

Your guide to



The aim of this newspaper and the organisation that publishes it is to research human potential and to make the resulting information available to the public. Each of us has unlimited potential which, in the main, lies dormant. We have devised a system which we believe will enable a person to mine more of that potential. This system we call Educo and forms our basic philosophy.

The word 'Educo' means to educate or to draw out - the understanding being that you draw out the life and the world that you want from within. Throughout this newspaper we outline different ways of learning how to apply this system in your own life.

**1** Tony Quinn in person will run a 2-day seminar in the National Concert Hall, Earlsfort Terrace, Dublin, on Saturday 24th and Sunday 25th of September 1994. See pages 2 & 3 for details.

**2** Alternatively, we can work with you by post as you will see from pages 18 & 19 and we will also send you some further information to enable you to use this approach.

**3** On the back page we feature the Educo audio tapes which contain over 3 hours of material and instruction from Tony Quinn on how to apply the system on a day to day basis.

**4** If you would like to be trained in how to use the Successful Living System to work on some specific outcome for yourself then contact any of our centres listed on page 13, where you can also read some letters detailing recent results.

**Careers**

For those interested in training for a career in Health Culture / Holistic Medicine we feature details of courses available on pages 14 and 15.

**Body Sculpting**

This Exercise System is for people interested in getting themselves into their best shape. (Page 11.)

**Yoga Classes**

We first introduced Yoga to Ireland in 1971 and it became very popular. Now Yoga classes are readily available throughout Ireland. We consider Yoga the perfect complement to modern life. Our classes consist of a complete programme of breathing, exercise, diet, relaxation. (Page 17.)

**Note**

Last and certainly not least we only bring you good news because according to the Educo philosophy whatever we dwell on we become.

# European Parliament debates Holistic Medicine

A groundbreaking report calling for wide acceptance and promotion of complementary medicine within the European Community has been stalled by a handful of MEPs.

The proposals of the Lannoye report on "The status of complementary medicine" include an £8 million budget for research spread over five years and the inclusion of alternative medicines in the European pharmacopoeia. "It would be unrealistic and dangerous to ignore [complementary medicine] or treat it as marginal," the report says.

Fifty two MEPs, nearly half from France, blocked the adoption of the report which would otherwise have become the Community's official opinion on complementary medicine. There will not be time for it to be reconsidered this session.

The report's author, Belgian MEP Paul Lannoye, says he remains determined to present the report at the next opportunity. Campaigners had hoped the proposals would be adopted without amendments but it was stalled by just 10% of the Parliament on a procedural point. It will now have to take

the slower route through a full parliamentary session.

Amongst the report's suggestions are calls to recognise the preventative role of some therapies, the possibility or restructuring social services to ensure access to therapies, and a moratorium on prosecution of practitioners. It also proposes a Supplements Directive in the interests of public safety.

Campaigners recognise they will have to gear up for a long and carefully planned campaign to get the report accepted during the next full session of the Parliament.



EUROPEAN PARLIAMENT BUILDING, STRASBOURG.



## Farming for the future

The resources of the Earth are not infinite. Every application of pesticide or chemical fertiliser has far-reaching consequences for the plants and animals, for the people that live on them, and for the planet itself.

Organic farming developed as a way of living in peace with the great variety of wild creatures - animals, birds, insects and flowers - who share the countryside. Its pioneers put aside poisons and pesticides and relied on traditional methods of maintaining soil fertility - methods such as rotating grazing animals and crops which have been tried and trusted for centuries.

The instant solutions of sprays and chemicals have not worked in the long-term and have merely created more problems - more infestations of pests, tasteless food with dangerous chemical residues and pollution on a scale that can no longer be ignored.

**EAT ORGANIC**

If you are seriously interested in a healthier diet, then it is worth taking the trouble to seek out supplies of organic food. Many farmers will sell direct to the consumer and in parts of the country have developed arrangements whereby the farmer will deliver a quantity of whatever is in season for a fixed price each week or month.

