley, dill, pepper

Peel the cucumber and dice it. Slice the radishes thinly, chop the dill and parsley finely. Blend the cheese with the cream and add the rest of ingredients, mix well. Do not salt.
51. Cheese paste with pate

**Ingredients:**
- Cheese - 200 g
- Egg yolks - 3 (hard-boiled)
- Butter - 100 g
- Pate - 150 g
- Mustard - 30 g (1 spoon)

Grate the cheese on a small-sized grater. Mash the eggs. Combine all the ingredients and mix into a smooth paste.

**Vital proportions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>80 g</td>
<td>205 g</td>
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</tr>
<tr>
<td>Butter</td>
<td>1 : 2.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>kcal</td>
<td>2300</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

52. Cheese paste with smoked fish

**Ingredients:**
- Cottage cheese - 200 g (full-fat)
- Fish meat - 200 g (smoked)
- Eggs - 3 (hard-boiled)
- Cream - 150 g

Peel the skin off the fish, remove the bones, and mince. Combine with cheese mixed with the cream and diced eggs. Mix till smooth.

**Vital proportions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese</td>
<td>82 g</td>
<td>106 g</td>
<td></td>
</tr>
<tr>
<td>Fish meat</td>
<td>1 : 1.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>kcal</td>
<td>1240</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

53. Cheese paste with fish pate

**Ingredients:**
- Cottage cheese - 200 g (full-fat)
- Fish pate - 200 g
- Cream - 150 g

Mince the cheese with pate, mix in the cream. Make into a smooth paste.

**Vital proportions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese</td>
<td>85 g</td>
<td>97 g</td>
<td></td>
</tr>
<tr>
<td>Fish pate</td>
<td>1 : 1.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>kcal</td>
<td>1260</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

54. Cheese paste with nuts

**Ingredients:**
- Cottage cheese - 200 g (full-fat)
- Nuts - 100 g (any kind)
- Cream - 100 g

Mince the cheese together with nuts, mix with the cream until smooth.

**Vital proportions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese</td>
<td>47 g</td>
<td>92 g</td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td>1 : 2.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>kcal-</td>
<td>1050</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

55. Spicy cheese paste

**Ingredients:**
- Cheese - 200 g (spreadable)
- Feta cheese - 100 g
- Butter - 100 g
- Eggs - 2 (hard-boiled)
- Parsley, pepper, spices

Dice the eggs. Mix the ingredients well until smooth. Add spices to taste.

**Vital proportions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>72 g</td>
<td>153 g</td>
<td></td>
</tr>
<tr>
<td>Feta cheese</td>
<td>1 : 2.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>kcal-</td>
<td>1700</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

56. Cheese balls

**Ingredients:**
- Cheese - 200 g Cottage cheese - 400 g Butter - 100 g
- Pinch of cumin

Grate the cheese, mince the cottage cheese. Combine the two, add butter, cumin and mix well. With wet hands, form little cheese balls, placing them on a board to dry over a few days.

**Vital proportions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>85 g</td>
<td>106 g</td>
<td></td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>1 : 1.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>kcal-</td>
<td>1240</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

57. Fried cheese

**Ingredients:**
- Cheese - 300 g
- Eggs - 2
- Lard - approx. 200 g
- Bread crumbs

Slice the cheese into rectangles 3-5 mm thick and 6-7 cm long. Dip each piece into the egg mix and then into the bread crumbs. Fry in hot deep lard. Serve hot dripping with fat.

The fried cheese could be eaten in combination with a variety of food stuffs. Mix it with fried onion, fried meat, fried mushrooms or fried sausage. It can be eaten with chips or cooked vegetables fried in butter.
58. Cheese "potatoes"

Ingredients:
- Fetta - 100 g (sheep or goat)
- Fetta - 100 g
- Cottage cheese - 100 g (full-fat)
- Eggs - 2
- Lard - approx. 250 g
- Bread crumbs
- Pinch of cumin and nutmeg
- Spoon of flour, pepper

Mince all the cheese. Combine with the eggs, flour and spices, mix well. Scoop the paste and form little balls, roll in the bread crumbs. Melt the lard in a deep little pot and fry the balls. They will increase in volume during frying so do not put in too many. Remove from the pot when golden-brown. They can be used as an addition to soups (barshch) or as a complement of meat dishes.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Protein (g)</td>
</tr>
<tr>
<td>Fetta</td>
<td>Fat (g)</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>Carbohydrates (g)</td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
</tr>
<tr>
<td>Lard</td>
<td></td>
</tr>
<tr>
<td>Bread crumbs</td>
<td></td>
</tr>
<tr>
<td>Pinch of cumin</td>
<td></td>
</tr>
<tr>
<td>Nutmeg</td>
<td></td>
</tr>
<tr>
<td>Spoon of flour, pepper</td>
<td></td>
</tr>
</tbody>
</table>

Melt the butter, add the flour and make a white sauce with milk, bring to the boil while mixing. Add citric acid. Whilst mixing, add the egg yolks one at a time. When combined leave to cool down. Mix with the beaten egg whites. Cover a baking tray with the butter and transfer half of the mix, place in a hot oven. Remove when the mixture is set and sprinkle with grated cheese, diced ham and fried-in-butter mushrooms. Cover with the remaining mixture and place back in the oven. Remove when golden-brown. Serve hot.

59. Cheese soufflet

Ingredients:
- Cheese - 150 g
- Eggs - 3
- Butter - 100 g
- Pepper & (salt)

Grate the cheese on a small sized grater, mix with the egg yolks and butter. Combine with beaten egg whites, mix gently. Fill a baking tray (buttered) with the mixture and place in a hot oven for approx. 20 minutes. When ready remove from the tray. Serve hot.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Protein (g)</td>
</tr>
<tr>
<td>Eggs</td>
<td>Fat (g)</td>
</tr>
<tr>
<td>Butter</td>
<td>Carbohydrates (g)</td>
</tr>
<tr>
<td>Pepper &amp; (salt)</td>
<td></td>
</tr>
</tbody>
</table>

60. Cheese soufflet with ham and mushrooms

Ingredients:
- Cheese - 300 g
- Butter - 100 g
- Eggs - 6 Milk - 200 ml (full-fat)
- Wheat flour - 50 g (2 tablespoons)
- Ham - 200 g
- Mushrooms - 200 g
- Pinch of citric acid

Grate the cheese on a small sized grater, mix with the egg yolks and butter. Combine with beaten egg whites, mix gently. Fill a baking tray (buttered) with the mixture and place in a hot oven for approx. 20 minutes. When ready remove from the tray. Serve hot.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Protein (g)</td>
</tr>
<tr>
<td>Butter</td>
<td>Fat (g)</td>
</tr>
<tr>
<td>Eggs</td>
<td>Carbohydrates (g)</td>
</tr>
<tr>
<td>Wheat flour</td>
<td></td>
</tr>
<tr>
<td>Ham</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td>Pinch of citric acid</td>
<td></td>
</tr>
</tbody>
</table>

Melt the butter, add the flour and make a white sauce with milk, bring to the boil while mixing. Add citric acid. Whilst mixing, add the egg yolks one at a time. When combined leave to cool down. Mix with the beaten egg whites. Cover a baking tray with the butter and transfer half of the mix, place in a hot oven. Remove when the mixture is set and sprinkle with grated cheese, diced ham and fried-in-butter mushrooms. Cover with the remaining mixture and place back in the oven. Remove when golden-brown. Serve hot.
MEAT DISHES

We should try not to eat raw meat or meat which is too fresh. Meat should be matured, pre-digested and tenderised. In order to achieve that the meat could be stored in sour milk or a marinade for a few days. A large portion of meat should be pickled.

61. Maturation of meat in sour milk

This process is suitable for veal and beef. The meat should be rinsed, dried, and all membranes and the surface fat layer should be removed. Meat portions should be layered tightly in a large ceramic or enamel (not chipped) pot, covered with fresh milk and left in a cool place. Sour milk protects the meat for a short period of time against spoilage and makes it tender. The protective period lasts for up to 5 days. After baking or frying, meat matured in such a way is very tender. Instead of milk, butter milk or whey can also be used in the maturation process.

62. Vinegar marinade (for 1 kg of meat)

Ingredients: Vinegar -1/4 cup (6%) Bay leaves - 2 to 3 Water - 0.5 l
Boil the water with herbs and sliced onion, remove from the heat, add vinegar, and leave to cool down. Place the meat into a porcelain pot or bowl of an appropriate size, pour on the marinade, and cover the meat with onion slices. Place in a cool place for 2 to 4 days (in summer) or 5 to 7 days (in winter). This process is best suited for game, lamb or mutton, beef, and horse meat.

63. Pickling marinade (for 10 kg of meat)

Ingredients:
Water - 2 l
Pimento - 20 seeds
Salt - 200 g
Clove- 10 buds
Saltpetre - 100 g (potassium nitrate)
Bay leaves - 10 Sugar - 50 g
Coriander - 4 teaspoons Rosemary - 2 teaspoons
Pimento - few seeds
Onion - 500 g
Bay leaves - 2 to 3
Parsnip - 300 g

Clean the vegetables, dice thinly or grate on a large-holed grater. Break the bay leaves and grind the seeds. Mix the vegetables with the rest of the ingredients including the oil. Knead together until the juices

Larger portions of meat, particularly pork, especially during winter, can be pickled. The best vessel for such a process in a small oak barrel. If not available, the above mentioned types of containers are also suitable (if using an enamel pot it should not be chipped). The vessel has to be washed and sterilised with boiling water beforehand.

Separate the meat from the bones (pork hocks can be pickled uncut). Herbs, apart from bay leaves, should be ground in a coffee grinder (or a similar utensil); the leaves need to be broken into small pieces. Mix all the seasonings with sugar, salt and saltpetre and divide into two portions. One half is rubbed into the meat pieces (all over), which are tightly placed in a pot, covered with a timber top and pressed with a heavy weight, to be left at room temperature for two days. After that time, the second portion of the mix is dissolved in boiled and cooled water. The solution is poured over the meat and the pot transferred to a cool place (a cellar). During the winter period when the air temperature stays between -4 to +7°C, the pot can be placed outdoors (on a balcony). During the period of pickling the meat should always be covered with fluid. That way the meat could be stored for 2 to 3 weeks, and in the winter considerably longer. When needed, meat can be gradually removed from the solution, piece after piece. In such a state it is too salty for us and that is why it should be placed in cold water for 2 to 3 hours before preparation for consumption. Ham or pork hocks stored in that way are cooked in a larger volume of water. Fat meat including pork rind or bacon can also be pickled.

Pickled meat can also be further preserved by smoking.

64. Marinade with vegetables and oil
(for 10 kg of meat)

Ingredients: Oil-0.3 l Carrot - 300 g Salt - 200 g
Celery root - 300 g Sugar - 20 g
Pimento - few seeds
Onion - 500 g
Bay leaves - 2 to 3
Parsnip - 300 g
are expressed. Rub the meat with the vegetables and juices and place the pieces in a pot (tightly), cover with vegetables and pour in the remaining juice.

Cover well. Transfer to a cool place (a cellar) for 3 to 4 days. The storage temperature should not be higher then +7°C.

Pork dishes

Pork is the cheapest and also the best as far as the principles of the optimal nutrition are concerned. This meat, especially from older animals should be pickled before consumption, younger meat matures much faster.

Pig bones are typically light and thin. Stocks made using these bones are fat but rather weak in essence. They can be used for vegetable soups. Small bones, cartilages and skins are best for meat jellies. The benefits one can obtain from eating pig’s skin have been extensively outlined in the previous chapters dedicated to various diseases. In general, eating of pig’s skin markedly improves the condition of our skin. Meat jellies, made with hocks, skin and cartilages, are particularly beneficial for those suffering from any type of degenerative (connective tissue) disease. The quantity and the frequency of consumption of this products need not to be excessive. Typically, more should be eaten during the initial stages of the optimal diet treatment of the disease. Skin is a very poorly supplied organ, therefore any dietary deficiency will produce excessive aging and pathological changes in that tissue. Vegetables and/or fruit cannot possibly supply the necessary ingredients for the skin to be healthy.

65. Pickled and cooked pig’s hocks

Pickled hocks should be cooked in water without any seasoning and taste modifiers. It has to be cooked for a long period of time until the meat is tender and tendons become gluey. Non-pickled hocks should be cooked longer and with the addition of vegetables (no cabbage) and some spices (see above). The stock could then be used for a soup. Hocks should be eaten hot with horseradish, ketchup or mustard. No bread!

Cooked hock contains 1.2 to 1.6 grams of fat per each gram of protein.

66. Pickled and cooked ham

Ham should be pickled for 3 weeks. During the winter the period could be extended even further. It can be pickled whole (on the bone) or divided into pieces, with the bones removed and the meat separated along the fibres (muscle fascias), not cut across. In that way we obtain nice single pieces of ham surrounded by fascia. Pickled ham is equally tasty when eaten warm or cold.

When cooking a whole pickled ham one has to choose an appropriate size of pot able to accommodate the leg with the skin down; water should cover the ham completely. Cooking should be slow, 2 to 5 hours, depending on the size, with 1 hour of cooking time per each kilo of meat. When the water is too salty, some of it should be substituted with fresh boiling water. The ham is cooked when the meat easily separates from the bone or when a wooden stick penetrates the meat without resistance. When ready, the ham should cool down in the stock, then be removed, dried and stored in a dry cool place.

The ham can also be baked after cooking. Placed in a tray and covered with warm lard, it should be placed in a very hot oven for approx. 15 to 20 minutes, until the skin becomes golden-brown.

Small pieces of ham should be bound with a string for cooking, to obtain a desired shape.

67. Pickled and baked ham

Pickled ham can be smoked before baking. After pickling, the ham should be soaked in cold water for 1 to 2 days, depending on size. It should then be dried. Prepare a dough from rye flour and water (2 to 2.5 kg of flour for a 5 kg ham), roll it into a large piece and cover the whole ham. Bake the ham in a very hot oven for approx. 3 hours. Check if ready by inserting a stick. When cool, remove the pastry and give as fodder to animals.

68. Pork ribs - cooked

Ingredients:
Ribs -1 kg
Vegetables - 300 g (soup mix)
Onion -1 (medium)
Bay leaf, few seeds of pimento, salt

Vital proportions
protein : fat : carbate
117g : 217g : 12g
1 : 1.9 : 0.1
kcal - 2470
Rinse the meat, divide into portions, and place in a flat pot. Cover with boiling water and simmer for a while. When half done, add vegetables and spices and cook until done. The remaining broth can be used for making a soup.

69. Bigos

**Ingredients:**
- Cabbage (50:50) - 1 kg (sauerkraut / fresh)
- Meat - 1.5 kg (mix of different)
- Lard - 200 g
- Mushrooms - 100 g (dried)
- Onion - 2 (large)
- Prunes - 10
- Red dry wine - 1 cup
- Tomato paste - 2 or 3 tablespoons
- Pepper, (salt)

Thinly chop the cabbage, scald and then cook in a large pot in a low volume of water. Strain the excess juice from the sauerkraut (if too sour, rinse in water and strain) and cook with a low volume of water and a spoon of lard. Slice previously cooked mushrooms and add (together with broth) to the cabbage. Thickly dice all kinds of meat, add to the cabbage and mix well. Lightly brown the chopped onion in the rest of the lard. Soak the prunes for 2-3 hours, remove the stones and slice thinly. Combine all the ingredients (including the wine and tomato paste) adding pepper and salt to taste. Mix well and cook for a further 40 minutes until the colour of the mixture darkens.

Bigos can be reheated many times, it gets better with every reheating. It can be served with cheese-egg pancakes.

The fat content depends on the fat content of the meat.

70. Hungarian pork rashers

**Ingredients:**
- Pork on the bone - 1 kg
- Lard - 100 g
- Cream - 1 cup
- Onion - 1 (medium)
- Wheat flour - 1 flat tablespoon
- Tomato paste - 1 tablespoon
- Garlic clove, paprika, (salt)

**Vital proportions**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>protein (g)</th>
<th>fat (g)</th>
<th>carbate (g)</th>
</tr>
</thead>
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<tr>
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<td>420</td>
<td>14</td>
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<tr>
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<td>200</td>
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<tr>
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<tr>
<td>Tomato paste</td>
<td>1</td>
<td>0.9</td>
<td>0.08</td>
</tr>
</tbody>
</table>

71. Pork kebab

**Ingredients:**
- Pickled pork - 0.5 kg (neck or shoulder)
- Pickled bacon - 0.5 kg (smoked)
- Onion - as needed
- Seasoning, (salt)

Slice the meat and the bacon 1 cm thick, cut into approx. 3 cm square blocks; thickly slice the onion. Interchangeably spear pieces of meat, bacon and onion on a skewer. Season and place over burning timber coals on a grill, or alternatively on a barbecue grill (or in a frypan with lard). Turn over frequently according to the level of heat. Serve hot, on the skewer.

72. Pork kidneys in sauce

**Ingredients:**
- Pork kidneys - 1.0 kg
- Lard - 100 g
- Pickled bacon - 0.5 kg (smoked)
- Onion - 1 (medium)
- Wheat flour - 1 tablespoon
- Bay leaf, pimento seeds
- Pepper, vinegar, (salt)

Wash the kidneys, cut into thick slices and drop into boiling water, bring to the boil, strain. Melt the lard in a frypan, place the cooked kidney slices, brown (seal), and transfer to a pot. Add a sliced half of an onion and a little stock (from the kidneys), stew with the lid on. Slice the rest of the onion and brown it in the remaining lard, add flour and disperse evenly until golden-brown. Add the remaining stock, and the spices, bring to the boil; strain through a sieve onto the kidney slices and cook until ready.
73. Pork brain fritters

**Ingredients:**
- Pork brain - 200 g
- Butter - 50 g
- Cheese - 100 g (strong-flavoured)
- Onion - 1 (small)
- Vinegar - 1 tablespoon
- Cheese pancakes - 8 (see recipe No.4)
- Pepper

Rinse the brain, cook it briefly in water with vinegar, remove the membranes and dice. Brown the sliced onion in the frypan in butter, add the brain, pepper and fry well. Place scoops of fried brain onto pancakes, sprinkle with grated cheese, place in a pan and transfer to a hot oven for a few minutes (until golden-brown). Serve immediately.

74. Hocks jelly

**Ingredients:**
- Pork or veal hocks - 2
- Pork or veal meat - 300 g (lean)
- Onion - 1 (small)
- Garlic - 3 cloves
- Soup vegetables
- Bay leaf, few pimento seeds
- Pepper, (salt)

Clean and wash the hocks properly, remove the hair, chop into smaller pieces; scald with boiling water. Place in a pot with cold water and simmer for 1.5 hours. Add the meat and cook for a further hour; towards the end add the vegetables, the browned onion (cut in half and brown on a hot plate) and spices. When ready, the meat is very tender and gluey. Remove the vegetables, the meat and hocks - strip the meat off the bones. Cut the meat into small pieces and place into small cups. Season the broth with pepper (salt), add crushed garlic. Pour the broth over the meat and allow to set overnight in a cool place (refrigerator). When ready, remove from the cup onto a plate and serve cold with lemon juice, vinegar or mayonnaise. The jelly can be made in a large bowl and cut into small portions.

75. Pork pate

**Ingredients:**
- Pork liver - 1 kg
- Pork meat - 1 kg
- Pork dewlap - 250 g
- Dried bread rolls - 2 (100 g)
- Eggs - 5
- Pork rind - 100 g
- A few dried mushrooms
- Pepper, bay leaf, (salt)

Clean and soak the mushrooms. Rinse the liver, place into a pot with boiled water for a few minutes. After removing the liver, use the same water to cook the meat with the mushrooms and spices. Do not add water during cooking, use the remaining stock to soak the bread rolls. Mince all the ingredients in the mincer, add the eggs, pepper (salt) and mix very well.

Spread the slices of pork fat on the sides and the bottom of a baking pan and transfer the mixture; smoothing out the top. Bake in a hot oven until firm. Allow to cool down before removing from the pan - briefly hold the pan over the flame to facilitate the removal.

76. Pork pate with rabbit or hare

**Ingredients:**
- One rabbit or hare carcass
- Pork meat - 0.5 kg (boneless)
- Pork rind - 250 g
- Eggs -3
- Dried bread roll - 1 (50 g)
- Onion - 1 (medium)
- Pork liver - 200 g, or
- Rabbit or hare entrails (i.e. liver, heart, kidneys)
- Lard
- Pepper, bay leaf, pimento seeds, (salt)

Prepare the pork liver as described in the recipe above. Slowly cook the pork and rabbit meat, 150 grams of pork rind, and the spices on a low heat, making sure that only a small volume of broth remains at the end. Remove the rabbit or hare meat off the bones; soak the roll in the
broth. Mince all the meat, roll and pork rind in the mincer two or three times. Add the eggs, pepper (salt) and mix well.

Smear the inside of a baking pan with lard and cover the walls and the bottom with slices of pork rind; transfer the mix and smooth out the top. Bake in a hot oven until firm. Allow to cool down before removing from the pan - briefly hold the pan over the flame to facilitate the removal.

For the making of pate, different meats are suitable, e.g., old poultry meat, potted pig's head, beef, and all kinds of offal. The pate can include fish, veal, horse meat, venison and fowl. The pate can be made leaner or fatter, with the addition of pork skins or cartilages. However, it always has to contain liver and eggs.

**Lamb or mutton dishes**

The best meat comes from 2 to 3 y.o. mutton. The meat is a vivid red and the fat is white and solid. Lamb is really only suitable for frying and baking. The older meat is best suited for stewing, cooking and using as mince. Mutton matures for a long time. It should be tenderised in either sour milk (61) or vinegar (62), or vegetable (64) marinade.

**77. Lamb cutlets**

<table>
<thead>
<tr>
<th>Ingredients:</th>
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<tbody>
<tr>
<td>Lamb - 1.5 kg (off back or leg)</td>
<td>227 g 310 g</td>
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<tr>
<td>Pork rind - 50 g</td>
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<td>Butter - 50 g</td>
<td>kcal - 3700</td>
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<tr>
<td>Vegetable marinade (recipe 64)</td>
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</tr>
<tr>
<td>Pepper</td>
<td></td>
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</table>

Rinse the meat, remove the bones, and pickle in vegetable marinade, leave for 1 to 2 days in a cool place. After that, cut the meat into sections across the muscle fibres, beat into a flat cutlet, sprinkle with pepper. Slice the pork rind and brown slightly in a frypan. Fry the cutlets in lard from the pork rind, brown on both sides until half cooked. Add butter and continue to fry for a while. Serve immediately with bits of browned pork rind and butter on top.

The cutlets can be served with fried chips or cheese pancakes cut into strips.

**78. Mutton a la venison**

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Vital proportions</th>
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</thead>
<tbody>
<tr>
<td>Lamb - 1.5 kg (off back or leg)</td>
<td>236 g 285 g 25 g</td>
</tr>
<tr>
<td>Pork rind - 100 g</td>
<td>1 : 1.6 : 0.1</td>
</tr>
<tr>
<td>Cream - 250 g</td>
<td>kcal - 4520</td>
</tr>
<tr>
<td>Red dry wine - 1 cup</td>
<td></td>
</tr>
<tr>
<td>Wheat flour - 1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Soup vegetables</td>
<td></td>
</tr>
<tr>
<td>Bay leaf, 10 berries of juniper</td>
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</tr>
<tr>
<td>Vinegar marinade (recipe 62)</td>
<td></td>
</tr>
<tr>
<td>Pepper, (salt)</td>
<td></td>
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</tbody>
</table>

Place the meat in a cold vinegar marinade, add wine. Pickle in a cool place for 3 to 5 days. Remove and dry, make slits in the meat, and stuff them with sliced pork rind, rub with crushed juniper berries (salt).

