

# Your quest for total health...

We see our centres and our job as providing people with the very best food, vitamins, minerals, beauty products etc. we can find, backing up that service with the most up-to-date nutritional information to help them achieve their potential.

## Tony Quinn Health Foods Agents

### ARTANE - Teresa Hanaway

97 Brookfield Est  
316025  
1 after 3pm  
**BEAUMONT** - Carmel Flanagan  
84 Shantala Road, S2 8195  
**BLACKROCK** - Paul Dowle  
3 Avondale Lane Est.  
288-7432

**CASTLENOCK** - Carol Cooney, 10 Park Drive Grove,  
820-4029

**DUBLIN 1** - Ki Massage Therapy  
Clinic, 46A Upper Dorset St  
788098

**DUBLIN 8** - Holistic Ki Massage  
and Yoga Centre,  
53 Sygne St, 783347

**FAIRVIEW** - Dora Cronin,  
17 Windsor Avenue,  
333211

**FIRHOUSE** - Cyril Mahon,  
99 Glenwara Park,  
942437

**HOWTH** - Siobhan Clifford,  
5 Church Street, 323067

**RAHEEN** - Margaret Forde,  
Tony Quinn Health Centre  
316 Howth Road,  
339002

**STH. CIR. RD.** - Patricia  
McKenna, 2 Bloomfield Ave  
543319

**SWORDS** - Doral & Bernice O  
hNain,  
29 Forest Blvd, 840-5540

**CUL. ARMUGH** - Margaret  
Short,  
63 Dandrum Road, Tassagh,  
(086) 531463

also Cascades Swimming Pool  
Thomas St,  
Portadown  
(0762) 332802

**CARLOW** - Josephine Donnelly,  
26 Mountain View, Pollerton,  
(0503) 41878

**CASHEL** - Liam Kelly,  
Roseview,  
(062) 62063

**CASTLEBLAYNEY** - Patricia  
Fitzpatrick, Corrina,  
(042) 46328

**CELBRIDGE** - M. & B.  
O'Caughan,  
(01) 628-8961

**DONEGAL** - Eileen M. Gimple,  
412 Dungan Ave  
(073) 22646

**DROGHEDA** - Maire Maguire,  
4 Regents Place,  
(041) 32028

**GALWAY**  
Mary Dolan  
(091) 55866

**KILKENNY** - Scian Kelly,  
102 Patrick St  
(056) 63874

**NAAS** - Keivina Lovatt, Millbrook  
Health Studios, (045) 75356

**NAAS** - Ki Massage Therapy  
Clinic, St. David's House, Main  
St, (045) 74350

**WATERFORD** - Caroline  
Moran, 5 Barronsrand Road,  
(051) 78279

We have advised people from all walks of life - rock stars, politicians, models, body builders, cyclists, athletes, football players, students etc. We continuously conduct wide-scale research into the effects of various diets and supplements on health, energy and looks. Over the

years we have built up a considerable body of nutritional information and useful tips for you to avail of. So you are most welcome to drop into any of our health stores to browse, to acquaint yourself with the latest nutritional breakthroughs,

to see the large range of healthy alternatives now available, to learn how to use diet and supplements for better energy, skin, hair etc. There's something there for everybody and we always have a qualified nutritionist in attendance to answer your questions.

## Tony Quinn Health Foods Shops

### DUBLIN CITY

67 ECCLES ST  
(Off Dorset St)  
Tel: (01) 308588  
Mon-Fri: 9am - 10pm  
Sat: 9am - 6.30pm

### DÚN

**LAOGHAIRE**  
96 R. GEORGES ST  
Tel: (01) 280-9891  
Mon-Sat: 10am - 6pm  
Late Nights: Mon, Wed & Fri till 8pm

**RATHMINES**  
2 WYNNEFIELD RD  
(Opp ESB Office)  
Tel: (01) 974234  
Mon-Fri: 10.30am - 8pm  
Sat: 10.30am - 6pm

**ARMAGH**  
41 ENGLISH ST.  
Tel: (0861) 525742  
Mon-Sat: 10am - 6pm  
Closed all day Wednesday

**BRAY**  
9 QUINBORO ROAD  
Tel: (01) 286-9311  
Mon-Sat: 10am - 6pm  
Late Nights: Mon & Thurs till 9pm

**CORK**  
20 ACADEMY ST  
Tel: (021) 276364  
Mon-Sat: 10am - 6pm  
Late Nights: Tues & Fri till 9pm

**DUNDALK**  
18 JOCELYN ST  
Tel: (042) 38097  
Mon-Sat: 10am - 6pm  
Late Nights: Mon & Thurs till 7.30pm

## Special Note

All letters in this paper are genuine. The originals are retained on our files and can be inspected where necessary



Healthy hair and skin... always attractive

## Have Thicker Hair Instantly

Hair Thicker and Conditioner is a cosmetic product for anyone troubled by thinning or fine hair.

The Hair Thicker lotion actually binds itself around each individual strand of hair adding thickness and gloss and giving a fuller look and feel to the hair.

\* Suitable for men and women  
\* Can be applied anytime - even without shampooing  
\* Non-sticky, non-greasy, unscented and invisible  
Cost £4.90 per bottle



Quality organic fruit and vegetables from our shop in Eccles St.

## Herbal pH Balanced Shampoo

With Tony Quinn's Herbal Shampoo you can be assured you're getting the best shampoo on the market. We've tried them all and this product is so mild, effective and properly pH balanced it cleanses without damaging the hair. It can also be used as a body shampoo.

## Restore Your Hair Colour Without Dyeing

Restore your natural hair colouring with our tried and tested product Original Colour Restorer. It is not a dye or a tint or colouring agent. Daily application increases hair pigmentation to restore natural colour in 2 to 4 weeks.

\* Suitable for men and women  
\* Will not wash out  
\* Usable by brunettes, blondes and dark-haired people  
When you have achieved your desired colour a single application periodically will keep your hair a natural looking colour.

Cost £5.39 (4 week's supply)

## A WONDER FOOD LIVER FORMULA

Improved skin, hair, increased energy and general health.

Among important nutrients found in liver are nucleic acids, renowned for their youthifying effects. Nucleic acids enhance the person's energy levels as well as improving skin tone and hair condition. Liver is often termed "a wonder food". Our SPECIAL LIVER FORMULA is super-concentrated, with moisture, fibre and fat removed. This convenient supplement form is a popular choice for men and women who need to look and feel their best, and particularly athletes and sportspeople seeking better endurance.

Cost: £12.00 (one month's supply)

### A Mother's Testimonial

Since the children were eating solids I've always given them a few Liver Formula tablets. I know from my own experience as a dietician and fitness instructor that they are great for energy and stamina as well as giving a healthy glow to skin and hair.



When the kids would be poorly and their appetites might be low once they get their Liver Formula Tablets I feel happier that they have a form of insurance for good health.

Siobhan Clifford.

## A Full range of Quality Organic Fruit and Vegetables

At Tony Quinn's health food shops we have always been keen to have as much quality organic food available as possible. Happily we can now provide you with a wide variety of fresh organic fruit and vegetables like lettuce, carrots, celery, turnips, herbs, beetroot, spinach, apples, oranges, pears, kiwi, peaches, avocados etc. at our Eccles Street Branch. Look out also for our wide range of organic products like jams, soups, soya products, oils, juices etc.