Health food shops also stock a lot of organic produce, such as dried pulses and fruit, flour, cereals and rice and now the

supermarkets are beginning to see the value of stocking some organic meats and vegetables.

**THE ORGANIC SYMBOL**

To use the word "organic" or put a guaranteed organic symbol on his produce, a farmer must conform to certain standards and have his farm inspected annually. In Ireland, this work is done by three organisations, acting under licence from the Department of Food and Agriculture. These are: The Irish Organic Farmers and Growers Association (IOFGA) which is the largest body; the Organic Trust and the Biodynamic Association who farm according to the rigorous principles of Rudolf Steiner.

A landmark initiative, introduced by the EU as part of the CAP reform to tackle the quota mentality and protect the environment, is the Rural Environment Protection Scheme (REPS) which will convert much of conventional agriculture to near-organic methods and will change the face of Irish farming. It will be financed 75 per cent by the EU and 25 per cent by the Government.

Farmers joining the scheme will have to implement the following measures:

- \* Draw up waste storage and fertilisation plans.
- \* Avoid over-grazing.
- \* Retain features such as wetlands, wildlife habitats, hedgerows and stone walls.
- \* Protect historical or

archaeological features. \* Retain traditional stone buildings.

\* Cease using herbicides or pesticides and fertilisers on hedgerows and fringe vegetation of ponds and streams.

\* Maintain uncultivated field margins and ensure no nutrients or sprays are applied to such margins.

Farmers who implement the plan will be paid an annual premium of £122 per hectare. Organic farmers will receive between £73 and £98 per hectare and extra payments are available to farmers who undertake other environmentally friendly farming practices such as rearing local breeds in danger of extinction.

**A GREEN IRELAND**

Already around the country there is much interest in the scheme, if only for the payments involved but the effect could be that Ireland's organic lobby may be on the way to achieving its objective of a Green Ireland. If it is successful, the era of Angel Dust, BSE and the abuse of animals and the environment may be over and Ireland's food supply will be protected, and a healthier country safeguarded for all who live here.

Written by Fergus Brogan who is a member of the Irish Organic Farmers and Growers Association and is editor of their magazine Organic Matters. He is also the author of The Green Gardener, a guide to starting an organic vegetable garden.

## Bodybuilders are up in arms!

You may not have noticed but for the past year bodybuilding magazines such as 'Muscular Development', 'Muscle and Fitness', 'Flex' and 'Body Power' have not been available. To the keen bodybuilders and sportspersons who train with weights this is like car fanatics being deprived of car magazines or computer buffs being unable to read about the latest and best equipment.

We felt we should find out why. We approached Ireland's leading newspaper and magazine distributors and asked why they had stopped selling these magazines. They

said the Department of Health had requested them to do so. When we got on to the Department of Health we were passed to the Government Information Office. Eventually we were told that the request had been issued to the major distributors because these magazines were advertising products that either had not been approved for sale by the Department of Health or advertised vitamins and minerals that exceeded R.D.A. (recommended daily allowance) regulations. We were also informed that some of these magazines were promoting the sale of steroids.

To our knowledge such bodybuilding magazines never advertised steroids which are banned substances. They do advertise vitamin and mineral formulas, protein drinks, herbal and amino-acid complexes. But so do women's magazines and other fitness supplements etc. So why are bodybuilding magazines being singled out? These same publications are readily available in the U.K. and other E.U. Member States. Needless to say Irish bodybuilders are not impressed. They can't keep up with the latest contests, training advice and what's

happening with their favourite personalities.

They feel that the bodybuilding fitness lifestyle is positive and life-enhancing and are dismayed at the Department of Health's heavy-handed approach. The argument about vitamin and mineral preparations above R.D.A. levels is very weak as R.D.A. levels vary from country to country and have not been harmonised at E.U. level. The issue of steroids being advertised is simply not true according to bodybuilders we spoke to.