Slice the vegetables. In the frypan, fry the pork rind, remove the crackling, Place the meat and brown on all sides. Transfer the meat to a pot just right for the portion. In the remaining fat fry the vegetables mixing well. When ready, pour the vegetables with fat into the pot, add bay leaf, pepper (and onion from the marinade), add water and stew with the lid on turning the meat from time to time. When done, remove the meat and cut into thin slices. Prepare the sauce by combining the strained broth with the cream and the flour, cook briefly. Place the meat on a plate and pour the sauce over it.

Serve alone or with cheese-egg dumplings (see recipe 5).

**Beef dishes**

The best beef meat comes from young animals. It has a pink-red colour, it is solid and juicy. The meat of old animals is dark-red, has dark-yellow membranes and is less solid. Beef lard is a valuable fat. However, the most valuable is the bone marrow. Stocks prepared from beef bones containing bone marrow are fatty and gluesy. Broths prepared from beef tendons and membranes are also valuable. Beef has to be cooked longer than pork, and beef stock prepared from bones and tendons need to be cooked for a very long period. Similarly, the maturation of beef takes a long time but it has a major influence in terms of the meat's flavour and digestibility.
79. Beef tripe

**Ingredients:**
- Beef tripe - 2 kg
- Beef bones - 1 kg (with bone marrow)
- Butter - 100 g
- Soup vegetables - 300 g (no cabbage)
- Wheat flour - 30 g
- Bread crumbs, parsley
- Marjoram, nutmeg, ginger
- Pepper, (salt)

Clean and rinse the tripe in warm water; place in a pot, cover with cold water and bring to the boil, strain and rinse. Place the tripe in a pot with boiling water, add the bones and simmer for 3 to 4 hours until tender. Slice the vegetables and cook in a small volume of water with some butter. Strain the tripe, cut into thin strips. Reduce the broth to approx. 1 litre. Melt half of the butter, add flour and brown lightly. Remove the bone marrow from the bones and add to sauce, mix in well. Dilute the sauce with the broth and combine with the rest of the broth, bring to the boil. Add the tripe, cooked vegetables and spices, bring to the boil. The tripe should be very tender and the sauce should be almost fully adsorbed. Melt the rest of the butter with bread crumbs, brown lightly.

Serve in bowls with bread crumbs poured on top and decorated with finely chopped parsley. Tripe, as can many other dishes, (e.g., goulash) can be frozen in smaller portions and used later as required.

80. Beef stock/soup

**Ingredients:**
- Beef on the bone - 1 kg (ribs)
- Soup vegetables - 500 g (with cabbage)
- Onion - 1
- Bay leaf, pimento, parsley
- Pepper, (salt)

Rinse the meat, chop across the ribs, place in a pot with boiling water and simmer. Towards the end, add the vegetables, browned onion halves, spices and allow to cook until tender. Remove the meat from the stock and divide into portions, slice the carrots. At that stage one can prepare soup dumplings by pouring a mixture of 1 egg with 1 spoon of flour (or a beaten egg without the flour) into the stock (per one portion of soup). Bring to the boil. Serve with bowls with slices of carrot and decorate with finely chopped parsley.

The meat should be used for a second course, served with a sauce prepared using butter or cream.

81. English beefsteak

**Ingredients:**
- Beef eye fillet - 0.5 kg
- Lard - 50 g
- Butter - 50 g
- Eggs - as required

Slice the meat across the fibres into 2 cm thick portions. Beat lightly to form rounded pieces. Melt the lard in a frypan and fry steaks on a high heat until well sealed on each side, but not well done. Add the butter towards the end shift the meat to the sides; fry the eggs one per each portion of meat. Serve the meat with an egg placed on top, poured with the remaining fat, and with chips or with cheese pancakes warmed up in butter.

82. Beef Stroganoff

**Ingredients:**
- Beef eye fillet - 1 kg
- Lard - 100 g
- Butter - 50 g
- Wheat flour - 30 g
- Onion - 1 (medium)
- Dried mushrooms - 50 g
- Tomato paste - 1 tablespoon
- Cup of stock, paprika, pepper, (salt)

Clean the mushrooms, soak, cook until tender, and cut into thin strips. Melt the butter, add the chopped onion and brown lightly; add flour, mix well and simmer for a while. Dilute with the mushroom broth, add the mushrooms and tomato paste, bring to the boil and add paprika (salt).

Cut the meat into 1.5 cm thick cubes or strips, fry briefly in lard (not well done). Transfer the meat into the sauce and simmer together until ready. Serve with chips or with cheese pancakes warmed up in butter.
83. Beef goulash

Ingredients:
- Beef meat - 1 kg (with tendons etc.)
- Pork meat - 500 g
- Pork hock - 1
- Pork skin - approx. 100 g (off fat)
- Lard - 100 g
- Cream - 1 cup
- Dried mushrooms - 50 g
- Tomato paste - 2-3 tablespoons
- One tablespoon of vegetable concentrate and goulash seasoning

Cut the beef into small cubes, fry well on all sides using half of the lard; transfer to a pot, add water and simmer under a cover. Fry the diced pork (as beef) in the rest of the lard and combine with the beef; simmer.

Clean the mushrooms, soak, and cook until tender in a small volume of water, cut into thin strips; add to the meat with the broth. Cook the pork hock and skin in a small volume of water until tender. Remove the meat off the bones and together with the skin cut into small pieces; add to the goulash including the broth. Add all the seasoning to the meat and simmer for about 10 to 15 minutes, or until tender. Towards the end add cream mixed with tomato paste, mix well and bring to the boil.

There is no need to add any salt as the seasoning contains enough of it. Serve hot with cheese dumplings.

The fat content of the dish is variable due to the variability of the fat content of the meat.

Soak the roll in water, squeeze the water out. Fry the sliced onion using part of the lard. Remove the meat from the bones, mince together with the roll and the onion; add pepper, salt, eggs, and mix well. Transfer the mixture onto a board covered with bread crumbs, roll into a thick roll. Melt the rest of the lard in an oblong baking pan, place the meat into the fat and put into a hot oven. During baking, frequently pour fat onto the meat.

Roman roast can be eaten cold or warm. When warm, it is served sliced with chips or cheese pancakes, or with green beans covered with melted butter. When cold, the roast can be thinly sliced and served with mayonnaise, tatar sauce, etc.

Veal dishes

Veal as a rule should come from animals between the age of 6 to 8 weeks, fed milk. Veal fat is delicate, tasty and very valuable. Stocks made from veal bones are very valuable but not very fatty. Soups made from such stock are very delicate. They are particularly suitable for babies and those individuals who suffer from joint diseases. One can prepare meat jellies using veal bones, which contain a lot of collagen (with joints), they set easily without the addition of gelatine. Veal matures quickly. We do not salt it for protection against spoilage because salt changes the colour of the meat. It can be stored for a short period of time in milk or wrapped in a cloth sprinkled with vinegar.

Veal is a lean meat, therefore veal dishes contain an excess of protein in proportion to fat. Thus, according to the principles of the optimal diet these dishes have to be supplemented with fat, e.g., steaks, cutlets or liver should be eaten with fat poured over them. Veal dishes should also be combined with soups or desserts containing an excess of fat in proportion to protein content.

84. Roman roast

Ingredients:
- Beef meat - 1 kg (on the bone)
- Pork meat - 500 g (on the bone)
- Lard - 100 g
- Onion - 1 (medium)
- Eggs - 3
- Bread roll - 50 g (dried)
- Bread crumbs - 1 tablespoon
- Pepper, (salt)

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85. Veal tripe

Ingredients:
- Beef tripe - 1.5 kg
- Butter - 50 g
- Soup vegetables - 250 g (no cabbage)
- Wheat flour - 1 flat tablespoon
- Marjoram, pepper, (salt)
Clean and wash the tripe well, rinse a few times in warm water: place in a pot with cold water and bring to the boil, strain. Cut the tripe into thin strips. Cook the vegetables separately. Combine the vegetable broth with the tripe and leave to simmer. Add spices and the cooked (sliced) vegetables, mix well and bring to boil.

Veal tripe is particularly recommended for people suffering from chronic digestive tract (stomach and intestine) diseases as well as joint diseases.

86. Veal ragout

Ingredients:
Veal with bone-1.5 kg
(nick or sternum)
Soup vegetables - 200 g
(no cabbage)
Wheat flour-30 g
Egg yolks - 2
Parsley, (salt)

Place the vegetables in cold water (1.5 l), bring to the boil. Add the meat to the vegetable broth, cook well on a low heat, add salt to taste at the end. Remove the meat and vegetables and reduce the broth to approx. 0.5 l. Mix the butter with flour, mix in part of the broth, combine with the rest of the broth, bring to the boil. Remove the bones from the meat, cut into thick slices and combine with the sauce; bring to the boil. Place the meat portion on plates and cover with the sauce mixed with egg yolks. Serve with cheese and egg dumplings.

87. Pickled veal ham (cooked or roasted)

Grind all the spices, mix with salt, sugar and saltpetre. Rub half of the mixture into the meat which should be placed tightly in a porcelain pot; cover and press with a weight, leave in a cool place for 2 days. Boil 1 litre of water and dissolve the rest of the mixture; pour the solution over the meat, and leave it for another 3 to 4 weeks.

Remove the meat from the pickling fluid, dry, and roast or cook.

For cooking, the ham has to be tenderised by beating with a mallet and bound tightly with string. Place the meat in boiling water and simmer for 1.5 to 2 hours. When ready, remove the ham on the timber board and press with the other weighed-down board, allow to cool down. For baking, place in a baking tray with melted lard; during baking frequently pour over fat. The left-over sauce can be used for making goulash.

88. Veal cutlets

Ingredients:
Veal meat - 1 kg (without bone)
Pork meat - 400 g (without bone)
Lard - 50 g
Butter - 50 g
Eggs - 2
Egg yolks-1
Bread roll - 1 (50 g - dried)
Bread crumbs-30 g

The meat for the cutlets should contain tendons, membranes and some fat. Therefore it is best to use the cut-offs from portions of large meat pieces with bones. Mince the meat and mix well until gluey. Combine the butter with the egg yolk and two eggs, add the soaked, squeezed and minced roll, and mix well. Combine the meat with the mixture, mix well. Whilst wetting hands in warm water, form small cutlets, cover in bread crumbs and fry in lard until brown on both sides. Serve with chips or cheese and egg dumplings.

89. Veal steak

Ingredients:
Veal meat - 1.5 kg (without bone)
Lard - 50 g
Butter- 100 g
Wheat flour - 20 g (1 tablespoon)
(Salt)
90. Veal liver in bread crumbs

Cut the meat across the fibres into thick portions, beat to form an oval shape. Sprinkle each portion with flour and fry in lard until golden-brown. Leave to simmer on a low heat and add butter towards the end.

Serve the steaks covered with fat, with chips or cheese-egg dumplings. As a side dish serve tomato salad or any other fresh salad.

Rinse the liver and slice thinly. Cover each slice in flour dipped into an egg mixture and roll in bread crumbs. Place in hot lard and fry well on both sides. Serve with chips or cheese-egg dumplings. Cover the dumplings and liver slices with the remaining lard or butter.

91. Veal kidney stew

Rinse the kidneys with fat attached a number of times and dry well. Place in a pot of boiling water and cook for 5 minutes. Remove and cut into slices. Fry the slices in hot lard, transfer to a pot together with the fat. Add the chopped onion, a small volume of water, pepper and simmer on a low heat under a cover until tender. When ready, add the cream, mix and bring to boil. Serve with chips, cheese-egg dumplings or fresh salad.

The proportion of fat to protein in this dish can vary depending on the amount of fat attached to kidneys.

92. Hungarian veal goulash

Cut the meat into large cubes, sprinkle with flour. Fry the chopped onion in hot lard, add the meat, fry on all sides. Transfer the contents of the pan to a pot, add paprika, a small volume of water and simmer on a low heat until tender. When done, prepare a sauce by mixing cream with flour and crushed garlic.

Serve with cheese-egg dumplings or cooked vegetables covered in butter.

93. Veal rolls stuffed with pork rind

Slice the meat across the fibres into thick portions, beat to form an oval shape. Sprinkle each portion with flour and fry in lard until gold-brown. Leave to simmer on a low heat and add butter towards the end.

Serve the steaks covered with fat, with chips or cheese-egg dumplings. As a side dish serve tomato salad or any other fresh salad.
Ingredients:
Veal meat - 1.5 kg (no bone)
Pork rind - 200 g
Lard - 100 g
Onion -1 (medium)
Wheat flour-30 g
Paprika powder - 1 flat teaspoon
Garlic - 2 cloves

Slice the meat across the fibres into thin sections, beat flat with a mallet. Rub each meat slice with crushed garlic, place a slice of pork rind in the middle, sprinkle with paprika and roll tightly, securing with cotton. Sprinkle each roll with flour and brown quickly in hot lard. Transfer to a pot and add previously lightly fried onion slices, add the rest of the paprika and some water. Simmer until tender with the lid on. When done, remove the cotton and place on a plate, cover with the sauce.

Serve with cheese-egg dumplings, cooked vegetables, or steamed cauliflower covered in butter.

Vital proportions

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<tr>
<td>kcal</td>
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94. Stuffed veal sternum

Ingredients:
Veal sternum - 1 kg
Lard - 100 g
Butter - 50 g
Eggs - 3
Bread roll - 1 (dried)
Bread crumbs - 1 tablespoon
Green dill - 5 tablespoons (chopped)
Nutmeg, pepper, (salt)

Rinse the meat. Separate the meat from the ribs, break the ribs at the joints, and chop the spine in a few places, thus creating a meat "pocket" for stuffing. Soak the roll in milk or water and squeeze well. Separate the egg yolks from the whites. Mix the butter with the egg yolks, add the bread roll, spices, chopped dill and bread crumbs. Mix well. Beat the egg whites and combine with the mixture. Fill the "pocket" with the stuffing and sew the opening closed. Melt the lard in a baking pan, place the meat in it and pour all over with fat, put into the oven. Roast until tender, frequently pouring the sauce over the meat. When done, remove the string and cut into thick slices.

Serve with chips or cheese-egg dumplings and salad, pouring the sauce over the meat. Roulade may be eaten cold.

95. Veal roulade stuffed with ham

Ingredients:
Veal meat - 1.5 kg (no bone)
Ham - 300 g
Pork rind - 50 g
Lard - 100 g
Butter - 50 g
Onion - 1 (medium)
Egg - 1
Bread roll - 1 (dried)
Pepper, (salt)

To prepare the stuffing for the roulade, start with lightly frying the onion in lard. Mince the onion, ham, pork rind and soaked (and squeezed) bread roll; to the mixture add the egg, pepper and salt, mix well. Beat the meat portion into a large oblong rasher and rub it with crushed garlic. Layer the stuffing evenly onto the meat; roll carefully and secure with string. Brown the roulade on each side and transfer into a baking pan, place in a hot oven. Roast until tender frequently pouring the sauce over the meat. If the sauce evaporates pour some water on the meat. When done, remove the string and cut into small pieces.

Serve with chips or cheese-egg dumplings and salad, pouring the sauce over the meat. Roulade may be eaten cold.

96. Veal hocks in jelly

Ingredients:
Veal hocks - 1.5 kg
Veal bones - 1 kg (brittle)
Onion - 1 (medium)
Tomato paste - 1 tablespoon
Vinegar - 1 tablespoon
Soup vegetables (no cabbage)
Two bay leafs, a few pimento seeds,

Clean and wash the hocks well, chop into small pieces. Together with the chopped bones place in a pot, cover with cold water (1.5 l), bring to the boil and simmer for approx. 4 hours. Towards the end, add the vegetables and spices. Strain the broth and make up or reduce to the volume of 1 litre. Mix in the vinegar and tomato paste. Remove the meat from the bones, cut into small pieces and distribute evenly between small cups; cover with the broth. Place the cups in a cold place and allow to set solid. The contents of each cup can be supplemented with a few slices of cooked carrot or a few green peas.

The broth obtained using the process described above, can also be utilised to prepare a variety of other jelly dishes, e.g., veal ham, cooked veal tongue, pate, etc. Cut the meat into shapes and place as separate portions in an appropriate dish or bowl; decorate with slices of hard-boiled eggs or sliced cooked vegetables. Cover each portion with an almost set broth, allow to set fully. Repeat the process, and finally pour over with the warm broth to cover the whole of the dish.

Serve with cheese pancakes spread thickly with butter.
Poultry dishes

For poultry meat to mature, the cleaned carcass has to be left for a few days (2-4) in a cool place. After slaughter, a bird has to be plucked immediately starting from the back and proceeding from the tail towards the head. After plucking, cut off the feet and the head, and scald the carcass over a flame, wiping with a cloth. Place the bird on a table covered with a few layers of paper. Cut the skin along the neck, loosen and cut off the trachea and oesophagus above the crop, remove the crop. After that cut along the midline, from the sternum to the anus, and remove the entrails including the anus, onto the paper. Carefully separate the gallbladder from the liver and the stomach from the intestines, remove the heart and the kidneys. Wrap the rest of the entrails in paper and discard. Open the stomach and clean out the contents including though the internal membrane. Cut off the claws from the feet, scald them in hot water and remove the epidermis. Wrap the wastes in paper and discard. Cut off the wings and the neck, and together with the feet and the internal organs place them in a cool place. These can be used later for making stock, or as ingredients for other dishes, e.g., pate. Stuff the carcass with crushed paper and place in a cool place for 2-3 days.

97. Roast chicken

Ingredients:

- Chicken carcass - approx. 1.5 kg
- Lard - 1 tablespoon
- Butter - 1 tablespoon
- Pinch of paprika, (salt)

Before roasting, rinse the chicken and salt on the outside and the inside; leave for 2 to 3 hours. In order to prevent the drying of the meat during roasting the carcass should be "sewn" together. Cover the back with the neck skin. Using a strong thread and a large needle, tightly attach the wings to the sides of the body; run the thread under the back and tie the neck skin to it. Tie both legs to the body by attaching them to the sternum with thread.

Melt the butter and lard together. Rub the carcass with the mixture of paprika and a tablespoon of fat. Transfer the rest of the fat to a baking dish, place in the chicken and roast until golden-brown. During roasting, frequently pour the fat over the roast. When done, cut the roast into portions and serve with the sauce poured over the meat.

98. Chicken stuffing with ham and liver

Ingredients:

- Ham - 150 g
- Chicken livers - 100 g
- Mushrooms - 100 g
- Egg - 1
- Bread crumbs - 1 tablespoon
- Butter - 2 tablespoons
- Parsley, pepper, (salt)

Chop the livers and ham into a pulp. Chop the mushrooms into small pieces and fry in butter. Combine all the ingredients, add pepper (salt) and mix into an homogeneous mass.

Stuff the chicken carcass with the mixture, and using a white thread sew closed the opening to prevent the stuffing from falling out.

99. Chicken stuffing with veal and liver

Ingredients:

- Veal - 300 g (boneless)
- Chicken livers - 2
- Pork rind - 100 g
- Eggs - 3
- Butter - 3 tablespoons
- Lard - 1 tablespoon
- Bread crumbs - 1 tablespoon
- Lemon rind (of half the lemon)
- Pinch of dried ginger
- Bay leaf, 3 pimento seeds
- Pepper, (salt)

Lightly fry the veal, livers, and pork rind in lard, add a small volume of water, spices and simmer under a cover until the meat is tender. Allow to cool down, and mince making sure to combine with the strained sauce. Combine the butter with the egg yolks in a bowl, add lemon rind,
ginger and pepper (salt). Mix everything together and at the end - mix in beaten egg whites. Stuff the chicken as described above.

100. Chicken stuffing with veal and liver

Ingredients:
Chicken carcass - approx. 1 kg
Cream - 400 g
Butter- 100 g
Dried leaves of sage (crushed)
A pinch of nutmeg, pepper, (salt)

Clean and rinse the chicken, cut into sections. Melt the butter in a shallow pot, add sage and lightly fry the chicken. Add a small volume of water or stock and simmer until the meat is tender, making sure to leave a small volume of sauce. Add the cream and a pinch of nutmeg, bring to the boil. Serve hot with cheese-egg dumplings.

101. Chicken stock/soup

Ingredients:
Chicken -1 (fat)
Soup vegetables - 250 g (including cabbage)
Dried mushrooms - 2 or 3
Onion -1 (medium)
Eggs - 4
Parsley, bay leaf, pimento, (salt)

Place a matured chicken (see above for information how to mature chicken) in cold water for 2 hours, cut into pieces and place in a large pot with cold water, and cook slowly. Half an hour before it is ready, add the vegetables, mushrooms, crushed spices and browned halves of the onion. Finish cooking by simmering with the lid on. Strain the stock. Mix the eggs in a cup and pour slowly into the cooking stock to obtain thin "dumplings", bring to boil.

Divide the chicken pieces between deep soup bowls and cover with the stock, decorate with chopped parsley.

This dish can be a one-dish dinner. Alternatively, the meat can be fried in butter and served with melted butter poured over the meat.

102. Chicken ragout

Ingredients:
Chicken - 1 (or two small ones)
Soup vegetables - 20 g (no cabbage)
Butter- 100 g
Onion -1 (medium)
Egg yolks - 3
Wheat flour-30 g
Parsley, bay leaf, pimento, (salt)

Cook the stock according to recipe No. 101, however, reduce the volume of stock to approx. 0.5 l. To make the sauce - combine the butter with flour and mix with cool stock, bring to boil. Slice the carrots and parsnip removed from the stock and combine with the sauce. Transfer the portions of chicken into the sauce and warm them up. Before serving, mix the egg yolks with the sauce, making sure not to cook it any further. Serve hot with cheese-egg dumplings, cauliflower or green beans liberally covered in melted butter.

103. Chicken goulash

Ingredients:
Chicken - 1 (or two small ones)
Lard - 50 g
Onion -1 (medium)
Cream - 250 g (1 cup)
Wheat flour - 1 flat tablespoon
Paprika -1 tablespoon
(Salt)

Soak a matured chicken (see above) in cold water for 2 hours. Remove and cut into portions, salt lightly. Melt the lard in a frypan and lightly brow the chicken pieces. Transfer to a pot, add the paprika, chopped onion and all the fat from frying. Add water and stew until tender. Remove the meat and make the sauce by adding cream mixed with flour. Replace the meat and bring to the boil.

Serve hot with cheese-egg dumplings. A small portion of cauliflower or green beans liberally covered in melted butter can also be included.
104. Roast duck

Ingredients:
- Duck -1 (fat)
- Pork rind-50 g
- Cream - 250 g (1 cup)
- Wheat flour - 1 flat tablespoon
- Duck offal stock - 0.5 l
- Paprika -1 tablespoon
- Bay leaf, pimento
- Pinch of dry ginger and nutmeg
- Onion from marinade

Clean the duck and tenderise the carcass in a vinegar marinade (recipe no. 62) for 2 to 3 days. Upon removal sew up the carcass as for a chicken (recipe no. 97) and place in a baking dish. Melt the pork rind and pour it over the duck, insert into a hot oven and roast until well browned. Towards the end, add the onion and pimento, roast until the meat is tender and the onion is browned. When done cut in to portions. Prepare the sauce by straining the juices and pressing the onion through a sieve, add the mixture of cream and flour, nutmeg and ginger. Place duck pieces into the sauce and heat it up well. Serve with cheese-egg dumplings liberally covered with the sauce.

105. Lemon duck

Ingredients:
- Duck -1 (fat)
- Lemons - 4
- Shallots - 5
- Carrot -1 (medium)
- Stock -1 cup
- Potato/maize flour - 1 teaspoon
- Sugar -1 teaspoon
- Olive oil - 1 tablespoon
- Vinegar-1 tablespoon
- Vodka - 50 ml
- Cognac- 100 ml
- Pepper, (salt)

Cut a matured duck carcass into portions, rub with salt and pepper, and leave for 2 to 3 hours. Brown the pieces in oil, transfer to a pot, add the sliced carrot and onion, and simmer with the lid on on a low heat adding the stock. When tender, remove the meat from the sauce. Peel 3 lemons, quarter and add to the sauce; add cognac and simmer for another 10 minutes. Caramelise sugar and solubilise with the vinegar, add to the sauce. Mix the flour with cold stock, add to the sauce and bring it to boil. Add vodka, pepper (salt).

Remove the rind from the last lemon and slice it. Place the duck portions on a plate, cover with sauce and sprinkle with lemon rind, decorate with lemon slices. Serve hot with chips or cheese-egg dumplings.

106. Duck with pate stuffing

Ingredients:
- Duck -1 (fat)
- Lard -1 tablespoon
- Butter-2 tablespoon
- Veal meat - 200 g (cut-offs)
- Pork rind- 100 g
- Pork liver - 150 g (or duck livers)
- Onion -1 (medium)
- Eggs -2
- Bread crumbs - 1 tablespoon
- Pinch of nutmeg, pepper, (salt)

Fry the chopped onion using 1 tablespoon of butter, mince together with the meat, pork rind and liver. Add the eggs, bread crumbs, nutmeg and pepper and mix well into a uniform mass. Stuff the duck and sew up the opening; prepare the roast as described for a chicken (recipe no. 97).

The duck carcass should be tenderised for 2 to 3 days.

107. Roast goose

Ingredients:
- Goose - 1 (fat, approx. 3 kg)
- Soup vegetable mix - 250 grams
- Butter - 50 g
- Egg yolks - 2
- Wheat flour-30 g
- Pinch of nutmeg, marjoram
- Pepper, (salt)
Place a tenderised goose into cold water for 3 hours; remove and cut into portions. Place in a pot, cover with boiling water, add salt and simmer on a low heat. Half an hour before the end, add the soup vegetables, cook until tender. When done, adjust the volume of broth to 1 litre (reduce, or add boiled water). Make a white sauce with flour and butter, add to the broth, add spices. Place the meat into the sauce and bring to boil. Before serving add the egg yolks to the sauce - do not cook any more. Serve with cheese-egg dumplings.

The fat content is dependent on the fatness of the goose.

108. Stuffed roast goose

**Ingredients:**
- Goose - 1 (fat, approx. 3 kg)
- Butter - 100 g
- Pork rind - 100 g
- Eggs - 3
- Bread rolls - 2 (100 g)
- Goose liver - 1
- Bread crumbs - 1 tablespoon
- Fresh parsley/dill
- Nutmeg, caraway seeds, marjoram
- Pepper, salt

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<th>carbohydrate</th>
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Place the tenderised goose into cold water for 2 hours; remove and leave for 2-3 hours.

Soak the bread rolls in water or milk, squeeze well. Chop finely parsley and dill. Mince the rolls and liver. Separate the egg yolks from the whites, mix the yolks with butter, add the mince and mix well. Add chopped parsley and dill, and spices, mix. Beat the egg whites and mix into the stuffing mixture adding bread crumbs. Insert the stuffing into the goose carcass and sew up the opening. Sprinkle the goose with caraway seeds and marjoram.

Slice the pork rind thickly and tie the slices tightly to the carcass using a white thread. Roast in a hot oven, frequently pouring the sauce (or water) over the carcass. When browned well, cover the goose with a cover or with foil and finish on a lower heat. When tender, cut into portions on the plate, pour the sauce over the meat.

Serve with chips or cheese-egg dumplings. The roast can be eaten cold.

The same recipe can be used for turkey, chicken or other fowl, however, in the case of turkey, hard leg tendons have to be removed to make leg meat tenderer.

The above recipes do not cover all of the possibilities of preparing poultry dishes, they are given only as examples. One can use any cookbook as a source of recipes. However, only the recipes without carbohydrates and with a lot of fat should be used.

**Fish dishes**

Fish is typically lean or very lean. The flesh of eel and salmon contains the most fat whereas, the flesh of fish like cod, pike or perch contains the least. Fish, as was mentioned before, is not typically recommended in the optimal diet. However, since in some cases fish may be more accessible than other meat it too can be eaten provided it is always enriched with fat, i.e., eaten with butter or a cream-rich sauce or combined with a dish containing an excess of fat in proportion to protein, e.g., 4:1.

109. Cod with butter

**Ingredients:**
- Cod - 1 kg (cleaned, no head)
- Butter - 100 g
- Eggs - 4 (hard-boiled)
- Parsley
- Vegetable stock made on:
  - onion, carrots, celery root, bay leaf, pimento seeds, parsnip, salt

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<td>Eggs (hard-boiled)</td>
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<td>Parmesan</td>
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<td></td>
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<tr>
<td>Vegetable stock</td>
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<tr>
<td>kcal</td>
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Prepare the vegetable stock, strain it, and add salt. Skin the fish and wash the inside, sprinkle the fish with vinegar and leave aside for half an hour. Cut into cutlets and place into boiling stock for approx. 20 minutes. The fish can be cooked uncut in an appropriate pot. When done, place on a plate and liberally cover with melted butter, decorate with chopped parsley. Serve with chips fried in lard.

Many other fish can be prepared in the same way.
110. Pike roulade

Vital proportions
protein  fat  carbohydrate
147g  92g :  0.6  26g
1  kcal - 1560  0.2

Prepare 1 litre of stock using the vegetables, strain. Place the fish (whole or cut into cutlets) into the boiling stock, simmer on a low heat for approx. 20 minutes. Remove the fish and reduce the stock to approx. 0.5 l. Melt the butter, add the flour and brown it. Prepare the sauce by adding wine, the stock, fish blood and crushed gingerbread; bring to boil and press through a sieve. Caramelise the sugar, add it to the sauce; add salt and a pinch of citric acid. Scald the almonds and sultanas, remove the skin from the almonds and chop finely. Transfer the fish into the sauce, add the almonds and sultanas, and heat up. Serve with cheese-egg dumplings.

111. Carp in sauce

Ingredients:
- 1.25 kg (live) Pike
- 120g Butter
- 30g Gingerbread
- 1/2 cup Sugar
- 20g Almonds
- 1/1 g Soup
- Horse radish
- 1 tablespoon (grinded)
- Egg white

Vegetable stock made on:
- onion
- carrots
- celery root
- leek
- bay leaf
- pimento seeds
- parsnip
- Gelatine

Vital proportions
protein  fat  carbohydrate
120g  125g  85g
1  kcal - 2050

Prepare 1 litre of stock using the vegetables, strain. Place the head, bones, spices and the fish stock using the head, bones, spices and the head, add salt. Fry a finely chop onion making sure not to heat the bread roll in water or milk, squeeze well. Mince the roll and the onion, add the egg, seasoning and mix with the linen cloth and rub in butter; place the mixture on the bread roll, wrap it tightly in the cloth using string. Place in a cloth and simmer for approx. 1 hour on low heat. When done, allow to cool down, remove and carefully unwrap making sure not to damage at an angle and serve with chips.

112. Fish in bread crumbs

Cut the cleaned fish into cutlets, salt lightly. In the following order place cutlets in the flour, mixed eggs and bread crumbs; fry in very hot lard until brown, finish on a low heat. Serve liberally covered in lard with chips and fresh salad. This recipe can be used for any type of fish.

113. Pike cutlets in jelly

Prepare 1 litre of stock using the vegetables, strain. Place the head, (whole or cut into cutlets) into the boiling stock, simmer on a low heat for approx. 20 minutes. Remove the fish and reduce the stock to approx. 0.5 l. Melt the butter, add the flour and brown it. Prepare the sauce by adding wine, the stock, fish blood and crushed gingerbread; bring to boil and press through a sieve. Caramelise the sugar, add it to the sauce; add salt and a pinch of citric acid. Scald the almonds and sultanas, remove the skin from the almonds and chop finely. Transfer the fish into the sauce, add the almonds and sultanas, and heat up. Serve with cheese-egg dumplings.
Clean the fish, remove the head but do not cut the abdomen - remove the entrails and clean the cavity. Cut the fish into cutlets of 2 cm width: remove the flesh from each slice without damaging the skin. Remove the bones from the flesh, finely chop the flesh. Mix the flesh with 250 grams of finely chopped onion, bread crumbs, horse radish and the raw egg white. Mix well and fill the cutlet skins with the mixture forming it into a natural shape.

Prepare the fish stock using the fish bones, the head and the vegetables; strain. Place the cutlets into a shallow large pot and cover with the stock, simmer on a low heat for approx. 1 hour. Allow to cool down in the broth. Remove the cutlets and place separately onto a dish, decorate with carrot slices, parsley or pieces of hard-boiled egg. Mix the gelatine with warm stock and allow to cool down. With half-solid jelly cover the cutlets allowing some jelly to flow onto the dish. Transfer to the fridge and allow to set solid. Serve cold.

This dish contains no fat and therefore is suitable for consumption for those following the Japanese model of nutrition.

114. Baked fish with bacon

Ingredients:

- Any fish - 1 kg
- Bacon - 400 g (smoked)
- Onion - 100 g
- Garlic - 1 clove
- Dry red wine - 1/2 cup
- Parsley, pepper, (salt)

Vital proportions

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<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>147 g</td>
<td>215 g</td>
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Clean the fish, remove the skin. Crush the garlic and rub the stomach cavity. Chop the onion, add pepper and salt, and stuff the cavity sewing in the contents. Slice the bacon. Place half of the slices on the bottom of the baking pan, and with the rest cover the fish. Put into a hot oven and bake until golden-brown. When done, pour the wine into the pan and cover, put back into the oven for few minutes. Transfer the fish onto a plate and cover with the browned bacon, pour the sauce on the fish and decorate with parsley.

Serve hot or cold with chips and fresh salad.

SOUPS

Once a person is used to eating in the optimal way soups are eaten rarely. Energy requirements become low and small meals with a high concentration of nutrients are consumed preferably. Soups should be served in small volumes, concentrated and enriched with egg yolks or cream. Soup can be used as the efficient carrier of large amounts of fat which on a particular day has not been delivered in the rest of the food in the required quantity.

Chicken or beef stocks need to be very concentrated and contain lots of fat, they ought to be enriched with 2-3 egg yolks per person. All meat soups should be based on concentrated stock made of bones and meat, and vegetables. Instead of noodles, we use sliced cheese-egg pancakes or soup “noodles” made using only eggs.

Typically, dinners consist of one dish. A good, rich soup should be sufficient as a meal.

Soup recipes are typically well known and there is no need to cover them here extensively. However, a few examples of soups are given below simply in order to illustrate how the typical recipe should be adapted to the optimal diet cuisine.

115. Onion soup

Ingredients:

- Stock (concentrate) - 1 cup
- Lard - 200 g
- Onion - 5 to 6
- Egg yolks - 6
- Pepper, (salt)

Vital proportions

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<th>Protein</th>
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<th>Carbohydrate</th>
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Lightly brown the sliced onions in lard, add 1 litre of water, cook until soft. Transfer the onions into a sieve and press through into the broth. Mix the egg yolks with the stock and combine with the onion broth, heat up but do not boil. Season.

Serve with cheese-egg pancakes, however the protein content in proportion to fat will be altered.
116. Celery soup

Ingredients:
- Celery roots (celeriac) - 3
- Butter - 150 g
- Egg yolks - 5
- Cream - 250 g
- Potatoes - 150 g

Wash and peel the celery roots, place in the hot water, bring to the boil, strain and cover with cold water. Dice the roots into small pieces, place into a pot with melted butter, add 2 litres of water and sliced potatoes; cook for approx. 1/2 hour. Mix in cream and egg yolks.

117. Celery-egg yolk soup

Ingredients:
- Stock (concentrate) - 4 cups
- Celery root - 500 g
- Onion - 1
- Egg yolks - 8
- Parsley

Cook the celery and the onion, transfer the onion and the celery into a sieve and press through into the broth, bring to the boil. Mix in the egg yolks into the broth - do not boil.

Serve in cups sprinkled with parsley.

The caloric value may differ according to the fat content of the stock.

119, Leek or celery soup with cream

Ingredients:
- Stock (concentrate) - 4 cups
- Leeks (or celeriac) - 500 g
- Cream - 0.5 l

Seasoning

Prepare the soup as described above, however, instead of egg yolks mix in the cream.

120. Chicken "tripe" soup

Ingredients:
- Chicken - 1 (approx. 1 kg)
- Butter - 150 g
- Egg yolks - 4
- Onion - 1
- Soup vegetables (no cabbage)
- Bay leaf, pepper, (salt)

Cook the stock using the chicken and half of the vegetables. Remove the chicken, strip the meat off the bones, cut into the strips. Slice the other half of vegetable and fry on the butter. Transfer the vegetables and the meat into the stock, bring to the boil, mix in the egg yolks.

121. White barshch with sausage and bacon

Ingredients:
- Stock (concentrate) - 4 cups
- Sausage - 250 g
- Bacon - 250 g (smoked)
- Pork rind - 100 g

Vital proportions

protein  fat  carbate

kcal - 2460

kcal - 2850

kcal - 2300

kcal - 4200
Slice the sausage, dice the bacon and place both in the pot with hot stock, cook for 10 minutes. Add "zurek", crushed garlic with salt, spices; bring to the boil and mix in the cream. Lightly fry the diced pork lard and add, including the fat, into the soup. Cut the eggs into quarters and place six of them on each plate. Pour on the hot soup. Serve on its own or with cheese-egg pancakes.

The white barshch alone can serve as a daily meal.

### 122. Red barshch

#### Ingredients:
- **Beef** - 300 g (boneless)
- **Pork ribs** - 300 g (smoked)
- **Beetroot** - 500 g
- **Butter** - 100 g
- **Tomato paste** - 50 g
- **Cream** - 1 cup
- **Onions** - 3 (medium)
- **Soup vegetables with cabbage**
- **Parsley, wine vinegar, bay leaf**
- **Pepper, (salt)**

Place the beef in a pot with 1.5 litre of hot water and cook for 1 hour. Add the smoked ribs and cook until the meat is tender. Remove from the broth.

Fry the diced carrots, parsnip and onion, using half of the butter, cover, and simmer until soft. Peel the beetroot and grate on a large grater, stew in the rest of the butter.

Transfer the vegetables and the beetroot into a large pot and add the stock; simmer on a low heat. After 15 minutes, add the thinly sliced cabbage and cook until all the vegetables are soft. Dice the meat and add to the soup. Mix in the cream, add vinegar and pepper to taste. Each serving of the barshch should be sprinkled with chopped parsley.

The soup is the best when served with pate.

### 123. Tomato soup

#### Vital proportions

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#### Ingredients:
- **Stock (concentrate)** - 4 cups (bones, meat, veg.)
- **Butter** - 50 g
- **Cream** - 300 g
- **Tomatoes** - 500 g, or **Tomato paste** - 1/2 cup
- **Garlic** - 1
- **Parsley or dill, paprika**
- **Pepper, (salt)**

Prepare the stock using bones, meat and vegetables. Into the stock, mix in the tomato paste, add crushed garlic and pepper. Bring to the boil, add the cream and butter, and sprinkle with a pinch of paprika. Decorate each serving with finely chopped parsley.

During the season, instead of tomato paste one can use fresh tomatoes. Quarter the tomatoes and stew in the butter (the onion can be added to the tomatoes instead to the stock). Pour the broth through a sieve and press through the tomatoes, discard the pips and the skins.

Tomato soup can be served on its own or soup "noodles" (egg only) can be added.

### 124. Caraway seed soup

#### Vital proportions

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#### Ingredients:
- **Stock (concentrate)** - 4 cups (bones, meat, veg.)
- **Butter** - 50 g
- **Eggs** - 4
- **Caraway seeds** - 20 g

Strain the stock when cooked. Fry the caraway seeds in butter, add to the stock. Thicken the stock with the egg yolks.

Make soup "noodles" by slowly pouring mixed eggs into the stock.
125. Pea soup

Ingredients:
- Beef bones-1kg
- Bacon-300 g (smoked)
- Sausage-300 g
- Dry peas- 100 g
- Garlic -1 clove
- Marjoram, pepper

Wash the peas, cover with water, and set aside for 24 hours to soften. Transfer into a pot and cook until soft. If needed add water (hot only) during cooking. Prepare a broth of bone, sausage and bacon, strain. Press the peas through a sieve and add to the broth. Dice the sausage and bacon, and together with crushed garlic and spices add to the broth. Bring to the boil.

126. Hazelnut torte

Ingredients:
- Hazelnuts - 250 g
- Eggs - 6
- Sugar-30 g
- Sponge fingers- tablespoons (dry)
- Baking powder- teaspoons (flat)
- Butter - 20 g

For cream:
- Butter - 500 g
- Egg yolks -10
- Cocoa (or inst. coffee) - 50 g (30 g)
- Icing sugar-30 g
- Rum or cognac - 2 tablespoons

To make the pastry, separate the egg yolks from the whites. Mix the yolks with sugar and combine with minced nuts, crushed sponge fingers and baking powder. Beat the whites and combine with the nut mixture, mix lightly. Cover the sides and the bottom of a baking tray with butter, transfer the mixture and bake for 45 to 60 minutes in a hot oven. Remove and allow to cool; cut in to three layers (two cuts).

To make the cream, place two egg yolks in a small pot and add icing sugar. Place the pot into larger one with hot water (continually heated) and beat the mix until it thickens. Allow to cool when done. Mix the butter with cocoa or instant coffee until frothy. Whilst constantly mixing, slowly combine the butter with the yolk mix and alcohol.

Evenly cover two pastry layers with the cream, put the three layers together and cover the top and the sides; decorate if desired and place in the refrigerator.

The cream can be made and eaten on its own as a desert; each portion can be decorated with nuts or sprinkled with coconut.

A piece of torte makes an excellent addition to a dinner with a lower fat content. It does not taste good made with more sugar.
127. Poppy seed torte

Ingredients:

For pastry:
- Poppy seeds - 250 g
- Butter - 150 g
- Eggs - 10
- Egg yolks - 3
- Sugar - 40 g
- Hazel or walnuts - 100 g
- Sultanas - 100 g
- Bread crumbs - 20 g

For cream:
- Butter - 500 g
- Egg yolks - 10
- Vodka - 1 tablespoon
- Orange - 1 fruit
- Orange flavour and orange skins in sugar

To make the pastry, cover the poppy seeds with boiling water, remove the surface debris; cook for 30 minutes, strain. Mince the seeds and the nuts.

Mix the butter with the sugar until white, and continue mixing adding the egg yolks one by one. Add the minced mixture, sultanas and bread crumbs; mix well. Combine with 10 beaten egg whites and mix lightly. Transfer the mixture into a baking tray and bake for 40 to 60 minutes in a hot oven.

Remove and allow to cool; cut in to three layers (two cuts).

Prepare the cream as described above adding, instead of cocoa, orange flavour, orange rind, thinly chopped orange skins in sugar and vodka. Since sugar is contained in the orange skins there is no need for extra sugar. Add the skins at the last and do not mix the cream after that.

Evenly cover two pastry layers with the cream, put the three layers together and cover the top and the sides; decorate the top with orange slices and place in the fridge.

As for the other cream, the orange cream can be made and eaten on its own as a desert; each portion can be decorated with a segment of fruit.

---

128. Vienna cheesecake

Ingredients:
- Cottage cheese - 1 kg (full-fat)
- Eggs - 17
- Egg yolks - 8
- Butter - 500 g
- Sugar - 100 g
- Almonds - 100 g (sliced)
- Sultanas - 50 g
- Potato/maize flour - 50 g
- Almond or vanilla flavour

Mince the cheese or press through a sieve. Melt the butter in a pot. In a large mixing bowl combine the cheese, sugar and egg yolks; mix until smooth. Whilst mixing, progressively start adding melted butter, and then starch, scalded sultanas, almonds and the flavour. Beat 17 egg whites and lightly mixing combine with the cheese mixture. Cover the sides and the bottom of the baking pan with butter, add bread crumbs and distribute all over the butter; transfer the mixture and insert the tray into the medium-hot (160-180°C) oven. Bake for 40 to 50 minutes.

During the baking, the cheese is "cooking" in butter, therefore, the baking tray should be tight and not allow any butter to leak out. When done, leave to cool in the pan to allow reabsorption of the butter. Remove and cut into portions for serving or storage.

The cheese cake can be stored for a long time in the refrigerator. It has an excellent taste and kids love it. It can be served as a desert or in a larger quantity as a full meal (breakfast or supper). To supplement its fat content we can eat it with butter or with a dollop of cream.

---

129. Cooked cheesecake

Ingredients:
- Cottage cheese -1 kg (full-fat)
- Eggs - 20
- Butter - 250 g
- Sugar - 40 g
- Almonds - 100 g (sliced)
- Sultanas - 50 g
- Custard mix - 50 g (1 sachet)
- Vanilla flavouur

Vital proportions

<table>
<thead>
<tr>
<th>Carbohydrate</th>
<th>Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>115 g</td>
<td>115 g</td>
<td>1.4</td>
</tr>
<tr>
<td>315 g</td>
<td>455 g</td>
<td>0.35</td>
</tr>
<tr>
<td>150 g</td>
<td>9500 kcal</td>
<td>5800 kcal</td>
</tr>
<tr>
<td>100 g</td>
<td>100 g</td>
<td>100 g</td>
</tr>
<tr>
<td>100 g</td>
<td>100 g</td>
<td>100 g</td>
</tr>
<tr>
<td>50 g</td>
<td>50 g</td>
<td>50 g</td>
</tr>
<tr>
<td>50 g</td>
<td>50 g</td>
<td>50 g</td>
</tr>
<tr>
<td>50 g</td>
<td>50 g</td>
<td>50 g</td>
</tr>
<tr>
<td>50 g</td>
<td>50 g</td>
<td>50 g</td>
</tr>
</tbody>
</table>
Melt the butter in a large pot, add the minced cheese and whole eggs; mix well. Place over a low heat and keep on mixing. When the cheese starts to cook start adding the custard mixture and continue to mix. When the mixture thickens, add sultanas and almonds and mix well. Transfer to a dish or few dishes and allow to cool down.

Serve with butter or a big dollop of cream.

130. Cake for the sick

In one of the cookbooks I came across, published in 1885, I was able to find one recipe which stood out from the rest which were quite harmful to human. The recipe was for a "Cake made of almonds, without any flour or sugar...", which according to the author was particularly suitable for the sick. The original version of ingredients was: a pound of almonds, half a pound of young butter and 15 eggs.

Below is a somewhat modified version, which instead of almonds utilises walnuts - normally a cheaper and better alternative.

Ingredients:

Walnuts - 0.5 kg (shelled)
Eggs - 1 kg (approx. 17)
Butter - 250 g
Bread crumbs - 20 g

Vital proportions

<table>
<thead>
<tr>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>187g</td>
<td>598g</td>
<td>15g</td>
</tr>
<tr>
<td>1</td>
<td>3.4</td>
<td>0.08</td>
</tr>
<tr>
<td>kcal - 6495</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In a large mixing bowl, mix the pre-softened butter progressively adding one egg yolk and a spoonful of minced nuts. When done, combine with 15 beaten egg whites. Cover the sides and the bottom of a baking tray with butter; add the bread crumbs and distribute all over the butter; transfer the mixture and put the pan into a medium-hot (160-180°C) oven. Bake for 40 to 50 minutes.

The cake has no carbohydrates at all, therefore, one can add either 100 grams of sugar or dried fruits in the following quantities: sultanas - 155 g, prunes - 230 g, dates - 160 g, figs - 190 g or orange peel in sugar - 200 g. All the fruit can be added as a mix in the quantity of 180 to 200 grams.

This cake is very tasty and it can be stored in the fridge for a long period of time, or alternatively we can slice it and allow to dry.

It is particularly suitable for rapid weight loss.

131. Crusty pancakes

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg yolks - 2</td>
</tr>
<tr>
<td>Wheat flour - 2 teaspoons</td>
</tr>
<tr>
<td>Pinch of ground nutmeg</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>23g</td>
<td>146g</td>
<td>15g</td>
</tr>
<tr>
<td>1</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>kcal-1320</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mix all the ingredients well but do not froth. Using a small pan (10 cm in diameter) melt the lard to a depth of approx. 5 cm. Pour the mixture into the hot fat starting from the edges of the pot and then across forming a sort of spider’s web. The pastry should form into a lace-like pancake. Using a fork, delicately turn over and fry on the other side until golden-brown.

The listed ingredients should produce approx. 16 pancakes.

132. Coconut biscuits

Many of my patients who are in a hurry to get better eat egg yolks alone. That is fine. But what to do with the left over whites? To throw them out would be immoral and wasteful. However, there is a way to utilise them by making valuable and high-calorie biscuits.

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg whites - 0.5 kg</td>
</tr>
<tr>
<td>Butter - 250 g</td>
</tr>
<tr>
<td>Grated coconut - 100 g</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>64g</td>
<td>176g</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2.75</td>
<td>kcal - 2678</td>
</tr>
</tbody>
</table>

Beat the egg whites, and mix with grated desiccated coconut. Using a large spoon, place the mixture in a hot frypan with melted butter, fry on both sides.

These biscuits are excellent when eaten hot, and are particularly suitable for children. They can be eaten with a dollop of home-made jam (no added sugar) since they contain none.
133. Poppy seed baba

Ingredients:
- Poppy seeds - 1/2 cup
- Egg whites - 8
- Butter - 250 g
- Wheat flour - 1/2 cup
- Sugar - 1 tablespoon
- Baking powder - 2 teaspoons (flat)
- Sultana mix, vanilla flavour

Combine the seeds, butter and flour, and cook together. Add baking powder and sugar, allow to cool and then add the beaten egg whites; mix well. Pour into a baking pan and bake for approx. 50 minutes in a hot oven.

134. Ice cream

Commercially available ice cream is not suitable for human consumption. Almost without exception, all varieties are harmful to human health. However, one can make an ice cream, which is both valuable and healthy, and at the same time saves a lot of money and time.

This product contains a lot of calories and very little protein. 100 grams of that ice cream contains 385 kcal and only 8 grams of sugar. Although it delivers a lot of energy it is excellent for losing weight - quickly.

Ingredients: Cream - 1 litre (36%) Egg yolk - 10 Sugar - 100 g

Using a hand-held mixer and a large tall bowl, beat egg yolks with sugar until firm and almost white in colour. Whilst continually mixing, slowly add warm cream. Place in the freezer for 15 minutes before transferring to an ice cream-making machine available from any department store. When done, fill into cups and place in the freezer before eating alone or as a dessert with dinner.
Part 5

Menu example
for the first two weeks of
the optimal nutrition

The menu given below is based on the menu used at the Academy "Arkadia". It has been therefore very well tested by those who have come to "Arkadia" for a 2-week long period of time in order to learn how to eat according to the principles of the optimal nutrition. In all of them, certain improvements in health occurred.

A careful reader should be able to notice that the extent, does not follow the previously stated principle which recommends a higher proportion of protein to fat and more calories. These discrepancies are intentional. Most of those who visited "Arkadia" were seriously ill, often overweight and in the initial period of the treatment their bodies required more high quality protein. However, they did not need more calories since on such a diet they were able to quickly start burning fat and lose weight. During the 2-week period they lost on average (from 1 to 14 kg) of weight. At the same time and on the contrary, those who arrived with wasted bodies put on weight on average (from 1 to 5 kg).

After the initial period of adjustment and the general improvement of the body which took from 1 to 3 months (for older patients therefore continued after their return home from "Arkadia"), the requirement for protein and energy declined by 25 to 40%.

After reaching the protein equilibrium, when the amount of protein equals the amount which is excreted, one has to increase the intake of fat to reach the recommended proportion of 3 to 4 grams of fat to 1 gram of protein.
### DAY 1

**BREAKFAST:** Cooked ham, 2 cheese-egg pancakes, butter, cocoa.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham</td>
<td>70 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cocoa</td>
<td>5 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Vital proportions:**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 g</td>
<td>60.6 g</td>
<td>16.6 g</td>
<td>-702</td>
</tr>
</tbody>
</table>

**LUNCH:** Stock with two egg yolks, pork neck roast, carrot in butter, juice with water*.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stock</td>
<td>200 ml</td>
<td></td>
<td></td>
<td></td>
<td>-1040</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>50 g</td>
<td></td>
<td></td>
<td></td>
<td>-1010</td>
</tr>
<tr>
<td>Pork neck</td>
<td>110 g</td>
<td>34.5 g</td>
<td></td>
<td></td>
<td>-884</td>
</tr>
<tr>
<td>Potato chips</td>
<td>100 g</td>
<td>2.7 g</td>
<td>0.8 kcal</td>
<td>-1040</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>20 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* During a warm weather period we can drink the juice diluted with cold, boiled water, soda or mineral water; in cold weather period we drink it with warm water, like compote.

**SUPPER:** Milk soup.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>250 ml</td>
<td></td>
<td></td>
<td></td>
<td>-680</td>
</tr>
<tr>
<td>Butter</td>
<td>50 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two eggs</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Vital proportions:**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 g</td>
<td>59 g</td>
<td>11 g</td>
<td>-680</td>
</tr>
</tbody>
</table>

**TOTAL VALUE FOR THE DAY:**

<table>
<thead>
<tr>
<th>Protein</th>
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<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>75.5 g</td>
<td>212.6 g</td>
<td>54.6 g</td>
<td>-2422</td>
</tr>
</tbody>
</table>

### DAY 2

**BREAKFAST:** Scrambled eggs on bacon, butter, pancakes, tea with lemon.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoked bacon</td>
<td>50 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lard</td>
<td>10 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Vital proportions:**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>32.3 g</td>
<td>103.8 g</td>
<td>5g</td>
<td>-1040</td>
</tr>
</tbody>
</table>

**LUNCH:** Celery cream soup, pork cutlet in bread crumbs, gherkin, chips, juice in water.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>200 ml</td>
<td></td>
<td></td>
<td></td>
<td>-884</td>
</tr>
<tr>
<td>Pork cutlet</td>
<td>110 g</td>
<td></td>
<td></td>
<td></td>
<td>-884</td>
</tr>
<tr>
<td>Lard</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td>-884</td>
</tr>
<tr>
<td>Gherkin</td>
<td>200 g</td>
<td></td>
<td></td>
<td></td>
<td>-884</td>
</tr>
<tr>
<td>Egg</td>
<td>20 g (for frying)</td>
<td></td>
<td></td>
<td></td>
<td>-884</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>1 (approx. 100 g)</td>
<td></td>
<td></td>
<td></td>
<td>-884</td>
</tr>
<tr>
<td>Juice</td>
<td>20 g</td>
<td></td>
<td></td>
<td></td>
<td>-884</td>
</tr>
</tbody>
</table>

* Two tablespoons of juice per cup of water

**SUPPER:** Pork hocks jelly, pancakes, butter, tea

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jelly</td>
<td>200 g</td>
<td></td>
<td></td>
<td></td>
<td>-960</td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
<td></td>
<td></td>
<td></td>
<td>-960</td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td>-960</td>
</tr>
</tbody>
</table>

**Vital proportions:**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>51 g</td>
<td>85 g</td>
<td>5g</td>
<td>-960</td>
</tr>
</tbody>
</table>

**TOTAL VALUE FOR THE DAY:**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>108.3 g</td>
<td>259.8 g</td>
<td>45 g</td>
<td>-2854</td>
</tr>
</tbody>
</table>

* During a warm weather period we can drink the juice diluted with cold, boiled water, soda or mineral water; in cold weather period we drink it with warm water, like compote.
DAY 3

BREAKFAST: Liver presswurst, pate sausage, butter, pancakes, tea with lemon.

- Pate sausage - 50 g
- Liver presswurst - 50 g
- Butter - 20 g
- Two pancakes - 100 g
- Thin slice of lemon

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pate sausage</td>
<td>28 g</td>
<td>84 g</td>
<td>59</td>
</tr>
<tr>
<td>Liver presswurst</td>
<td>1 : 3 : 0.2</td>
<td>kcal - 980</td>
<td></td>
</tr>
</tbody>
</table>

LUNCH: Stock with 2 egg yolks, pork liver fried on lard, sauerkraut, chips, mineral water.

- Stock - 200 ml
- Egg yolks - 2
- Pork liver - 150 g
- Lard - 20 g (for frying)
- Potato chips - 100 g
- Sauerkraut - 100 g

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>30.3 g</td>
<td>48.5 g</td>
<td>20 g</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>1 : 2.3 : 0.7</td>
<td>kcal - 805</td>
<td></td>
</tr>
</tbody>
</table>

SUPPER: Italian presswurst, pancakes, butter, tea with lemon.

- Italian presswurst - 200 g
- Butter - 30 g
- Two pancakes - 100 g

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian presswurst</td>
<td>25 g</td>
<td>75 g</td>
<td>5 g</td>
</tr>
<tr>
<td>Butter</td>
<td>1 : 3 : 0.2</td>
<td>kcal - 762</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL VALUE FOR THE DAY:

<table>
<thead>
<tr>
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<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>83.3 g</td>
<td>207.5 g</td>
<td>30 g</td>
</tr>
<tr>
<td>1 : 2.8 : 0.3 kcal - 2547</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DAY 4

BREAKFAST: Black presswurst, butter, pancakes, tea with lemon.

- Black presswurst - 50 g
- Butter - 30 g
- Two pancakes - 100 g
- Thin slice of lemon

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black presswurst</td>
<td>27.2 g</td>
<td>82.3 g</td>
<td>5 g</td>
</tr>
<tr>
<td>Butter</td>
<td>1 : 3 : 0.2 kcal - 878</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

LUNCH: Mushroom soup on stock with cream, pork and bacon kebab, green beans, juice with water.

- Soup - 200 ml
- Pork neck - 150 g
- Bacon - 50 g (smoked)
- Lard - 20 g (for frying)
- Green beans - 100 g (cooked)
- Onion - 50 g (for kebab)
- Butter - 20 g (to spread on beans)
- Juice - 2 tablespoons

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork neck</td>
<td>30 g</td>
<td>4.3 : 15 g</td>
<td></td>
</tr>
<tr>
<td>Lard</td>
<td>1 kcal - 1140.5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SUPPER: Pork pate, pancakes, butter, tea with lemon.

- Pork pate - 100 g
- Butter - 30 g
- Two pancakes - 100 g
- Thin slice of lemon

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork pate</td>
<td>25.6 g</td>
<td>84.6 g</td>
<td>5 g</td>
</tr>
<tr>
<td>Butter</td>
<td>1 : 3.3 : 0.2 kcal - 854</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL VALUE FOR THE DAY:

<table>
<thead>
<tr>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>82.8 g</td>
<td>297.9 g</td>
<td>25 g</td>
</tr>
<tr>
<td>1 : 3.6 : 0.4 kcal - 2872</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
DAY 5

**BREAKFAST:** Scrambled eggs in butter, butter, pancakes, warm milk.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>2(100g)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter (with eggs)</td>
<td>20 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td>22.2 g</td>
<td>86.4 g</td>
<td>14.6 g</td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
<td>1 : 3.9</td>
<td></td>
<td>0.65</td>
</tr>
<tr>
<td>Milk (full-fat)</td>
<td>200 g</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**LUNCH:** Leek soup with egg yolks, fish in bread crumbs, chips, carrot salad, strawberries with whipped cream, juice with water.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>200 ml</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish fillet</td>
<td>300 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg (for batter)</td>
<td>1/2</td>
<td>40 g</td>
<td>125 g</td>
<td>40 g</td>
<td></td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>20 g</td>
<td>1 : 3.1</td>
<td></td>
<td>1</td>
<td>kcal - 1500</td>
</tr>
<tr>
<td>Butter (frying)</td>
<td>20 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots (grated)</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chips</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td>50 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream (30%)</td>
<td>130 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>2 tbs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SUPPER:** Vienna cheesecake, tea with lemon.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheesecake</td>
<td>100 g</td>
<td>17 g</td>
<td>40 g</td>
<td>8 g</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
<td>1 : 2.3</td>
<td></td>
<td>0.5</td>
</tr>
</tbody>
</table>

**TOTAL VALUE FOR THE DAY:**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>79.2 g</td>
<td>251.4 g</td>
<td>62.6 g</td>
<td></td>
</tr>
<tr>
<td>1 :</td>
<td>3.1</td>
<td>0.8</td>
<td>kcal - 2840</td>
</tr>
</tbody>
</table>

DAY 6

**BREAKFAST:** Pate sausage, butter, pancakes, tea with lemon.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pate sausage</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td>27.5 g</td>
<td>84.8 g</td>
<td>5 g</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
<td>1 : 3.1</td>
<td></td>
<td>0.2</td>
</tr>
</tbody>
</table>

**LUNCH:** White barshch with cream, sausage, bacon and hard-boiled egg.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stock</td>
<td>200 ml</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg (hard-boiled)</td>
<td>1 (50 g)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage</td>
<td>50 g</td>
<td>23 g</td>
<td>85 g</td>
<td>7 g</td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>50 g (smoked)</td>
<td>1</td>
<td>3.7</td>
<td>0.3</td>
<td></td>
</tr>
<tr>
<td>Pork rind</td>
<td>20 g</td>
<td></td>
<td></td>
<td></td>
<td>kcal - 805</td>
</tr>
<tr>
<td>Cream</td>
<td>50 g (30%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sour rye (zurek)</td>
<td>50 g (for barshch)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SUPPER:** Pork hocks jelly, pancakes, butter, tea with lemon.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork hocks jelly</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td>51.3 g</td>
<td>85.2 g</td>
<td>5 g</td>
<td></td>
</tr>
<tr>
<td>Vinegar for jelly</td>
<td>100 g</td>
<td>1 : 1.6</td>
<td></td>
<td>0.1</td>
<td></td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>kcal - 994</td>
</tr>
</tbody>
</table>

**TOTAL VALUE FOR THE DAY:**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Vital proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>101.8 g</td>
<td>255 g</td>
<td>17 g</td>
<td></td>
</tr>
<tr>
<td>1 :</td>
<td>2.5</td>
<td>0.2</td>
<td>kcal - 2785</td>
</tr>
</tbody>
</table>
DAY 7

BREAKFAST: Eggs on bacon, butter, pancakes, tea.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>2 (100g)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>50 g (smoked)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td>25.6 g</td>
<td>62.4 g</td>
<td>5 g</td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
<td>1 : 2.4</td>
<td>0.2</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions:
kcal-688

LUNCH: Tomato soup, chicken livers in lard, pancakes cut into strips and fried on butter, sauerkraut, juice with water.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>200 ml</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken livers</td>
<td>150 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>1/2 (for batter)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lard</td>
<td>20 g (for frying)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>20 g (for frying)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>100 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>2 tablespoons</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions:
kcal-1340

SUPPER: Black pudding on bacon, pancakes, butter, tea.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black pudding</td>
<td>150 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>50 g (smoked)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td>39 g</td>
<td>90.4 g</td>
<td>23.2 g</td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
<td>1 : 2.4</td>
<td>0.6</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions:
kcal-1067

TOTAL VALUE FOR THE DAY:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>104.6 g</td>
<td>268.8 g</td>
<td>42.2 g</td>
</tr>
<tr>
<td>1 : 2.6 : 0.3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

kcal - 3095

DAY 8

BREAKFAST: Omelette of 3 eggs with home-made jam, tea.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>3 (150g)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>100 g</td>
<td>17.2 g</td>
<td>92.7 g</td>
<td>6 g</td>
</tr>
<tr>
<td>Jam</td>
<td>10 g</td>
<td>1 : 5.4</td>
<td>0.3</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions:
kcal-982

LUNCH: Beef goulash with cheese-egg dumplings, juice with water.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goulash</td>
<td>250 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dumplings</td>
<td>100 g</td>
<td>34 g</td>
<td>87.6 g</td>
<td>12.8 g</td>
</tr>
<tr>
<td>Juice</td>
<td>2 tablespoons</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions:
kcal-1030

SUPPER: Bigos, pancakes, tea.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bigos</td>
<td>200 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
<td>34 g</td>
<td>87.6 g</td>
<td>12.8 g</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
<td>1 : 2.8</td>
<td>0.4</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions:
kcal-1002

TOTAL VALUE FOR THE DAY:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>101.2 g</td>
<td>248.3 g</td>
<td>38.8 g</td>
</tr>
<tr>
<td>1 : 2.5 : 0.4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

kcal - 3014
DAY 9

BREAKFAST: Eggs with pate and mayonnaise, pancakes, butter, tea with lemon.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs with pate</td>
<td>2 (175g)</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>25 g</td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>34 g</td>
<td>103 g</td>
<td>10 g</td>
</tr>
<tr>
<td>1:3</td>
<td>0.3</td>
<td></td>
</tr>
</tbody>
</table>

kcal - 1080

LUNCH: Caraway seed soup, cooked pork hock, chips, horseradish, juice with water.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>200 g</td>
</tr>
<tr>
<td>Pork hock</td>
<td>300 g</td>
</tr>
<tr>
<td>Chips</td>
<td>100 g</td>
</tr>
<tr>
<td>Horseradish</td>
<td>20 g (approx.)</td>
</tr>
<tr>
<td>Juice</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 g</td>
<td>96 g</td>
<td>15 g</td>
</tr>
<tr>
<td>1 : 2</td>
<td>0.3</td>
<td></td>
</tr>
</tbody>
</table>

kcal - 1162

SUPPER: Poppy seed cake with cream, tea with lemon.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cake</td>
<td>200 g</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.5 g</td>
<td>86 g</td>
<td>13 g</td>
</tr>
<tr>
<td>1 : 5</td>
<td>0.7</td>
<td></td>
</tr>
</tbody>
</table>

kcal - 950

TOTAL VALUE FOR THE DAY:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>102.5 g</td>
<td>285 g</td>
<td>38 g</td>
</tr>
<tr>
<td>1 : 2.8</td>
<td>0.4</td>
<td></td>
</tr>
</tbody>
</table>

kcal - 3192

DAY 10

BREAKFAST: Egg salad with smoked fish and mayonnaise, pancakes, butter, tea with lemon.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad</td>
<td>250 g</td>
</tr>
<tr>
<td>Butter</td>
<td>30 g</td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100 g</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>41.5 g</td>
<td>108 g</td>
<td>6 g</td>
</tr>
<tr>
<td>1 : 2.6</td>
<td>0.15</td>
<td></td>
</tr>
</tbody>
</table>

kcal - 1172

LUNCH: Red barsch with pate, pork ribs, chips, sauerkraut, juice with water.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>200 g</td>
</tr>
<tr>
<td>Pate to soup</td>
<td>50 g</td>
</tr>
<tr>
<td>Pork ribs</td>
<td>150 g</td>
</tr>
<tr>
<td>Lard with ribs</td>
<td>20 g</td>
</tr>
<tr>
<td>Chips</td>
<td>100 g</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>100 g</td>
</tr>
<tr>
<td>Juice</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>35.6 g</td>
<td>122 g</td>
<td>235 g</td>
</tr>
<tr>
<td>1 : 3.4</td>
<td>0.6</td>
<td></td>
</tr>
</tbody>
</table>

kcal - 1336

SUPPER: Cooked cheesecake, tea with lemon.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cake</td>
<td>250 g</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>31.5 g</td>
<td>45.5 g</td>
<td>11.5 g</td>
</tr>
<tr>
<td>1 : 1.4</td>
<td>0.35</td>
<td></td>
</tr>
</tbody>
</table>

kcal - 580

TOTAL VALUE FOR THE DAY:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>108.6 g</td>
<td>275 g</td>
<td>40.5 g</td>
</tr>
<tr>
<td>1 : 2.6</td>
<td>0.3</td>
<td></td>
</tr>
</tbody>
</table>

kcal - 3088
### DAY 11

**Breakfast:** Cheese and pate paste, pancakes, butter, tea with lemon.

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Calories (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pate paste</td>
<td>13</td>
<td>51</td>
<td>12</td>
<td>570</td>
</tr>
<tr>
<td>Pancakes</td>
<td>30</td>
<td>93</td>
<td>5</td>
<td>1012</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td>1</td>
<td>0.2</td>
<td></td>
<td>115</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>97</td>
<td>12</td>
<td>2739</td>
</tr>
</tbody>
</table>

**Supper:** Raspberries with whipped cream, tea.

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Calories (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raspberries</td>
<td>7</td>
<td>60</td>
<td>10.2</td>
<td>646</td>
</tr>
<tr>
<td>Cream</td>
<td>200</td>
<td>97</td>
<td>10.2</td>
<td>1180</td>
</tr>
<tr>
<td>Total</td>
<td>85</td>
<td>250</td>
<td>12</td>
<td>2838</td>
</tr>
</tbody>
</table>

**For the Day:**

<table>
<thead>
<tr>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Calories (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>91.6</td>
<td>240</td>
<td>42</td>
<td>2739</td>
</tr>
</tbody>
</table>

### DAY 12

**Breakfast:** Cheese and pate paste, pancakes, butter, tea with lemon.

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Calories (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paste</td>
<td>10</td>
<td>93</td>
<td>5</td>
<td>1012</td>
</tr>
<tr>
<td>Butter</td>
<td>30</td>
<td>97</td>
<td>10.2</td>
<td>1180</td>
</tr>
<tr>
<td>Tall spoon of lemon</td>
<td>1</td>
<td>0.2</td>
<td></td>
<td>115</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>97</td>
<td>12</td>
<td>2739</td>
</tr>
</tbody>
</table>

**Lunch:** Hungarian pork rashers with cheese-egg dumplings, juice with water.

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Calories (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rashers with sauce</td>
<td>48</td>
<td>97</td>
<td>20.8</td>
<td>1158</td>
</tr>
<tr>
<td>Juice</td>
<td>2 tablespoons</td>
<td>48</td>
<td>97</td>
<td>10.2</td>
</tr>
<tr>
<td>Total</td>
<td>300</td>
<td>97</td>
<td>20.8</td>
<td>1158</td>
</tr>
</tbody>
</table>

**Supper:** Raspberries with whipped cream, tea.

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Calories (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raspberries</td>
<td>7</td>
<td>60</td>
<td>10.2</td>
<td>646</td>
</tr>
<tr>
<td>Cream</td>
<td>200</td>
<td>97</td>
<td>10.2</td>
<td>1180</td>
</tr>
<tr>
<td>Total</td>
<td>85</td>
<td>250</td>
<td>12</td>
<td>2838</td>
</tr>
</tbody>
</table>

**For the Day:**

<table>
<thead>
<tr>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Calories (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>85</td>
<td>250</td>
<td>36</td>
<td>2838</td>
</tr>
</tbody>
</table>
DAY 13

BREAKFAST: Fried sausage with onion, pancakes, butter, tea.

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage</td>
<td>100</td>
</tr>
<tr>
<td>Onion</td>
<td>30</td>
</tr>
<tr>
<td>Butter</td>
<td>30</td>
</tr>
<tr>
<td>Pancakes</td>
<td>100</td>
</tr>
<tr>
<td>Lard for frying</td>
<td>4</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage</td>
<td>30g</td>
<td>79g</td>
<td>7g</td>
</tr>
<tr>
<td>Onion</td>
<td>1</td>
<td>2.8</td>
<td>0.4</td>
</tr>
<tr>
<td>kcal</td>
<td>-878</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

LUNCH: Pea soup, fried pork ribs, chips, sauerkraut, juice with water.

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>200</td>
</tr>
<tr>
<td>Pork ribs</td>
<td>150</td>
</tr>
<tr>
<td>Chips</td>
<td>100</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>100</td>
</tr>
<tr>
<td>Lard for frying</td>
<td>10</td>
</tr>
<tr>
<td>Juice</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>37g</td>
<td>100g</td>
<td>40g</td>
</tr>
<tr>
<td>Pork</td>
<td>1</td>
<td>2.9</td>
<td>1</td>
</tr>
<tr>
<td>kcal</td>
<td>-1284</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SUPPER: Creamed cottage cheese with cream, canned fish in oil, pancakes, butter, tea.

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese (full-fat)</td>
<td>50</td>
</tr>
<tr>
<td>Cream</td>
<td>20</td>
</tr>
<tr>
<td>Fish in oil</td>
<td>50</td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100</td>
</tr>
<tr>
<td>Butter</td>
<td>30</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese</td>
<td>30g</td>
<td>76g</td>
<td>5g</td>
</tr>
<tr>
<td>Two pancakes</td>
<td>1</td>
<td>2.5</td>
<td>0.6</td>
</tr>
<tr>
<td>kcal</td>
<td>-847</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL VALUE FOR THE DAY:

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>97g</td>
<td>255g</td>
<td>52g</td>
</tr>
<tr>
<td>kcal</td>
<td>-3009</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DAY 14

BREAKFAST: Tongue presswurst, cheese, pancakes, butter, cocoa.

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presswurst</td>
<td>70</td>
</tr>
<tr>
<td>Cheese</td>
<td>50 (cheddar)</td>
</tr>
<tr>
<td>Butter</td>
<td>30</td>
</tr>
<tr>
<td>Pancakes</td>
<td>100</td>
</tr>
<tr>
<td>Milk</td>
<td>200 (full-fat)</td>
</tr>
<tr>
<td>Cocoa</td>
<td>5</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presswurst</td>
<td>1</td>
<td>3</td>
<td>0.5</td>
</tr>
<tr>
<td>Milk</td>
<td>1</td>
<td>3</td>
<td>0.5</td>
</tr>
<tr>
<td>kcal</td>
<td>-1204</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

LUNCH: Chicken goulash with cheese-egg dumplings, green beans with butter, mineral water.

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken in sauce</td>
<td>250</td>
</tr>
<tr>
<td>Dumplings</td>
<td>100</td>
</tr>
<tr>
<td>Green beans (cooked)</td>
<td>82</td>
</tr>
<tr>
<td>Butter for beans</td>
<td>20</td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken in sauce</td>
<td>1</td>
<td>0.5</td>
<td>0.4</td>
</tr>
<tr>
<td>Butter for beans</td>
<td>1</td>
<td>0.5</td>
<td>0.4</td>
</tr>
<tr>
<td>kcal</td>
<td>-773</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SUPPER: Egg salad with smoked fish, pancakes, butter, tea with lemon.

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad</td>
<td>300</td>
</tr>
<tr>
<td>Two pancakes</td>
<td>100</td>
</tr>
<tr>
<td>Thin slice of lemon</td>
<td></td>
</tr>
</tbody>
</table>

Vital proportions

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad</td>
<td>1</td>
<td>0.2</td>
<td></td>
</tr>
<tr>
<td>kcal</td>
<td>-1172</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL VALUE FOR THE DAY:

<table>
<thead>
<tr>
<th></th>
<th>protein</th>
<th>fat</th>
<th>carbate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>127g</td>
<td>255g</td>
<td>48g</td>
</tr>
<tr>
<td>kcal</td>
<td>-3149</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Tables

of the nutritional value of food products

<table>
<thead>
<tr>
<th>Product (100 g = 3.5 oz.)</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Proportion (P:F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gelatine</td>
<td>343</td>
<td>83.6</td>
<td>0</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Egg white</td>
<td>36</td>
<td>10.8</td>
<td>0</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Cod (fillet)</td>
<td>69</td>
<td>16.5</td>
<td>0.3</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Cod (smoked)</td>
<td>56</td>
<td>13.3</td>
<td>0.3</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Perch</td>
<td>43</td>
<td>10.4</td>
<td>0.2</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Pike</td>
<td>47</td>
<td>11.0</td>
<td>0.3</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Flounder</td>
<td>29</td>
<td>6.7</td>
<td>0.2</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Prawns (shrimps)</td>
<td>34</td>
<td>7.2</td>
<td>0.3</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Bass</td>
<td>50</td>
<td>11.3</td>
<td>0.5</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Cottage cheese (low fat)</td>
<td>104</td>
<td>21.2</td>
<td>1.2</td>
<td>1:0.1</td>
</tr>
<tr>
<td>Hare (gutted)</td>
<td>83</td>
<td>18.4</td>
<td>0.9</td>
<td>1:0.1</td>
</tr>
<tr>
<td>Partridge (gutted)</td>
<td>92</td>
<td>19.9</td>
<td>1.2</td>
<td>1:0.1</td>
</tr>
<tr>
<td>Pheasant (gutted)</td>
<td>91</td>
<td>18.7</td>
<td>1.6</td>
<td>1:0.1</td>
</tr>
<tr>
<td>Beef lungs</td>
<td>77</td>
<td>15.9</td>
<td>1.5</td>
<td>1:0.1</td>
</tr>
<tr>
<td>Ham (from boar)</td>
<td>93</td>
<td>18.4</td>
<td>2.0</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Oysters (fresh)</td>
<td>50</td>
<td>10.2</td>
<td>0.9</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Horse meat (average)</td>
<td>79</td>
<td>15.1</td>
<td>1.8</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Veal (leg)</td>
<td>92</td>
<td>17.2</td>
<td>2.4</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Beef tripe</td>
<td>84</td>
<td>16.0</td>
<td>2.2</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Chicken - lean (gutted)</td>
<td>75</td>
<td>14.2</td>
<td>2.0</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Product (100 g = 3.5 oz.)</td>
<td>Kcal</td>
<td>Protein (g)</td>
<td>Fat (g)</td>
<td>Proportion (P:F)</td>
</tr>
<tr>
<td>---------------------------</td>
<td>------</td>
<td>-------------</td>
<td>---------</td>
<td>------------------</td>
</tr>
<tr>
<td>Duck - wild (gutted)</td>
<td>101</td>
<td>19.1</td>
<td>2.6</td>
<td>1:0.1</td>
</tr>
<tr>
<td>Beef liver</td>
<td>128</td>
<td>19.1</td>
<td>3.1</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Pork eyefillet (smoked)</td>
<td>133</td>
<td>24.5</td>
<td>3.9</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Beef eyefillet (raw)</td>
<td>112</td>
<td>20.1</td>
<td>3.5</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Trout(cooked)</td>
<td>133</td>
<td>22.3</td>
<td>4.5</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Hen - lean (gutted)</td>
<td>77</td>
<td>12.8</td>
<td>2.9</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Veal tongue</td>
<td>91</td>
<td>14.7</td>
<td>3.6</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Bream</td>
<td>61</td>
<td>9.7</td>
<td>2.5</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Chicken (roasted)</td>
<td>189</td>
<td>29.6</td>
<td>7.3</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Guinea-hen (roasted)</td>
<td>210</td>
<td>32.5</td>
<td>8.2</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Turkey (roasted)</td>
<td>196</td>
<td>30.2</td>
<td>7.7</td>
<td>1:0.2</td>
</tr>
<tr>
<td>Rabbit (stewed)</td>
<td>180</td>
<td>26.6</td>
<td>7.7</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Carp</td>
<td>49</td>
<td>7.7</td>
<td>2.0</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Haddock</td>
<td>70</td>
<td>10.6</td>
<td>3.1</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Pork liver</td>
<td>124</td>
<td>19.1</td>
<td>4.7</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Veal liver</td>
<td>132</td>
<td>18.4</td>
<td>4.8</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Pork heart</td>
<td>110</td>
<td>16.4</td>
<td>4.7</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Pork kidney</td>
<td>108</td>
<td>16.0</td>
<td>4.5</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Veal/beef trotters</td>
<td>95</td>
<td>14.6</td>
<td>4.1</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Pheasant (roasted)</td>
<td>213</td>
<td>30.8</td>
<td>9.3</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Salmon (canned)</td>
<td>137</td>
<td>19.7</td>
<td>6.0</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Crab (cooked)</td>
<td>130</td>
<td>19.2</td>
<td>5.4</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Beef (roasted)</td>
<td>123</td>
<td>17.4</td>
<td>5.9</td>
<td>1:0.3</td>
</tr>
<tr>
<td>Turkey (gutted)</td>
<td>116</td>
<td>15.9</td>
<td>5.7</td>
<td>1:0.4</td>
</tr>
<tr>
<td>Rabbit (gutted)</td>
<td>123</td>
<td>16.6</td>
<td>6.3</td>
<td>1:0.4</td>
</tr>
<tr>
<td>Veal (average)</td>
<td>117</td>
<td>15.2</td>
<td>6.2</td>
<td>1:0.4</td>
</tr>
<tr>
<td>Salmon (smoked)</td>
<td>167</td>
<td>19.6</td>
<td>9.2</td>
<td>1:0.4</td>
</tr>
<tr>
<td>Pork loin (chops)</td>
<td>139</td>
<td>16.8</td>
<td>8.0</td>
<td>1:0.5</td>
</tr>
<tr>
<td>Fish pate</td>
<td>192</td>
<td>22.4</td>
<td>11.4</td>
<td>1:0.5</td>
</tr>
</tbody>
</table>

**Table 2**

Group II Products containing similar proportions of protein and fat (from 0.5 to 1.5 g per 1 g of protein) and practically no carbohydrate.

<table>
<thead>
<tr>
<th>Product (100 g = 3.5 oz.)</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Proportion (P:F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese (full-fat)</td>
<td>168</td>
<td>17.9</td>
<td>9.2</td>
<td>1:0.5</td>
</tr>
<tr>
<td>Veal (shoulder)</td>
<td>129</td>
<td>14.9</td>
<td>7.7</td>
<td>1:0.5</td>
</tr>
<tr>
<td>Tripe (recipe No. 79)</td>
<td>115</td>
<td>12.2</td>
<td>6.6</td>
<td>1:0.5</td>
</tr>
<tr>
<td>Pork ham sausage</td>
<td>154</td>
<td>17.2</td>
<td>9.5</td>
<td>1:0.5</td>
</tr>
<tr>
<td>Chicken - fattened (gutted)</td>
<td>122</td>
<td>12.7</td>
<td>7.9</td>
<td>1:0.6</td>
</tr>
<tr>
<td>Mackerel (fresh)</td>
<td>112</td>
<td>11.7</td>
<td>7.2</td>
<td>1:0.6</td>
</tr>
<tr>
<td>Herring</td>
<td>87</td>
<td>8.8</td>
<td>5.8</td>
<td>1:0.6</td>
</tr>
<tr>
<td>Sprats (North Sea)</td>
<td>78</td>
<td>7.9</td>
<td>5.2</td>
<td>1:0.7</td>
</tr>
<tr>
<td>Pickling</td>
<td>136</td>
<td>13.7</td>
<td>9.0</td>
<td>1:0.7</td>
</tr>
<tr>
<td>Edam cheese</td>
<td>282</td>
<td>25.8</td>
<td>17.9</td>
<td>1:0.7</td>
</tr>
<tr>
<td>Salmon</td>
<td>129</td>
<td>12.7</td>
<td>8.7</td>
<td>1:0.7</td>
</tr>
<tr>
<td>Veal brain</td>
<td>99</td>
<td>9.4</td>
<td>6.8</td>
<td>1:0.7</td>
</tr>
<tr>
<td>Wels (fresh water fish)</td>
<td>98</td>
<td>9.2</td>
<td>6.8</td>
<td>1:0.7</td>
</tr>
<tr>
<td>Mackerel (smoked)</td>
<td>153</td>
<td>14.2</td>
<td>10.7</td>
<td>1:0.8</td>
</tr>
<tr>
<td>Goose (roasted)</td>
<td>323</td>
<td>28.0</td>
<td>22.4</td>
<td>1:0.8</td>
</tr>
<tr>
<td>Eggs</td>
<td>140</td>
<td>11.4</td>
<td>10.2</td>
<td>1:0.9</td>
</tr>
<tr>
<td>Egg (whole) powder</td>
<td>575</td>
<td>46.8</td>
<td>42.0</td>
<td>1:0.9</td>
</tr>
<tr>
<td>Pork trotters</td>
<td>168</td>
<td>14.0</td>
<td>12.4</td>
<td>1:0.9</td>
</tr>
<tr>
<td>Herring in tomatoes</td>
<td>170</td>
<td>13.7</td>
<td>12.8</td>
<td>1:0.9</td>
</tr>
<tr>
<td>Dried meat</td>
<td>590</td>
<td>45.1</td>
<td>43.5</td>
<td>1:0.0</td>
</tr>
<tr>
<td>Sprats (smoked)</td>
<td>144</td>
<td>11.5</td>
<td>10.9</td>
<td>1:1.0</td>
</tr>
<tr>
<td>Spreadable cheese (full-fat)</td>
<td>238</td>
<td>18.4</td>
<td>17.5</td>
<td>1:1.0</td>
</tr>
<tr>
<td>Mutton (leg)</td>
<td>196</td>
<td>22.8</td>
<td>23.6</td>
<td>1:1.0</td>
</tr>
<tr>
<td>Duck (roasted)</td>
<td>313</td>
<td>22.8</td>
<td>23.6</td>
<td>1:1.0</td>
</tr>
<tr>
<td>Beef tongue</td>
<td>176</td>
<td>13.0</td>
<td>13.8</td>
<td>1:1.0</td>
</tr>
<tr>
<td>Beef ( sternum)</td>
<td>204</td>
<td>14.8</td>
<td>16.1</td>
<td>1:1.0</td>
</tr>
<tr>
<td><strong>Product (100 g = 3.5 oz.)</strong></td>
<td><strong>Kcal</strong></td>
<td><strong>Protein (g)</strong></td>
<td><strong>Fat (g)</strong></td>
<td><strong>Proportion (P:F)</strong></td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------</td>
<td>----------------</td>
<td>-------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Cheddar (cheese)</td>
<td>382</td>
<td>27.1</td>
<td>29.3</td>
<td>1 : 1.1</td>
</tr>
<tr>
<td>Pork hocks</td>
<td>194</td>
<td>13.7</td>
<td>15.5</td>
<td>1 : 1.1</td>
</tr>
<tr>
<td>Sardines in oil</td>
<td>302</td>
<td>20.6</td>
<td>24.4</td>
<td>1 : 1.2</td>
</tr>
<tr>
<td>Ham (raw)</td>
<td>214</td>
<td>14.4</td>
<td>17.4</td>
<td>1 : 1.2</td>
</tr>
<tr>
<td>Polish sausage (typical)</td>
<td>224</td>
<td>15.0</td>
<td>18.2</td>
<td>1 : 1.2</td>
</tr>
<tr>
<td>Polish sausage (dried)</td>
<td>352</td>
<td>23.2</td>
<td>28.8</td>
<td>1 : 1.2</td>
</tr>
<tr>
<td>Blue cheese</td>
<td>354</td>
<td>22.6</td>
<td>29.3</td>
<td>1 : 1.3</td>
</tr>
<tr>
<td>Pork shoulder</td>
<td>228</td>
<td>14.1</td>
<td>19.2</td>
<td>1 : 1.4</td>
</tr>
<tr>
<td>Hen - fattened (gutted)</td>
<td>202</td>
<td>12.2</td>
<td>17.0</td>
<td>1 : 1.4</td>
</tr>
<tr>
<td>Eel (smoked)</td>
<td>231</td>
<td>13.7</td>
<td>19.3</td>
<td>1 : 1.4</td>
</tr>
<tr>
<td>Pork neck</td>
<td>221</td>
<td>13.2</td>
<td>18.7</td>
<td>1 : 1.4</td>
</tr>
<tr>
<td>Mackerel in oil (canned)</td>
<td>260</td>
<td>15.5</td>
<td>22.2</td>
<td>1 : 1.4</td>
</tr>
<tr>
<td>Ham (cooked)</td>
<td>389</td>
<td>23.0</td>
<td>33.0</td>
<td>1 : 1.4</td>
</tr>
<tr>
<td>Mortadella</td>
<td>220</td>
<td>13.0</td>
<td>18.7</td>
<td>1 : 1.4</td>
</tr>
<tr>
<td>Meat conserve</td>
<td>276</td>
<td>15.9</td>
<td>23.6</td>
<td>1 : 1.5</td>
</tr>
<tr>
<td>Herring in oil (canned)</td>
<td>344</td>
<td>19.7</td>
<td>29.4</td>
<td>1 : 1.5</td>
</tr>
<tr>
<td>Herring in sauce (canned)</td>
<td>214</td>
<td>12.2</td>
<td>18.3</td>
<td>1 : 1.5</td>
</tr>
</tbody>
</table>

**Table 3**

**Group III Products containing protein and large amounts of fat**

(from 1.5 to 3.0 g per 1 g of protein) and practically no carbohydrate.

<table>
<thead>
<tr>
<th><strong>Product (100 g = 3.5 oz.)</strong></th>
<th><strong>Kcal</strong></th>
<th><strong>Protein (g)</strong></th>
<th><strong>Fat (g)</strong></th>
<th><strong>Proportion (P:F)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprats in oil (smoked)</td>
<td>338</td>
<td>10.8</td>
<td>32.8</td>
<td>1 : 3.1</td>
</tr>
<tr>
<td>Fish liver pate</td>
<td>408</td>
<td>12.9</td>
<td>39.6</td>
<td>1 : 3.1</td>
</tr>
<tr>
<td>Cream (12%)</td>
<td>140</td>
<td>3.0</td>
<td>12.0</td>
<td>1 : 4.0</td>
</tr>
<tr>
<td>Pork dewlap</td>
<td>576</td>
<td>6.7</td>
<td>61.0</td>
<td>1 : 9.1</td>
</tr>
<tr>
<td>Cream (30%)</td>
<td>290</td>
<td>2.0</td>
<td>30.0</td>
<td>1 : 15</td>
</tr>
<tr>
<td>Beef bone marrow</td>
<td>822</td>
<td>3.2</td>
<td>89.9</td>
<td>1 : 28</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>666</td>
<td>2.1</td>
<td>71.5</td>
<td>1 : 34</td>
</tr>
</tbody>
</table>

**Table 4** **Group IV Products containing protein and large amounts of fat**

(above 3.0 g per 1 g of protein) and practically no carbohydrate.
### Table 4 - ctd.

<table>
<thead>
<tr>
<th>Product</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Proportion (P:F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork rind (raw)</td>
<td>763</td>
<td>2.3</td>
<td>83.7</td>
<td>1 : 36</td>
</tr>
<tr>
<td>Beef tallow (dripping)</td>
<td>924</td>
<td>0.9</td>
<td>99.0</td>
<td>pure fat</td>
</tr>
<tr>
<td>Butter</td>
<td>748</td>
<td>0.6</td>
<td>82.5</td>
<td>pure fat</td>
</tr>
<tr>
<td>Margarine</td>
<td>738</td>
<td>0.0</td>
<td>82.0</td>
<td>pure fat</td>
</tr>
<tr>
<td>Olive oil</td>
<td>896</td>
<td>0.0</td>
<td>99.0</td>
<td>pure fat</td>
</tr>
<tr>
<td>Coconut oil (solid)</td>
<td>857</td>
<td>0.0</td>
<td>100.0</td>
<td>pure fat</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>900</td>
<td>0.0</td>
<td>100.0</td>
<td>pure fat</td>
</tr>
<tr>
<td>Pork lard</td>
<td>921</td>
<td>0.0</td>
<td>99.0</td>
<td>pure fat</td>
</tr>
<tr>
<td>Goose lard</td>
<td>980</td>
<td>0.0</td>
<td>100.0</td>
<td>pure fat</td>
</tr>
</tbody>
</table>

### Table 5

**Group V Products of plant-origin containing practically no fat,**

containing a small amount of low biological-value protein, a small amount of carbohydrate and lots of water, thus unnecessarily overloading the digestive system. These products can be eaten in reasonable amounts without deleterious effects on the body - as taste supplements.

<table>
<thead>
<tr>
<th>Product</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Carbate* (g)</th>
<th>Proportion (P:C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td>19</td>
<td>1.9</td>
<td>2.2</td>
<td>1 : 1.1</td>
</tr>
<tr>
<td>Mushrooms - wild (dried)</td>
<td>342</td>
<td>29.0</td>
<td>34.0</td>
<td>1 : 1.2</td>
</tr>
<tr>
<td>Champignons (cultivated mushrooms)</td>
<td>31</td>
<td>26</td>
<td>3.5</td>
<td>1 : 1.3</td>
</tr>
<tr>
<td>Brussels sprout</td>
<td>44</td>
<td>3.6</td>
<td>6.6</td>
<td>1 : 1.8</td>
</tr>
<tr>
<td>Broad beans</td>
<td>37</td>
<td>3.0</td>
<td>5.9</td>
<td>1 : 2.0</td>
</tr>
<tr>
<td>Asparagus</td>
<td>16</td>
<td>1.3</td>
<td>2.5</td>
<td>1 : 2.0</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>17</td>
<td>1.3</td>
<td>2.7</td>
<td>1 : 2.1</td>
</tr>
<tr>
<td>Green peas</td>
<td>44</td>
<td>3.6</td>
<td>7.5</td>
<td>1 : 2.5</td>
</tr>
</tbody>
</table>

* "Carbate" stands for "carbohydrate".

### Table 6 - ctd.

**Group VI Products of plant-origin without fat,**

containing mainly water, a small amount of low biological-value protein, and a large amount of carbohydrate, thus, practically inedible for a person on the optimal diet. These products can be eaten in small amounts, as taste supplements, and as a source of carbohydrate.

<table>
<thead>
<tr>
<th>Product</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Carbate (g)</th>
<th>Proportion (P:C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gooseberries</td>
<td>17</td>
<td>1.1</td>
<td>3.4</td>
<td>1 : 3.1</td>
</tr>
<tr>
<td>Red or black currants</td>
<td>22</td>
<td>1.2</td>
<td>4.8</td>
<td>1 : 4.0</td>
</tr>
<tr>
<td>Blackberries</td>
<td>30</td>
<td>1.3</td>
<td>6.4</td>
<td>1 : 4.9</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>7</td>
<td>0.3</td>
<td>1.6</td>
<td>1 : 5.3</td>
</tr>
<tr>
<td>Raspberries</td>
<td>29</td>
<td>0.9</td>
<td>5.6</td>
<td>1 : 6.2</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>23</td>
<td>0.8</td>
<td>5.2</td>
<td>1 : 6.5</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>22</td>
<td>0.6</td>
<td>5.3</td>
<td>1 : 9.0</td>
</tr>
<tr>
<td>Dried apricots</td>
<td>183</td>
<td>4.8</td>
<td>43.4</td>
<td>1 : 9.0</td>
</tr>
</tbody>
</table>

* "Carbate" stands for "carbohydrate".
Table 6 - ctd.

<table>
<thead>
<tr>
<th>Product (100 g = 3.5 oz.)</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Carbate (g)</th>
<th>Proportion (P:C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>23</td>
<td>0.7</td>
<td>5.4</td>
<td>1:9.1</td>
</tr>
<tr>
<td>Strawberries</td>
<td>26</td>
<td>0.6</td>
<td>6.2</td>
<td>1:10</td>
</tr>
<tr>
<td>Oranges</td>
<td>35</td>
<td>0.8</td>
<td>8.5</td>
<td>1:10</td>
</tr>
<tr>
<td>Apricots</td>
<td>28</td>
<td>0.6</td>
<td>6.7</td>
<td>1:11</td>
</tr>
<tr>
<td>Potatoes</td>
<td>66</td>
<td>1.3</td>
<td>14.9</td>
<td>1:15</td>
</tr>
<tr>
<td>Figs (dried)</td>
<td>247</td>
<td>3.6</td>
<td>52.9</td>
<td>1:15</td>
</tr>
<tr>
<td>Greengages</td>
<td>48</td>
<td>0.8</td>
<td>11.8</td>
<td>1:15</td>
</tr>
<tr>
<td>Peaches</td>
<td>37</td>
<td>0.6</td>
<td>9.1</td>
<td>1:15</td>
</tr>
<tr>
<td>Chestnuts</td>
<td>172</td>
<td>2.3</td>
<td>36.6</td>
<td>1:16</td>
</tr>
<tr>
<td>Plums (average)</td>
<td>38</td>
<td>0.6</td>
<td>9.6</td>
<td>1:16</td>
</tr>
<tr>
<td>Plums (dried)</td>
<td>161</td>
<td>2.4</td>
<td>40.3</td>
<td>1:17</td>
</tr>
<tr>
<td>Bananas</td>
<td>77</td>
<td>1.1</td>
<td>19.2</td>
<td>1:17</td>
</tr>
<tr>
<td>Cherries</td>
<td>47</td>
<td>0.6</td>
<td>11.9</td>
<td>1:20</td>
</tr>
<tr>
<td>Pineapple</td>
<td>46</td>
<td>0.5</td>
<td>11.6</td>
<td>1:23</td>
</tr>
<tr>
<td>Grapes</td>
<td>62</td>
<td>0.6</td>
<td>15.8</td>
<td>1:26</td>
</tr>
<tr>
<td>Dates</td>
<td>248</td>
<td>2.0</td>
<td>63.9</td>
<td>1:32</td>
</tr>
<tr>
<td>Apples</td>
<td>46</td>
<td>0.3</td>
<td>12.0</td>
<td>1:40</td>
</tr>
<tr>
<td>Pears</td>
<td>41</td>
<td>0.2</td>
<td>10.6</td>
<td>1:53</td>
</tr>
<tr>
<td>Sultanas</td>
<td>247</td>
<td>1.1</td>
<td>64.4</td>
<td>1:58</td>
</tr>
<tr>
<td>Apple juice</td>
<td>38</td>
<td>0.1</td>
<td>9.3</td>
<td>1:93</td>
</tr>
<tr>
<td>Strawberry jam</td>
<td>204</td>
<td>0.6</td>
<td>64.6</td>
<td>1:107</td>
</tr>
<tr>
<td>Marmalade</td>
<td>240</td>
<td>0.5</td>
<td>58.6</td>
<td>1:117</td>
</tr>
<tr>
<td>Potato flour</td>
<td>339</td>
<td>0.6</td>
<td>83.9</td>
<td>1:140</td>
</tr>
<tr>
<td>Honey</td>
<td>288</td>
<td>0.4</td>
<td>76.4</td>
<td>1:228</td>
</tr>
<tr>
<td>Cordial drink</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>pure sugar</td>
</tr>
<tr>
<td>Coca-Cola</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>pure sugar</td>
</tr>
<tr>
<td>Sugar</td>
<td>394</td>
<td>0.0</td>
<td>105.0*</td>
<td>pure sugar</td>
</tr>
</tbody>
</table>

Table 7 Group VII Products of plant-origin containing very little fat.*

The protein is of low biological value and they contain large amount of carbohydrate, thus, are not suitable for a person on the optimal diet. These products should constitute the main source of energy for a person eating the traditional Japanese diet.

<table>
<thead>
<tr>
<th>Product (100 g = 3.5 oz.)</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Carbate (g)</th>
<th>Proportion (P:C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas</td>
<td>349</td>
<td>23.8</td>
<td>60.2</td>
<td>1:2.5</td>
</tr>
<tr>
<td>Beans</td>
<td>346</td>
<td>21.4</td>
<td>61.2</td>
<td>1:2.9</td>
</tr>
<tr>
<td>Pasta (4 egg)</td>
<td>376</td>
<td>14.2</td>
<td>70.8</td>
<td>1:5.0</td>
</tr>
<tr>
<td>Oat flakes</td>
<td>391</td>
<td>13.0</td>
<td>67.8</td>
<td>1:5.2</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>349</td>
<td>12.3</td>
<td>69.2</td>
<td>1:5.5</td>
</tr>
<tr>
<td>Black bread</td>
<td>240</td>
<td>7.9</td>
<td>48.5</td>
<td>1:6.1</td>
</tr>
<tr>
<td>Macaroni</td>
<td>368</td>
<td>12.1</td>
<td>74.6</td>
<td>1:6.2</td>
</tr>
<tr>
<td>Millet</td>
<td>354</td>
<td>10.6</td>
<td>71.4</td>
<td>1:6.7</td>
</tr>
<tr>
<td>Wheat bread roll</td>
<td>250</td>
<td>6.9</td>
<td>52.6</td>
<td>1:7.6</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>374</td>
<td>7.9</td>
<td>76.4</td>
<td>1:7.7</td>
</tr>
<tr>
<td>Wheat flour</td>
<td>350</td>
<td>9.7</td>
<td>73.4</td>
<td>1:7.9</td>
</tr>
<tr>
<td>Semolina flour</td>
<td>346</td>
<td>8.8</td>
<td>75.2</td>
<td>1:8.6</td>
</tr>
<tr>
<td>Tea biscuits (average)</td>
<td>413</td>
<td>8.6</td>
<td>73.8</td>
<td>1:8.6</td>
</tr>
<tr>
<td>Semolina</td>
<td>353</td>
<td>8.8</td>
<td>76.6</td>
<td>1:8.7</td>
</tr>
<tr>
<td>Bread (white)</td>
<td>372</td>
<td>8.2</td>
<td>79.8</td>
<td>1:9.7</td>
</tr>
<tr>
<td>Pearl barley</td>
<td>347</td>
<td>7.4</td>
<td>74.6</td>
<td>1:10.0</td>
</tr>
<tr>
<td>Pumpernickel bread</td>
<td>290</td>
<td>5.9</td>
<td>61.8</td>
<td>1:10.5</td>
</tr>
<tr>
<td>Rye bread</td>
<td>240</td>
<td>4.5</td>
<td>52.6</td>
<td>1:11.7</td>
</tr>
<tr>
<td>Rice</td>
<td>349</td>
<td>6.7</td>
<td>78.9</td>
<td>1:11.8</td>
</tr>
<tr>
<td>Rye flour</td>
<td>348</td>
<td>6.4</td>
<td>76.7</td>
<td>1:12.0</td>
</tr>
</tbody>
</table>

* Cereal products contain low amounts of fat, from 0.7% in rice to 2.9% in pearl barley. The only exception is oats, which contains approx. 7.5% of fat. That is why, in combination with a greater proportion of protein to carbohydrate than in other cereals, oats is the best fodder for grass-eaters. In comparison, rice and rye are the worst.
Group VIII Plant-origin products containing all the main nutrients, and thus, consumable in small amounts, limited by the content of carbohydrate.

### Table 8

<table>
<thead>
<tr>
<th>Product</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Proportion (P : F : C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy beans</td>
<td>442</td>
<td>34.9</td>
<td>18.1</td>
<td>34.8</td>
<td>1:0.5:1.0</td>
</tr>
<tr>
<td>Soy flour (full-fat)</td>
<td>449</td>
<td>39.9</td>
<td>20.6</td>
<td>29.9</td>
<td>1:0.8:0.6</td>
</tr>
<tr>
<td>Cocoa</td>
<td>459</td>
<td>23.6</td>
<td>20.2</td>
<td>45.7</td>
<td>1:0.9:1.9</td>
</tr>
<tr>
<td>Peanuts</td>
<td>432</td>
<td>19.0</td>
<td>32.0</td>
<td>9.0</td>
<td>1:1.7:0.9</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>566</td>
<td>24.4</td>
<td>43.8</td>
<td>18.6</td>
<td>1:1.8:0.8</td>
</tr>
<tr>
<td>Poppy seeds</td>
<td>542</td>
<td>19.5</td>
<td>40.8</td>
<td>12.1</td>
<td>1:2.1:0.6</td>
</tr>
<tr>
<td>Pistachio nuts</td>
<td>594</td>
<td>20.5</td>
<td>48.5</td>
<td>16.9</td>
<td>1:2.4:0.8</td>
</tr>
<tr>
<td>Bitter almonds</td>
<td>577</td>
<td>20.0</td>
<td>52.0</td>
<td>7.6</td>
<td>1:12:0.4</td>
</tr>
<tr>
<td>Sweet almonds</td>
<td>332</td>
<td>10.0</td>
<td>28.0</td>
<td>10.0</td>
<td>1:12.8:1.0</td>
</tr>
<tr>
<td>Walnuts</td>
<td>651</td>
<td>16.0</td>
<td>60.3</td>
<td>11.5</td>
<td>1:13.8:0.7</td>
</tr>
<tr>
<td>Chocolate with nuts</td>
<td>604</td>
<td>11.0</td>
<td>44.0</td>
<td>41.0</td>
<td>1:14.0:3.7</td>
</tr>
<tr>
<td>Hazelnuts</td>
<td>646</td>
<td>14.4</td>
<td>63.0</td>
<td>6.0</td>
<td>1:14.4:0.4</td>
</tr>
<tr>
<td>Chocolate (average)</td>
<td>559</td>
<td>6.0</td>
<td>33.4</td>
<td>58.7</td>
<td>1:5.6:9.8</td>
</tr>
<tr>
<td>Potato chips (average)</td>
<td>554</td>
<td>6.0</td>
<td>40.0</td>
<td>51.0</td>
<td>1:6.7:8.5</td>
</tr>
<tr>
<td>Dark chocolate</td>
<td>624</td>
<td>4.0</td>
<td>40.0</td>
<td>48.0</td>
<td>1:10:12</td>
</tr>
<tr>
<td>Coconut (desiccated)</td>
<td>611</td>
<td>5.6</td>
<td>63.2</td>
<td>5.9</td>
<td>1:25:1.0</td>
</tr>
</tbody>
</table>

### Table 9

The main nutrient content of some types of milk.

<table>
<thead>
<tr>
<th>Product</th>
<th>Kcal</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Proportion (P : F : C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mare</td>
<td>49</td>
<td>2.7</td>
<td>1.6</td>
<td>6.1</td>
<td>1:0.6:2.6</td>
</tr>
<tr>
<td>Cow</td>
<td>48</td>
<td>3.1</td>
<td>2.0</td>
<td>4.4</td>
<td>1:0.6:1.5</td>
</tr>
<tr>
<td>(normalised to 2% of fat)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Camel</td>
<td>67</td>
<td>4.0</td>
<td>3.1</td>
<td>5.6</td>
<td>1:0.8:1.4</td>
</tr>
<tr>
<td>Sheep</td>
<td>90</td>
<td>5.5</td>
<td>5.3</td>
<td>4.6</td>
<td>1:1.0:0.8</td>
</tr>
<tr>
<td>Cow - powder (full-fat)</td>
<td>489</td>
<td>25.8</td>
<td>25.7</td>
<td>38.5</td>
<td>1:1.0:1.5</td>
</tr>
<tr>
<td>Cow (average)</td>
<td>65</td>
<td>3.3</td>
<td>3.7</td>
<td>4.8</td>
<td>1:1.1:1.5</td>
</tr>
<tr>
<td>Hind (doe)</td>
<td>152</td>
<td>9.3</td>
<td>10.5</td>
<td>4.3</td>
<td>1:1.1:0.5</td>
</tr>
<tr>
<td>Goat</td>
<td>68</td>
<td>3.3</td>
<td>4.1</td>
<td>4.7</td>
<td>1:1.2:1.4</td>
</tr>
<tr>
<td>Pig</td>
<td>132</td>
<td>6.1</td>
<td>9.6</td>
<td>4.6</td>
<td>1:1.6:0.8</td>
</tr>
<tr>
<td>Indian buffalo</td>
<td>105</td>
<td>4.1</td>
<td>7.5</td>
<td>4.7</td>
<td>1:1.8:1.2</td>
</tr>
<tr>
<td>Whale</td>
<td>381</td>
<td>10.6</td>
<td>36.6</td>
<td>2.1</td>
<td>1:3.5:0.2</td>
</tr>
<tr>
<td>Human - (average)</td>
<td>68</td>
<td>1.2</td>
<td>3.8</td>
<td>7.0</td>
<td>1:3.2:5.9</td>
</tr>
<tr>
<td>Middle-European</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Part 7

The book of miracles

The following are patient’s testimonials selected from the patient book of the Health Academy "Arkadia".

Today I have come to inform you, dear doctor, about an occurrence, which borders on a miracle. After undergoing treatment in Arkadia I went home and implemented the diet for all my family. And here are the results. My mother has been suffering from rheumatoid arthritis for 38 years and for the last 12 years had not left bed or set her foot on the floor. After 14 days of the diet, her up-till-then rigid ankle joints regained some movement, her toes began to move and she was able to place her feet flat on the floor. Yesterday — 17.12.1987 — she stood up, of course with underarm support, but she stood on her feet!!! My husband stopped having cold feet, he stopped limping on one leg, and he began to enjoy life again. All of us noticed a general improvement in the condition of our skin; we are always smiling and are full of joy.

Krystyna Karczewska

21.12.1987

Like an explosion of a supernova, it was you, you incredible doctor, who appeared in my life. My life was full of suffering, physical and psychological, brought about by the awful Buerger's disease. You appeared at the moment of doubt - the moment of loss of hope for an improvement in my health, when I was given no chance of saving my leg, being pressured into amputation. After implementation of the optimal diet, only after 2 weeks I had no need for pain-killers or sleeping pills. Finally, I could get enough sleep. And how wonderful the sleep is, only one who for years could not sleep through such terrible suffering could understand. Roughly after a month, the wound from the amputation of a foot began to heal; as big as a wrist, it failed to heal after the amputation, since 1984. I came to Arkadia in
December of 1987 in order to receive treatment. And here, I strengthened my belief that your methods produce concrete results in the treatment of Buerger's disease since the state of my condition improved substantially. The pains in my legs, associated with walking, markedly decreased. This was further confirmed by the distance of long (for me) walks — half-hour walks did not trouble me at all. I am leaving Arkadia full of optimism that I will fully recover. I thank you, you great man, since even though facing many difficulties you were able to set up the Academy of Health where I could spend my time without suffering. I am grateful to all your associates who stand by you and give us sick so much hope and joy. I appeal to all those who are depressed and doubting the efficacy of doctor Kwasniewski's method — trust him as I have and give yourselves a chance for a better tomorrow. It has to be said — Dr Kwasniewski is your better tomorrow. A 100 years of life, dear doctor.

Aleskander Szymbiński, Warszawa

01.06.1988

In January 1987, I suffered a sudden attack of pain in my leg; the pain was so intense that I was unable to take even a few steps. I sought an opinion of a vascular surgeon who placed me in hospital. For 3 months I was treated with intravenous drips (pain-killer plus sedative) with no improvement. Finally, a decision to amputate my leg was made, to which I agreed since there was no other solution. Because of the pain, I could not sleep at night - I crawled like a worm. Just before the operation my wife came to visit and urged me to postpone it because she saw a TV program called, "A game for a million" featuring a medical practitioner who was able to treat atherosclerosis. I asked for a pass home and immediately rang Dr Kwasniewski who agreed to see me in Ciechocinek. After examination he recommended a diet which I approached sceptically. After following the diet for a month I began to believe in its efficacy - my pain had abated and I began to sleep at night. Then, because I felt well, I began to eat bread and potatoes, which resulted in an immediate return of the disease. At that moment I broke down and I stopped believing in anything; I was convinced that there was no hope for me. Then suddenly, I received a letter from Mr Kwasniewski in which he informed me that from 2.11.1987 he was commencing physical therapy treatment. When I arrived I told the doctor how well I once was and that the disease had returned. And he told me straight away that I had sinned with food. Regrettably that was true! After a week's stay I felt so good that I returned home by train, and then I came back from Toruń by bicycle. After the end of my treatment (14.1.1987), I was able to commence employment (on 23.11.1987) about which I could not have dreamt before the treatment. Dr Kwasniewski stands for health.

Jerzy Poptawski, Toruń

16.01.1988

I would like to convey the progress of my treatment in a few sentences. About mid-May the symptoms of Buerger's disease rapidly worsened. The necrosis set in firstly in the fingertips of the left hand and then the right hand. The surgeon whom I was seeing suggested hospital admission and amputation of the affected body parts on every visit, hi December, necrosis emerged in the second toe of the left foot; and again the prospect of amputation. I never believed that my disease was treatable, however that is not what transpired. Today, after 12 days of treatment I feel great. The pulse has returned, the wounds began to heal beautifully, but above all I do not need to go to hospital. Sincere thanks to Dr Kwasniewski and his staff for their care and patience.

Stefan Ryduchowski, Solec Kujawski

17.01.1988

When I was 22 y.o. I developed Bechterew's disease. The disease V V advanced rapidly. Today I am 40 y.o. and over the last 5 years there was not a single day when I did not feel excruciating pains in the spine and hip joints. Getting up from a bed or from a chair was simply torture. I would wake up dozens of times during each night with terrible pain.

I arrived in Arkadia with an ESR of 30/62, able to bend down to the floor with 35 cm distance from my fingertips. After four days of
treatments with the selective currents and strictly following the optimal diet all the pains are gone, and the ESR is down to 13. I began to sleep normally.

For the last 3 days I have been playing table tennis having no problems with movement. Today I am leaving for home with an ESR of 5 and with the distance of bending to the floor of 10 cm from my fingertips. After 18 years, I have been returned to society within a period of 14 days, being on the mend and believing in a total cure. I wish for Dr Kwasniewski that wise medical dissidents could be found, and many more places such as this one would appear in Poland. So the work of the medical profession would not be wasted, and sick people were given back their health and returned to society and to a productive life. With great respect and praise for the medical practitioner and his methods,

Ryszard Jozefowicz, Bydgoszcz

17.01.1988

Presently I am 26 y.o. I developed rheumatoid arthritis when I was 3. Since then, I have been to many hospitals and sanatoria. Regrettably, all the treatments I was subjected to in these places were not very effective. Lately, I gave up on any kind of treatment, not counting some exercises and pain-killers without which it would have been difficult for me to move. I understood that medicine is powerless, particularly in my case.

Today, leaving Ciechocinek, I simply believe in, and have the greatest of respect for, the treatment methods used by Dr Kwasniewski. My pains are mostly gone; I do not take any medication; the joints are no longer as stiff as previously: I have a strange feeling of lightness, and have the will to live! But it has been only 2 weeks. What will happen in a month? A year?

I would like to finish by saying that one should never give up but instead one should follow the principle: "In order to be healthy follow the advice of Dr Kwasniewski". I am exhilarated and grateful to everyone for everything.

Wojciech Appelt, Inowrocław

TT 7e found our way to the Academy of Health thanks to a TV program. I brought my husband who 2 years previously had been diagnosed with ALS (amyotrophic lateral sclerosis). None of the specialist neurologists consulted in Poland and abroad gave us any hope of a cure, in fact the opposite, they gave no hope of survival beyond 2 years. At the time of arrival in Arkadia my husband’s hands and legs were totally immobilised; his head was slumped forward, his oesophagus was not functional, the atrophy of the tongue was apparent, and his speech was slurred, so extensive was the loss of neurones and muscles.

After a 3-week stay, his muscles re-grew, particularly along the spine, the shape of his hands returned to normal - the strength from the arm to the wrist (movements) is back. He is able to swallow everything — no choking is apparent, his speech is more comprehensible. Movement has also returned to his legs, and the spine strength is apparent which can clearly be appreciated during walking. The overall improvement in his health is very apparent... The visit to Arkadia was also beneficial to myself. I was able to mend my sick liver and my migraine which bothered me for years. But most of all I was able to extend the life of my husband... I am unable to express my gratitude towards Dr Kwasniewski and his kind personnel. I thank you for bringing my husband into a group of people with a future. Grateful patients, respectfully,

Teresa and Jan Bieïiko

30.01.1988

I arrived in Arkadia on 18.01.1988 having suffered from asthma for the last 21 years. Thanks to Dr Kwasniewski I was able to put away all my medication, from which I was inseparable, after only 3 days. Presently, I am smoking a lot of cigarettes and the asthma, which once was in my bronchi, is gone. The pains in my legs and spine are also gone. I am grateful to Dr Kwasniewski for the return of my health and happiness, for saving me from diseases with which my life was so hard. Grateful patient,

H. Wasiak, Sochaczew
For the last 10 years I had been suffering from multiple sclerosis. Treatments prescribed by an eminent specialist produced no apparent improvement. The constantly deteriorating condition resulted in the development of a pronounced limp of one leg; I had no hope of making a proper step.

I arrived in Arkadia on 02.02.1988. For me that represented the last chance of returning to health vis a vis ineffective medical treatment. Dr Kwasniewski welcomed me very warmly, and assured me that the advances of the disease would be arrested and the follow-up treatment at home would bring improvement. To my greatest surprise I was able to notice the first signs of improvement on the 6th day of the stay. The leg which until then had a limp was able to take a normal step. The following days brought further changes. Presently, I am able to raise my leg up to hip level. And it has been only 10 days of the therapy. It is a great pity that the knowledge of Dr Kwasniewski is not propagated but rather is being suppressed.

Bogdan Kowalski, Swiecie

For 14 years I suffered from bronchial asthma. I was treated in hospital, and had been constantly taking drugs without major benefit. However, after a stay in the clinic of Mr Kwasniewski I am fully cured - shortness of breath abated after 3 days. Ecstatic and grateful,

Urszula Wittke, Sabrinowo

I have had a heart infarct. I have atherosclerosis in the leg. For the last 35 years I have been suffering from arthritis; I am also considerably over-weight. Over the years, I went through many different slimming diets — in the sanatorium, at home, and by using hypnosis as an outpatient. I never lost weight. Every day I took a lot of drugs prescribed by medics. I felt worse with every day. My legs were very swollen. At the moment I am staying in Academy of Health "Arkadia" under the care of Dr Kwasniewski. I am not taking any drugs. With the aid of the optimal diet and the selective currents utilised by the doctor, marked improvement in the heart efficiency has been achieved. Angina pectoris pains are gone, circulation in the legs is improved - the swelling is gone. I have lost 3.5 kg in weight; my blood pressure is down from 170/100 to 120/60. My belief in the effectiveness of the treatment has been restored; my will to live is back. I have no words to express my gratitude towards Dr Kwasniewski and his staff.

Maria Mentlewicz, Warszawa

IIP or the last 20 years I was treated for a headache by many different J- medics to no effect. After 3 days of treatment and the diet devised by Dr Kwasniewski, the pain is gone. I was petrified that it would return, however, it has not. At the same time, very advanced atherosclerosis in my legs has markedly abated. The strength of my legs has increased two-fold. I am leaving Arkadia very content, happy, with a will for life. I owe it all to Dr Kwasniewski and his personnel. With respect and best regards,

Ryszard Nykis, Czestochowa
04.03.1988

contacted Dr Kwasniewski in January. My husband was very ill. He had been treated for psoriasis since 1978, his limbs were covered with blisters full of pus, his nails were coining off; he was unable to walk. After the introduction of the optimal diet the condition of my husband underwent a dramatic change. The skin has healed to such an extent that he is able to walk. His general condition has improved, he is happier, he wants to live. Very grateful wife of Stanislaw Lipinski,

Daniela Lipinska, Torun

07.03.1988

Three weeks following the completion of the treatment in the centre of Dr Kwasniewski, I returned in order to thank him for curing me from asthma using this wonderful therapy — the optimal diet and the selective currents. After the 5th week of being on the optimal diet I feel excellent. I smoke 4 times fewer cigarettes and I do not feel much of an urge to smoke anyway. My health is back thanks to you, great man, dear doctor.

Romuald Torun, Lodz

09.03.1988

After a 2-month treatment with the optimal diet at home, my husband’s blood sugar level has normalised. He has suffered from diabetes since 1981. We wish to extend our thanks for the improvement in his health.

Juliana Warzocha

12.03.1988

I have been suffering from atherosclerosis and Parkinson’s disease. At the time I arrived in the Health Academy Arkadia there was no pulse on the periphery, the oscilometric indicator was 0, and my legs were cold. After 13 days of treatment, the warmth has returned to my legs, the pulse is back in the peripheral arteries and oscilometric indicator is 3. At the same time the neurosis and buzzing in my head are gone.

Kazimierz Laniecki, Gniezno

13.03.1988

I underwent the treatment under the care of Mr Kwasniewski; I came in with degenerated joints and spine. I was unable to walk more than 1/2 km. Coronary artery disease with advancing atherosclerosis made my breathing difficult, and agina pectoris pains made my life a misery. In addition I weighed a 100 kg. Presently, 14 days after, I feel well, my weight is down to 94 kg, the heart pain is gone, the legs are OK, I am able to walk for 4 km without feeling any tiredness or being short of breath. I have regained the will to live. And it is all thanks to the diet which contains a lot of fat, which was forbidden by other medics who harmed me by doing so, causing many unnecessary diseases. I am 63 and am feeling great, for which my thanks go to Dr Kwasniewski and his personnel who with tenderness and understanding help very sick people. I believe there should be more of this type of treatment centre and then the society would become healthy. Once again I thank dear Dr Kwasniewski, may he live long for the benefit of the people.

J. Lasiewicz, Koniecpol

12.03.1988

I have been suffering from atherosclerosis and Parkinson’s disease. At the time I arrived in the Health Academy Arkadia there was no pulse on the periphery, the oscilometric indicator was 0, and my legs were cold. After 13 days of treatment, the warmth has returned to my legs, the pulse is back in the peripheral arteries and oscilometric indicator is 3. At the same time the neurosis and buzzing in my head are gone.

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J. Lasiewicz, Koniecpol

26.03.1988

I for the last 17 years I suffered from morbus Bechterevi. I have used J. a past tense because currently I am sure I will be healthy. After the stay for treatment at Dr Kwasniewski’s place I observed a marked improvement in my disease. The pains of the spine are totally gone, and particularly so in the hip joints. Waking is pleasant for me, my step has become more elastic, and the morning stiffness is gone. I wake up full of joy and get up refreshed. The most important thing — my posture
is no longer crescent-like. I stand almost straight. My chest, which was fully blocked, became movable. All of that after only 2 weeks of treatment. It is my wish and a dream that no one interferes with Dr Kwasniewski’s work, so he can continue to develop his centre.

Maria Czarnecka, Obromino

27.03.1988

In 1986 I developed the symptoms of rheumatoid arthritis. I spent several months in hospital. There was virtually no hope for a cure; I was in a critical state. The treatment included blockades, gold, voltaren, enocort and other extremely powerful drugs. Later on, I returned to hospital several times to prop up my deteriorating health. The joint pains, which intensified every day, resulted in the progressive and severe drop in my body weight; I virtually stopped eating. The kidneys almost stopped working; I was passing urine only once every two days. I experienced severe liver (thymol turbidity 7.5) and stomach pains. One day during a family gathering I overheard (everyone thought I was asleep) an opinion expressed by a specialist who anticipated that I only had 3 to 4 months of life left. Needless to say, I experienced immense tragedy. I have two sons who require my care. I lost the will to live. There was no hope for me.

That hope was returned to me by Mr Jan Kwasniewski whom I met on 14.03.1988. Today, after 13 days of my stay I can state that the effects of treatment are excellent. I am very happy to have found my way here. The intensity of the pain is markedly decreased; I am not taking gold or enocort any more. My kidneys, liver and stomach are working normally again. My enormous gratitude goes to Dr Kwasniewski for his help, warmth and goodness —for everything he has done for me. He has returned my will to live.

Karolina Chrzanowska, Gdańsk-Oliwa

P.S. Mrs Chrzanowska has resumed her employment.

31.03.1988

Approximately 15 years ago I visited Dr Kwasniewski seeking help for my obesity. I was 175 cm tall and I weighed a 120 kg. After the implementation of the doctor's directives (diet) my body weight began to progressively and relatively rapidly decrease. During the first month it dropped 8 kg, that rate was maintained for the next 2 months. Within the period of 6 months my body weight dropped to 90 kg and it has stayed at that level until the present day. During the period of those 15 years I was never ill - not once. I have employed the optimal diet until the present day. Being 48 y.o. I feel very well, I have no health problems. I am very grateful to Mr Kwasniewski for the help he has offered me.

Tadeusz Ruchowski, Toruń

09.04.1988

Contacted Dr Kwasniewski on 09.01. 1988 asking for help for my husband. He has been suffering from multiple sclerosis - MS for the last 12 years. Because of his condition I was unable to leave my husband alone. Thanks to the diet my husband is much better. He stayed in bed being paralysed and very thin; the skin on his face and all over the body was covered with some kind of spots. He felt really bad when I let in some fresh air. I had to call an ambulance because of the deterioration in his condition.

At present he is much better, his overall condition has improved, he is happy and the dark spots had disappeared from his skin. I can take him up onto the balcony. I would like to warmly thank you for all of that.

Czesława Gargata, Klodzko

9- 04.1988

I am 34 y.o. Ten years ago I had the first symptoms of MS. They started with double vision and later included weakness of the legs, impairment of speech as well as weakness of the right hand. Twice, I underwent hospital treatment, I was treated by herbalists, I took microelements. All these treatments did not arrest the progression of the disease. After implementation of the optimal diet, my legs became stronger which means that I can walk much further than I could 2 weeks ago; the speech impairment is gone. My overall condition,
including the condition of the right hand, has also improved. At the same 
time my body weight decreased 3 kg. I am leaving Dr Kwasniewski’s 
Academy of Health full of optimism that with my continued employment 
of the diet a further improvement will occur. I thank Dr Kwasniewski 
and the personnel of Arkadia for improvement in my health.

Wojciech Zielinski, Poznan

11.04.1988

came to the clinic of Dr Kwasniewski after suffering a brain stroke 
resulting from atherosclerosis of the arteries. After 
walking a distance of 150 in the pain in the lower limbs made further 
walking impossible. Apart from that, I have been suffering for two years 
from psoriasis on my scalp. After the stay in Arkadia I am able to 
walk 1.5 to 2 km without symptoms in my legs. The psoriasis has gone. 
It is very difficult to express my gratitude towards Dr Kwasniewski 
in words. I want to live again. My hundredfold thanks.

Bogumił Nowakowski, Kielce

21.04.1988

For the last 15 years I suffered from atherosclerosis; for the last 
4 also from diabetes. I learned about the medical practitioner, 
Jan Kwasniewski from a TV program. Therefore on the 9th of December 
I arrived in Ciechocinek to see him. After an interview I was given 
a diet program and a prescription for 15 physical treatments. I live in 
Konin (approx. 300 km one way) and I had to commute every day for 
the treatment. Before that I received medical treatment in a clinic in 
Wroclaw where I was advised to have an operation, to which I did not 
agree. At that time I was able to walk only a few meters. After the 
treatment prescribed by Dr Kwasniewski I am able to walk for a few 
hundred meters. The diabetes is totally gone. My blood sugar level is 
85 mg% and that after 1 stopped taking my pills in February. When I 
withdrew from the diabetes clinic, the specialist told me to see the 
psychiatrist. I warmly thank Dr Kwasniewski for curing me from the 
atherosclerosis.

Jan Sobaiiski, Konin

25.04.1988

I am 50 y.o. and I have been constantly sick. I have spent the 
last 5 years in hospitals being treated for atherosclerosis and 
circulatory insufficiency. The condition of my health has been 
deteriorating rapidly. I had constant pain in the sternum; I was unable 
to walk. After the stay, I am leaving Arkadia feeling reborn. The pain 
in the sternum is gone; I am walking without any problems, there is 
nothing wrong with me. I hope that Arkadia will survive and that 
others who suffer will be able experience the happiness and the cure as 
I did.

Alicja Okroje, Pawlikowice

25.04.1988

I underwent the treatment by Dr Kwasniewski in February. I am 
46 y.o. and for the last 12 years I have been suffering from diabetes; 
for the last 10 years I have been on insulin. Apart from that I had 
asthma and occasional attacks of migraine as well as ulceration of the 
skin on the lower limbs. After the treatment the asthma has 
disappeared; the legs are much better, there is no pain and the 
ulceration has healed. Migraines have stopped. I used to take 48 units 
of insulin, presently I am taking only 20 and I strongly believe that 
after a period of time I will be able to stop taking it altogether. I feel 
very well and I am very satisfied from the results of my stay in here, 
and most of all I am grateful to Dr Kwasniewski. Before, I was taking 
medication for my asthma and the legs. Now I take no medication apart 
from insulin. I am a grateful and content patient.

Kazimiera Browarska, Gostynin

P.S. I came here of my own will to inform the doctor of and thank him 
for my wellbeing.
Letters from patients to Jan Kwasniewski

The following is a selection of letters or excerpts from letters received in recent years by Jan Kwasniewski. Most of them were published in a daily newspaper, Dziennik Zachodni with dedicated responses by Jan Kwasniewski. However, the responses have been omitted in this book for the simple reason of space constraint. These letters serve the purpose of demonstrating the effectiveness of the optimal diet in various pathological states (for which they were selected), including heart disease, diabetes, MS, asthma, etc., as well as some rare disorders.

Readers are encouraged to send histories of their ailments and the results of their optimal diet treatment to the address provided at the end of this book. It is anticipated that soon after the release of this book a dedicated Internet website (www.homooptimus.com) will be available. This site will cater to the needs of followers of optimal nutrition, who will be able to submit their comments (e.g., disease histories, diet success stories) or, by using a list of topics, obtain answers to diet-specific questions.

Warszawa, 18.05.86

In October last year I spent some time in the recuperation centre in Ciechocinek, and there you, sir, were in charge of my therapy. I was suffering for half a year from persistent pains in the right hand and numbness of the fingers due to pathological changes in the neck part of the spine. At the end of my stay you had a talk with me and my friend about the rational model of nutrition. Everything you said was so contrary to what I believed to be a known fact that - I have to admit - I approached all of what I heard with great reservations. However, the longer I thought about what you have said the more I was impressed by the logic and the consistency of your arguments. In the end, after I returned home, I decided to commit myself to a 1-month nutritional experiment according to your recommendations. And that was the beginning. Presently, it is over six months since I started to follow your nutritional suggestions, and being very grateful I feel obliged to share the results with you. All of the pains in the hand have dissipated; the numbness is totally gone. The pains in the spine are almost gone. I have slimmed down 3 kg; I never ate so much fat in my life as I am eating these days, but even so and perhaps because of that, I have achieved a weight of 53 kg being 152 cm tall. I feel great, that is, I have a lot of energy, the urge to work. I sleep better and overall I am much calmer: for years I suffered from intermittent sleeplessness. Currently I probably sleep less but I am fully rested. For the first time my gums do not bleed in the spring; previously I had that problem even though I ate a lot of apples, lemons and oranges. At the beginning I had cravings for sweets. Now after eating a single portion of sugar I feel ill - I get liver pain. I cannot convey how much I am grateful and obliged to you.

I enclose best wishes,

S.P.

Krosno, 02.11.1988

From July, together with my husband, I have been implementing the optimal diet. Until then we had been eating a "pasture-like" diet. The results were disastrous. My husband is 44 y.o. and is very sick. He underwent an operation on the thyroid gland and eyes but he has been mostly suffering from asthma which he developed about 10 years ago.

My husband has slimmed down 15 kg and his condition has dramatically improved. He is able to sleep at night, but I have to add that during the last 3 years he could not have survived without hydrocortisone injections, on occasion even given twice a day. These past times were very tough for us. At present, we are slowly getting used to a new, better reality.

As well as asthma, the flatulence is gone, he no longer has a stomach like a balloon; the pains in his stomach and liver are also gone.

I suffered from kidney stones, neurosis, heart pains, stomach pains and flatulence, and inflammation states of the bladder. My weight was 96 kg.

After a week of the diet, for the next two weeks I was passing sand; I was afraid of a kidney stone so I went and had a contrast X-ray done, but already there was no trace of a stone. Before it was there. The stomach problems have vanished, but I have lost only 6 kg.
All the recipes from the book are fantastic, we have been using many of them particularly the cheesecake - it has no equal. To our surprise we do not eat much, 2 times a day - meaning breakfast and a one-dish dinner since 2 dishes are too many. Many of our friends are also following the diet and their results are equally unbelievable. One of them was treated for a heart ailment for many years and he could not exist without drugs. These days he takes none, and his cardiologist, unaware of anything, is very proud of the results of his treatment.

Thanks to your knowledge our life has improved immensely, the peace and hope that nothing worse can await us have returned.

H.S.

Ostka, 09.02.1992

« 1984 I suffered an extensive stroke with right-side paralysis. Regardless of taking a large number of drugs, and being treated with massage, exercise, physical modalities and an anti-atherosclerotic diet, my condition was really bad over the subsequent years. And the cholesterol was always above 400 mg%. I continually suffered from an increased blood pressure, dizziness, nausea and vomiting. I was in a wheel chair. The right hand was always cold and in spasm, I could not move the hand or the fingers. The leg was cold and as inert as a log. My speech was slurred and my face was deformed. To top it all, I was in a terrible psychological state, panic attacks and heart pains. I had to urinate 5 to 6 times a night, which according to my medic, was an indication of advanced circulatory insufficiency. I did not want to continue living like that. I collected sleeping pills to poison myself. I was not eating much and yet my weight was 74 kg with a height of 160 cm.

By chance, I learned about the existence of the Health Academy "Arkadia" in Ciechocinek and by a sheer stroke of luck I managed to "get in " for the last one-week treatment term. That was at the end of April 1988. After the implementation of Dr Kwasniewski's diet I stopped feeling hungry after only 3 days and until today I have never felt hungry anymore. The state of my health, my physical condition and my overall condition started to improve rapidly. After 6 months on the diet I lost 12 kg and my weight has since remained constant. During my stay in "Arkadia" I was treated with the selective currents. The currents were applied to my paralysed limbs. After only the 4th session the hand became warm and fingers straightened. The leg also warmed up, the oedema and cyanosis receded, my walking was improving by the day. Only from that time do I know how a human being should live and only from that time have I been living like a man.

Longin Majzner

03.04. 1995

Dear Sir, I will describe in point format which changes have taken place in my body since I started eating in the optimal way.

1. Reduction of body weight by 10 kg (75 kg in November - 65 kg in March, with a height of 170 cm and at the age of 37) .
2. Improvement in the blood profile (red blood cells 3,800 in November - 4,500 in March; also improved haemoglobin).
3. Withdrawal of all kind of lumbar pains, and pains in the joints, muscles and neck vertebrae - previously a chronic problem.
4. Normalisation of previously low blood pressure; before 80/40 mmHg - currently never below 100 (systolic), on average 110/60 mmHg.
5. Cessation of all pains and problems associated with the digestive tract: heart burn, belching, stomach problems, "lazy" colon - common before commencement of the diet.
6. Cessation of phlegm production and throat redness at every deterioration of the weather.
8. Cessation of allergy (reaction to rose oil and sauerkraut juice — presently no problems on contact with these substances).
9. Cessation of "nasty " body odour - virtually no body odour.
10. Improvement in mental abilities - deductive ability.
11. Improvement of courage in everyday life; faster reflexes.
13. Scars present for the last 15 years (operations) are beginning to smooth out and disappear; the tissue under the scar is sensitive to touch - before no feeling at all.

14. Improvement of the skin condition (smoothness) and the lack of over-oily hair.

15. Lack of premenstrual tension; normalisation of the period cycle.

At the moment, these are all the changes that I have noticed in myself and with which I am very happy. I believe that other positive changes will emerge since I do not plan to abandon this "model of life." However, I do plan to talk to you on the phone since from these conversations I am able to harvest the energy so helpful in the monotony of everyday life. I would like to express my profound gratitude for all the above-listed improvements by saying a simple - THANK YOU!

All the best, sincerely,

Beata

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I have been suffering from coronary artery disease for a few years. In 1994 I ended up in hospital. After a fix-up I returned home with certain recommendations: to take pills and perform no strenuous physical activity. In 1995, in May and June I was in different hospitals again, however, the state of my health did not improve. In fact, it got worse. In September 1995 I travelled to J. Kwasniewski to Ciechocinek with the results of all the hospital and laboratory tests. Dr Kwasniewski asserted that everything was not lost on condition that I implement the optimal diet. Specialists from the Cardiology Clinic in Lodz referred me to the Central Hospital in Miedzylesie (Warszawa) for coronarography. Regardless of all the tests, my condition kept on deteriorating. I was following the optimal diet and I was taking prescribed medication. Dr Kwasniewski stated that after 3 months on the optimal diet the pain should stop and then I should stop taking medication. In April 1996, I was given an appointment for another coronarography. The state of my health improved so much that there was no need for the test. In May, all the pains stopped and I stopped taking pills; so far I feel well, I can walk and perform all kinds of work, I feel no pain at all. I attend the specialist clinic in Lodz where everyone is happy that my health is back. Regrettably, these medics do not know why it happened, they think that the pills have helped. I am grateful to Dr Kwasniewski from Ciechocinek. Thanks to him I was born again. I am prepared to share all the information about my disease.

M. Stapien

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For the last few years I have been suffering from ulcerative inflammation of the colon, ulcer disease, diabetes, hypertension and neurasthenia. I was very sick and weak. I had strong headaches, severe abdomen pains and diarrhoea; my stools contained blood. The pressure on the left ureter causing urine retention in the kidney was a result of intestine disease according to my medics.

I was taking heaps of medication for my problems; I weighed 115 kg.

I have been implementing the optimal diet for the last 6 weeks. During that time I have lost 18 kg of body weight! My blood sugar level was between 18-22 mmol (224-280 mg%) even though every day I took 6 pills to reduce it.

I stopped taking the diabetes pills after only 5 days and since then the sugar level has remained within the normal range. I stopped taking the anti-hypertension pills after a week since the blood pressure has normalised. These days a typical pressure is 115/65.

The stomach pains and heartburn were gone after 1 day on the diet. The abdomen pains, although persisting are minimal, I have no diarrhoea, nor blood in my stools. Urinary retention is gone. There has been a great improvement in my neurosis; I stopped taking sedatives from day one of the diet. I am full of energy and strong. I have regained the will to live and my enjoyment of life. I have forgotten what a headache is.

Zenon G. from Bytom
I felt drunk when walking and I had no strength. Whatever I ate I vomited.

I implemented the optimal diet 5 months ago. When the blood sugar fell I reduced the dose of insulin. Currently I still take 8 units a day but the sugar level is not rising and I think that soon I will be able to put it away for good.

Presently I have no symptoms of any sort and I feel great. I have noticed that my vision has improved as well.

_Wiestawa B, from Dąbrowa Gornicza._

In 1988 my son was in an accident, suffering head injuries and broken legs. The therapy took 2 years. With the progression of time his walking ability deteriorated. He gave the impression of being drunk. He could not walk with a cup of tea without spilling it. His vision also resembled that of a drunk person. When his unemployment benefit expired he could not find any work since everyone assumed he was a drunk. Medics, in turn, treated him as a malingerer. In July this year he ended up in hospital where he was diagnosed with Charcot-Marie-Tooth disease. Whilst taking Nootropil he felt terribly unwell. He became sleepy, had headaches, vertigo and vision disturbances; he had no strength left.

After he left the hospital I stopped his medication and implemented your diet. He has been on it for a month. And the improvements are marked; the vertigo occurs very rarely, his vision is normal, his walk is much improved.

I attempted to discuss your diet with a medic but he responded by saying that I would destroy my son with cholesterol. I did not believe him since I have tried the diet on myself. I was overweight and my blood pressure was 170/120. After a month I lost 7 kg and the blood pressure has dropped to 140/80.

_Halina Droidzik_

Suffered from chronic inflammation of the blood vessels. It is an auto-aggression disease. As a result of that disease I developed ulceration of the lower legs. For three years I was given steroids which caused diabetes. Also, I had hypertension and an enlarged left heart ventricle.

Well, all the pathological symptoms have disappeared rapidly; the heart has decreased in size and the blood pressure is now back to normal.

I have been on the diet for over a year. I was experiencing symptoms of the menopause: lack of periods, hot and cold flushes, sweating attacks. After a month on the optimal diet my period returned and currently is incredibly regular, to a day. My hair, most of which I lost during the taking of the steroids, has improved greatly. It has began to grow in places where I lost it years ago.

I have become a very happy person, I think about the future with optimism. As a woman, I have to thank you since I look much younger and I have lost 15 kg.

_CD. from Jastrzębia_

Have been suffering from diabetes for 28 years. I used to be treated with tablets; for a year I have been taking insulin at 40 units per day. For the last few years I have had atherosclerosis of the lower limbs. A year ago my right leg was amputated at the knee. The wound has healed. Two weeks ago I suddenly experienced a severe pain in my left leg. It became cold, it is getting progressively more cyanosed, it started to blacken and the three smallest toes became totally white and severely painful. The pains are terrible and the pain-killers do not help at all. I cannot sleep, I cry all the time because of the pain.

The medics in the clinic in the USA said that nothing more could be done and the leg has to be amputated at the knee or even higher.

My family in Poland has told me that my leg can be saved. I rang the "Arkadia" in Gliwice where I was given your phone number. Can I get help in Poland which I could not get in the USA? After all the medicine in the USA is very advanced. If you tell me that I have a chance I will be on my way immediately. Please, admit me to your clinic in Ciechocinek.

_A.S._

CD. from Jastrzębia
**From J. Kwasniewski:**

The patient received precise guidelines in terms of her nutrition and how to proceed with the treatment of her diabetes until a cure can be achieved. She was constantly crying. She has received the treatment with selective currents on her left leg. During the first treatment she also cried but she cried much less during the third one.

I scheduled an appointment to see the patient at the beginning of September. In August whilst visiting Arkadia in Gliwice I was told by the nurse that the pains have abated, cyanosis has receded and the toes stopped being white. After 3 weeks the patient reported that she was feeling great.

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**Ustrzyki Dolne, 30.10.97**

I am a medical practitioner with a 16-year practice in anesthesiology. Many years back, I heard a rumour about the optimal diet but at the time I was unable to recognise the importance of the subject. Now, after reading the book it is the right time.

I have been following the optimal diet for about 6 months, my daughter has followed it for 3 months.

It is miraculous. I would like to keep in touch with you, with the aim of improving myself and my family but also with the aim of gaining your permission to use your knowledge in my medical practice. Thus far, I managed to get rid of excess weight, ulcer disease of the duodenum, arterial hypertension and ulcerative inflammation of the colon.

Warm thanks.

**med. prac. Jan Matusik**

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**Andrychow, 26.11.1997**

Quite by an accident your book "Optimal Diet" fell into my hands. I have to admit that after finishing reading it I made a certain gesture near my head. I put the book on the shelf. However later, rather intrigued, I returned to it... and again... and once more.

For years I have been trying to lose weight, I tried different methods with no effect whatsoever. Being 156 cm tall, I weighed 73 kg. I felt terrible. Unhappy, weak, always tired; I had sudden attacks of tachycardia, redness of the face, sweaty and trembling hands. Medication was not helping.

I set aside the medication and started eating like never before. For the first time in my kitchen there appeared bacon, pork rind, and lard instead of oil. For the first time in my life I made myself potato chips. I started eating eggs which I used to avoid.

From June to November I lost 13 kg. I got rid of the symptoms of neurosis, although after irritation my face still gets red. I felt like a different person.

I would like to lose more weight but the progress is very slow. Dear doctor am I eating well? I thing I am going OK since I have lost those 13 kg, but somehow I do not trust myself. It all seems too simple for me. I am unable to express my gratitude for my present figure.

**Lidia M.**

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**Piotrkow Trybunalski, 12.12.1997**

I am 17 y.o. I developed type I diabetes a year ago, I used to take 15 to 20 units of insulin a day.

From the end of October I began to implement the optimal nutrition. On the first day I took only 7 units of long-acting insulin and the level of blood sugar was good (80-120 mg%). In the following days I stopped taking insulin and the morning, midday and evening levels of sugar were good (80-126 mg%).

After 3 weeks I developed a serious throat infection. After culturing, the bacterium was identified as Staphylococcus Aureus. During the infection my blood sugar levels began to increase: morning 150, evening up to 230 mg%.

As you recommended over the phone I began a course of antibiotics and started to inject low doses of insulin.

As a result of the treatment there was an improvement however the sugar levels do fluctuate. I am most concerned about the morning levels which range between 126-150 mg%. On occasion, every second or third day I take 4 units of insulin when the level climbs up during the day. Do I need to worry?

**Anna Fijalkowska**
My diseases include obesity, type H diabetes, hypertension (damaged eyes), ice-cold legs, a large gallbladder stone, viral HBS infection, enlarged fatty liver, constant constipation, hyperacidity, heartburn, flatulence, burping, deforming osteoarthritis, sharp outgrowths on metatarsal bones, deformed and painful feet, painful hip joints, varicose veins, coronary artery disease, cardiovascular insufficiency, a markedly enlarged right ventricle of the heart, sinusitis, poor hearing, a lack of taste sensation, rheumatism, frequent episodes of bronchitis, a spot on the lungs, degeneration of the neck, thoracic and lumbar regions of the spine, excessive fluid in the body tissues, swelling of the legs, strong headaches, hot scalp (unable to use a comb), dandruff, loss of hair, broken skin on the heels and the tips of the fingers, wounds between the toes, inability to urinate without taking pills.

I used to live on oat flakes cooked in water together with bran and a little bit of milk, honey, jam, margarine, oil - clearly mostly carbohydrates.

From the end of June 1997 I commenced the optimal diet.

After a month of the diet I stopped all medication including the diabetes pills. Thus far I have not lost weight, but the swelling is gone, I sleep better, I am happier, I am able to walk and I am less fatigued, the skin does not break any more, my complexion is beautiful - not one wrinkle even though I am 58 y.o. My hair is much improved, my feet are better and the outgrowths are gone - no pain. The diabetes has vanished (blood sugar 101); I do not get hyperacidity, heartburn, flatulence, burping; my legs are warm. I can hear better and my sinuses have improved; I have begun to taste food, my bronchi are clearing.

Yesterday (27.12) I passed the gallbladder stone. For the last 6 weeks I have experienced pains in the region of the liver; last night I had a strong pain until 1 am and suddenly it stopped. Today I am well, thank you dear doctor. And the food is a dream come true.

If it was not for this diet I would not be amongst the living today.

I am glad you are with us, that you are able to help your countrymen unselfishly. I cannot express my gratitude. Thank you. God bless.

Janina Lis

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Oswiecim, 28.12, 1997

I have been on the optimal diet for a year. For years I have been fighting excess weight, I tried different methods but nothing worked for me. On the diet I have lost 15 kg.

Since childhood I was diagnosed with a congenital heart fault. It is the so-called Wolff-Parkinson-White syndrome (WPW).

As far back as I can remember I used to have attacks of tachycardia which sometimes ended in a loss of consciousness. Over the years, I have been examined many times by different medics and none of them could tell my parents what was wrong with me. However, they assured us that the symptoms would disappear after reaching puberty. Nevertheless, the attacks kept on recurring and on one occasion I ended up in hospital where after an ECG the correct diagnosis was made. During the test my pulse rate was 165.

Since then I have been prescribed Cordarone tablets. Regardless, the attacks kept on recurring so I decided to stop taking the drug.

From the beginning of the diet implementation the attacks became less frequent and I was able to tolerate them much better. During the last six months I have not had a single attack. I feel very well, being 35 y.o. I am very calm and emotionally balanced, and for all of that I would like to thank you.

Miroslawa L.

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Dąbrowa Gornicza, 02.03.1998

For the last 5 months I have been following the optimal diet. I am 51 y.o. and I suffered from diabetes for the last 14 years.

After a switch to the diet the blood sugar has almost normalised. I am able to control it because I have a glucometer. Previously, I had to take 26 units of insulin twice a day or 52 units per day.

I have reduced my dose of insulin rapidly to 10 units a day - 6 in the morning and 4 in the evening. Last week I did not take any insulin and the blood sugar remained at the level where it was when I was taking these low doses meaning 134 to 150 mg% in the morning and 154 to 160 mg% in the evening, or lower at times. I feel great; there is no sugar in the urine.
Gone are the hypertension, the stomach ulcers, the haemorrhoids, and I have lost 14 kg. The varicose veins which were very pronounced are markedly reduced, the back pain and the numbness of the hands are also gone.

Can you please reply if based on my overall wellbeing and the low sugar level, I can stop taking the insulin for good?

Teresa Ch.

Zabrze, 03.04.1998

ur son Alan is 13 y.o. He became unwell over 4 years ago. It was terrible. Over the following years he was treated on 16 occasions in different clinics, and there was no improvement. He was diagnosed with chromophilic tumour of the adrenals. He was very sick, he would get tachycardia, awful headaches; the systolic blood pressure would exceed 240 mmHg and the diastolic 200 mmHg.

The blood level of catecholamines was always very high, exceeding the norm over 70-fold. Over all those years he suffered tremendously, he could not go to school; he would spend months lying in bed in different clinics. For me and my husband it was a tragedy. On one occasion he suffered clinical death but somehow he was brought back to life, but what kind of life was it.

A year ago I came to you, sir, in Ciechocinek to share with you our terrible and hopeless situation. At that time our son was in another clinic. After my return home I started delivering the "optimal food" to the clinic and my son's condition started to rapidly improve. Over all those years he used to take an incredible number of pills every day. He returned home in much better overall condition and with a greatly reduced number of medications.

After few days at home I stopped all the medications because they were not needed. My son returned to normal health and life.

At present he is fully cured, the blood level of catecholamines is normal, his blood pressure is 110/60, he is very active, he has good results at school, does not get any infectious diseases. Together with my husband I am very grateful to you for saving my child's life. Although, there is a feeling of sorrow for his "colleagues in sickness" all of whom have died. Did they have to die so young?

A.S.

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You the greatest man on earth! My statement above sounds a bit strange but I am unable to find the most appropriate words to express what I feel.

First of all I would like to apologise to you for all those dumb and egoistic people whom you have so far encountered in your life and many of whom you will probably encounter in the future. What a blessing it is for all the sick that you have not given up and for all those years have been fighting with omnipresent stupidity.

I thank you from the bottom of my heart.

I am a nurse, I am 47 y.o. and I am already on a disability pension. Disease, pain, operations, systematic treatment without any effect.

In my case, the saying, "There is nothing bad that can not turn to good" is very appropriate. If it was not for my ailments, my sister in law from Silesia would not have sent me the book "Optimal Diet". From the moment I finished this book I became a totally different person. I always had a problem with doing things that made no sense. I felt very isolated. I saw no logic in everything that surrounded me. Thousands of existential questions and no answers - the ultimate frustration. Now I understand why there is so much aggression in teenagers. They shout in the streets, on the stage because instinctively they can sense the lack of sense in everything that they are made to do by the older generation.

And suddenly you, you are able to put this puzzle together into a beautiful and logical picture of the world in time and space.

I feel like a person who from a cart-track, from a horse cart, suddenly changed over to a Mercedes and drove onto a freeway.

I have regained my inner peace. Now I know that the human aim in life is to develop intelligence, wisdom, and awareness since only a wise man is able to really love and create a "biblical heaven on earth". Most of my ailments are gone and today I know that I will be healthy. And I dream about the creation of another "Arkadia" in Biayingstok so I could have a chance to work in it. I would prefer to be a cleaner in "Arkadia" than a nurse in the current HealthCare system.

Krystyna Tomczak

Biatystok, 30.06.1998
Gliwice, 07.07.1998

am 69 y.o. For the last 20 years I have been suffering from Parkinson's disease. I had a very severe shaking of the hands, and without drugs I was totally immobilised due to paralysis of the legs. All the time I took 4 tablets of parcopan a day without which I could not move. At the same time I was suffering from the ulcerative disease of the stomach and the duodenum for which I was treated systematically. Recently I had strong pains in the hand and neck for which I took medication for the last 6 months but there was no improvement. For years I also suffered from asthma.

I have been implementing the optimal nutrition since November '97. My condition has improved rapidly. Since February I do not have asthma and the ulcer disease symptoms have stopped after only few days on the diet.

The only remaining symptom of Parkinson's disease is a light shaking in the right hand. The shaking of the left hand and stiffness and the shaking of the head are all gone. I have been reducing the dosage of medication progressively but from the beginning of May I have not taken any since I do not need it. And for the last 20 years medics told me that I would need to take parcopan for the rest of my life, that my diseases are incurable, that I would have to learn to live with them.

I am strong, active, I do not get tired when I work. I keep wondering how easy it was to regain my health and forget about the diseases for which I was constantly treated for the last 20 years but always without any improvement.

S.M.

Rybnik, 10.07.1998

am 50 y.o. For over 10 years I have been suffering from Lesniewski-Crohn disease.

I underwent 3 abdominal surgeries because of it and part of my small intestine was removed. Five years ago I had an intestinal torsion as a result of previous operations for which I was again operated. The whole time I had abdominal pains, flatulence and diarrhoea. Quite often I had liver pain. For years I had joint pains, my joints were deformed. All that time I was undergoing treatment; I took pills by the dozen. I was wasted, I had no strength.

I have been implementing the optimal diet for over a year. I have gained 12 kg in weight. All the digestive tract complaints are gone; in addition there is no liver pain. The joint pains are also gone, but what is surprising, the deformities of joints have dissipated, I have not been taking any medication for a year and I feel great. I became a healthy person but I keep wondering how come it was so easy.

Jadwiga R.

Hamburg, 03.08.1998

am 54 y.o. I was constantly sick and I ended up being a human wreck, I weighed only 48 kg. On many occasions I spent time in hospitals and clinics; I took lots of drugs but I felt progressively worse. I was semi-sober; I had no strength to walk.

For 20 years I had recurrent kidney pain and I suffered from inflammation of the urinary tract. I had stomach pain for 18 years; heart, liver and intestine pains, an oesophageal varix, haemorrhoids, I was totally exhausted. I used to cry all the time; I only waited for death. A few times a year I would have inflammation of the ovaries, frequent bleeding from haemorrhoids, and on two occasions bleeding from an oesophageal varix.

I could not eat anything but for years I had eaten at least 5 kg of apples a week. For years I suffered from hypertension and I had high cholesterol.

By pure chance I stumbled on a book, "Optimal Diet" and I read it in one go. I understood its message and I understood what mistakes I had committed over the years in terms of my nutrition. The diets recommended over the years by different medics had ruined my body. Over the years I had taken masses of drugs which were intended to help me but which made me feel even worse.

For the last three months I have been on the optimal diet. At times, I cry but only out of happiness. All my ailments are gone, I feel no pain, I have a lot of strength and I put on 8 kg in weight. The level of HDL cholesterol is up and that of LDL is down as are the triglycerides. My complexion is greatly improved; there has been a change in the way I look and in my body shape. I feel that I am rejuvenated and I look better than I looked 15 years ago. But I have one problem I do
not know if I should be glad or be sad. After 6 years my period is back. Please, can you explain if this is a positive sign or maybe negative; what am I to do about it. Do I have to see a gynaecologist?

Dorota B,

Jaroslaw, 04.08.1998

I am 41 y.o. I have had diabetes since the age of 7. The disease has caused a lot of damage to my body. For the last 6 years I have had hypertension which at times exceeded 220/120 even though I took medication. The medical practitioner told me that this hypertension is caused by pathological changes in my kidneys which resulted from the diabetes.

I have been on the optimal diet for almost 4 months. When I started my daily dose of insulin was up to 76 units. Progressively I have been reducing the dose. At present I am on 25 units a day, but for the last 4 days my blood sugar has been too low, so I will have to decrease the dose of insulin.

I have lost 14 kg in weight and the hypertension has vanished ...

Until now I could not believe that I could cure myself from diabetes, but now I think that it will happen soon.

Barbara G,

Hamburg, 05.08.1998

For 6 years I have been suffering from a severe allergy. I underwent treatment in many clinics but there was no improvement. I had large swellings under my eyes, swelling of the whole face, marked swelling of the joints. I looked terrible.

With my face I used to scare people, and particularly children were afraid of me.

I have been implementing the optimal diet since January 98. After a few weeks all symptoms of allergy were gone. I have lost 7 kg in weight; a large lipoma on my back has dissolved without a trace. I still have lipomas on my hands which are decreasing in size slowly. Will these dissolve totally as well?

Now, I am a slim person, with a nice complexion; my colleagues often do not recognise me and medics keep on wondering how a disease with which they could not do anything over the last 6 years has receded by itself. I do not tell them that it was not by itself they would not understand anyway.

Rafael K.

Chicago, 07.08, 1998

sincerely thank you for saving the life of my very sick mother. My 76 y.o. mother underwent surgery on the mitral and aortic valves. She was taking over 10 different drugs. Unfortunately her condition continued to deteriorate on a daily basis.

From a drug taken for thinning the blood she suffered nose bleeds, eye bleeding, and bruising all over the body. Her legs were very swollen. Abdominal dropsy developed. Her blood pressure in the morning was up at 220/100 and in the evening below 80/50. She had nausea, stomach pain, and she was constantly exhausted. Medics reckoned that nothing more could be done for her. The doses of medication were being increased on a weekly basis. One thing that could possibly save her, according to medics, was a totally fat-free diet. Mum would catch colds very frequently; every flu brought terrible consequences.

On a few occasions whilst suffering from pneumonia, mother would spontaneously reach for butter and eat it by itself with great appetite. On the fat-free diet she was constantly hungry and weak; she had anaemia. Her liver enzymes were dangerously increased, accordingly she was prescribed new drugs for the liver. Her swelling constantly increased. Typically after 4-5 weeks of being swollen she would rapidly lose weight after passing 4-5 litres of urine a day. Medics said that the passing of such a large volumes of urine indicated a neurosis. She was referred to a psychiatrist. Psychotropic drugs markedly worsened her condition.

I work as a nurse and I pleaded with my mother to save her life by implementing the optimal diet. Thanks to this diet we have achieved a miracle!!!

I want to tell it to the world.
Mother has been on the diet for the last 6 months. During two months she progressively eliminated all II drugs. Her blood pressure stays between 110/70 to 138/80. The swelling of her legs and abdomen is gone. Mum has taken up bike riding again. The results of all the laboratory test are normal!!! Even her markedly increased liver enzymes are back to normal. Even the atrial fibrillation which affected her for years, and apparently was permanent, has receded and irregular heart beats have appeared only on occasion. These are short-term and well tolerated by mother.

Dear sir, thanks to you my mother has regained her health and undoubtedly her life has been prolonged significantly.

Everyone should implement the optimal nutrition prophylactically or as a treatment, or as pleasure for the body, brain and soul.

I wprk in the Cardiology Clinic affiliated with the University of Illinois in Chicago. In this institution patients are prescribed masses of drugs. I witness how the condition of patients deteriorates on a weekly basis.

These people are weak, always tired and they are constantly cold. In their voices I can hear resignation and a loss of hope of any kind of improvement in their health.

I often hear opinions: "still, every second person is dying from a stroke or infarct", "medics know what they are doing, obviously for me there is simply no hope ".

They are awaiting premature death. They do not have to wait long. It is awful!

I myself have suffered from an incurable disease. Thanks to you sir, my legs have regained their proper function, the pins and needles, numbness, coldness and difficulties with walking are gone. Thanks to you my mother is a born-again women, happy and healthy.

She has tears in her eyes when she talks about you.

After many years spent working in hospitals, after observing patients suffering and dying needlessly, I am convinced that all the methods currently implemented in today's symptomatic medicine are not even in 1% of cases beneficial for the patient.

Why is medicine destroying the health of those people already suffering from diseases?

Elzbieta Kowalska
All symptoms have resolved. The glaucoma is gone, I take no eye drops and my intraocular pressure is perfect. During August last year I underwent treatment with selective currents for glaucoma and I am cured.

All the pathological changes of the retina are gone; my vision is better and currently I wear +1 dioptre lenses. I do not get up at night; all prostate symptoms are gone and a diagnostic test has shown that my prostate has decreased in size and is back to normal.

My cardiologist has noticed big improvements, but I have said nothing, that it is not his achievement or that of the medication which he continually keeps on prescribing and which I do not buy or take.

I have avoided surgery for glaucoma. I know that if I started the optimal nutrition much earlier then my heart surgery would not have been needed. Am I right?

One other thing: I used to snore terribly. Since 3 months ago I sleep very well and do not snore at all.

14.04.1999

am a medical practitioner, orthopaedist, I am 45 y.o. I had been suffering for 15 years from hypertension, and my blood pressure was at times high regardless of systematic treatment.

In the middle of February I ended up in hospital with a blood sugar level of 500 mg%. I was given insulin of which I had been taking 44 units every day ever since. I was very weak.

I began to implement the optimal nutrition from the 15th of March by eating a fatty chicken stock with egg yolks. That very day the sugar level dropped to 95 mg%. From the first day of the diet I reduced the dose of insulin by half; after a week I was taking only 7 units and after 2 weeks I stopped it all together. My blood sugar level oscillates between 97 and 143 mg% hardly changing. Whilst taking insulin I was unable to walk; now I am very strong and physically active.

From day one I stopped the medication for hypertension and after 2 weeks my blood pressure was 120/80 and has remained at such a level.

Dr Jerzy M.

17.04,1999

I have seen the light. I am bewildered by what medicine is currently doing to ill people. I hope it will change soon, that the health system will stop being the system of disease, as it could be described all over the world presently, but it will in fact dispense health to people, as it should do and as it can do currently.

WacAaw J.
Dąbrowa Gornicza, 21.06.99

during your book, "Optimal Diet" quite by accident at 4 pm February 1999. It was a Friday but not an unlucky Friday. I was non-stop, day and night. Whilst reading it for the first time, I studied the medical terms using an encyclopedia; continuing on a Sunday evening at 9 pm.

This book is the wisest I have ever read and I have read many. I am studying books by the priest Stanisław Staszic, Professor Wtadzimir Sedlak, the priest Hugo Kollontay and many of bygone eras.

Piece "Optimal Diet" hides nothing and the knowledge it contains is very easily understood. Should humanity not take this knowledge it will be an enormous loss.

With my wife we have implemented the optimal nutrition on the 8th. A fifth month has passed since we began. I have been free of type II diabetes for 10 years without any hope this disease is after all incurable.

Treated in a clinic in Dąbrowa Gornicza, I had been on regimes of drugs every day; I took diapret and metformin for the first day of the diet I stopped taking tablets for the diabetes. After a month my blood sugar was between 6. For 10 years I struggled with the disease, and after the diet was gone. The stomach pains, the heartburn are gone along with the joint and spine pains. My complexion has smoothed out cold sores, my feet stopped stinking, my nails are white and I am not tired. I sleep and wake up refreshed, I feel the need to work, I get winded during physical work, I never get short of breath whilst walking, I get great enjoyment from life. I have lost 11.5 kg. I feel like a "young god".

I stopped using spectacles when driving because of the improvement of my vision.

Perhaps it would be beneficial for humanity to have the government, but mostly from the scientific elites and medical experts, undergo trepanation of the skull so they can he filled with oil you obviously know as do the "optimists" can it.

Thank you! Viva wisdom, viva the genius of our times.

P.S. "Belief makes human stupid" - wrote the priest Stanislaw Staszic. Yes, it does.

Olsztyn, May 3. 1999

Dear Sir,

I owe you my life and my wisdom. I came to see you because my patient number is 985. I no longer suffer from coronary heart disease, my heart is like a bell. I have no joint pains, the cracking of joints as is the osteoporosis. Gone are troublesome pains of the pancreas, gone is the migraine. I am 64, and I feel great.

In 1993 I received a disability pension and I started eating once a day, and after a year I began to eat once a day for a year. I felt good.

I have 2 daughters. The younger one after reading that it was a wonderful nutrition and has been following it for 10 years. She is 33, feels very well and never gets sick.

My older daughter is 40. Ten years ago she took it wrongly: dad! so many eggs and so much fat, what are you doing? I got sick and I will have to care for you until your death. I am persistent, and even though I talked to her on many occasions she would not listen. And now I have to care for her.

She can see that her sister and I are healthy, and she and her husband are constantly suffering from ulceration of the stomach and her sister has problems with her thyroid, liver, heart and others.

Finally, she gave in and bought the book, "Optimal Nutrition" which she can hardly understand anything from it. She pleads with me to go with her to see you because she cannot understand it herself and is afraid to implement these proportions even though for me it is easy.

Jen
belong to a group of people who were seriously mistreated by medicine, both in Poland and in Australia. From an early childhood I have been suffering from a complex heart defect acquired as a result of a throat infection and subsequent rheumatoid disease. I arrived in Australia with my sick heart as an adult. Later, I developed asthma following a severe pneumonia. As a result of an above "normal" cholesterol level (6.4 mM), in January 1999 I started a cholesterol-reducing diet. After a month or so, the cholesterol level fell slightly (5.9 mM) but the level of triglycerides had increased to 3.3 mM. I decided to abandon the diet; I could not continue working in my two jobs whilst on it.

The condition of my heart deteriorated progressively regardless of treatment. I suffered from frequent bouts of colds and influenza. The frequency of asthma attacks also increased. At the same time I had spells of dizziness combined with vision disturbances, profuse sweating and vomiting - all caused by the heart medication as recently admitted by my cardiologist. Then one day, a colleague of mine told me about your optimal nutrition. My son arrived with the book at the end of June, but I had already stopped taking my heart medication in May.

In recent times, my heart, having already three damaged valves, increased in size dangerously. After 2 months on the optimal nutrition, being 7 kg lighter in weight, and having a normal blood pressure and pulse, I visited my specialist. The cardiologist could not believe that my heart had decreased in size so markedly compared with its size last year. He asked me curiously what I had been doing in order to accomplish such an improvement in my health. He told me that he had never come across a patient whose enlarged heart had reduced in size as much as mine had. I did not explain, stating that it was not the right time for it. Also, I did not inform him that my asthma was also gone. Recent blood tests have shown that my total cholesterol level had increased slightly but the level of triglycerides had fallen to 1.1 mM.

W. Rusinowski

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**POLISH NATIONAL ASSOCIATION OF OPTIMAL BROTHERHOODS**

In the 1990s, in Poland, but particularly in the region of Silesia, a number of people eating in the "optimal way" had reached a certain threshold. As a result many of them felt a need to exchange their experiences with people following the same model of nutrition. Mr Adam Jany, himself a follower of the optimal diet, embraced and fulfilled the idea of Dr Kwasniewski of unification of people supporting the optimal model of nutrition. In 1998, thanks to his efforts, the Polish National Association of Optimal Brotherhoods, with an official patron of the priest, Professor Wtodzimierz Sedlak, was registered.

Official organizational objectives of the Optimal Association include:

- popularization of a modern - optimal - model of human nutrition,
- integration of different groups within the society interested in this model of nutrition and facilitation of exchange of experiences between them,
- organization of advisory services on how to lead a healthy lifestyle, including nutrition and physical activities, and the undertaking of preventive measures within this area.

At present, the Optimal Association has over 4200 registered members in 21 Brotherhoods in Poland and also overseas, mainly in the USA and Canada. The so-called Optimal Brotherhoods are continually being organised both across Poland and in many other countries.

Members of the Optimal Association organize regular meetings to promote the optimal model of nutrition. Persons or organizations interested in this model of nutrition, or in the fulfilment of objectives of the Optimal Association are warmly invited to take part in such meetings or other activities of their local Optimal Brotherhood. We also strongly encourage the formation of new Optimal Brotherhoods.

For any enquires, please contact the Optimal Association:

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