



If you could use a possible £200 extra per week plus job satisfaction then read on ...

## Careers that give you more out of life

### Ki Massage Therapy

How would you like to have a career - full or part time - which is easy to set up and gives you professional practitioner status, offering a high-value service which most people are delighted to receive? One where your efforts are backed up by a nationally-known service mark and professional organisation, yet no expensive franchise fees are demanded? Where startup and running costs are low, while demand continually expands each year? Which can be run quite easily from home, but equally offers the potential for travel internationally if desired?

The career that offers you all these advantages and more is Ki Massage Therapy. Our next Ki Massage Therapy Diploma Course starts in June 1997 and by November with successful completion you could be practising in the rapidly expanding field of Holistic Medicine.

As a Ki Massage Therapist your job is to take the person and by being absolutely yourself while you treat them, create an atmosphere where the person can feel safe to relax. As a result you will cause that person to have more life - they will feel energised both physically and mentally, and beneficial results will occur in their life arising from this excellent state of well-being (hard to achieve by everyday means).

In Ki Massage, people will come and shake your hand to thank you for what a wonderful thing you have done for them. You provide a unique benefit which is genuinely needed in most

people's lives. When you put on your clinic coat to begin your full or part-time practice you know that there is real job satisfaction ahead. As a Ki Massage Therapist your work does not tire you out but just the opposite - you become immersed in the relaxing and re-energising feeling which you are conveying to others.

Ki Massage is suitable as a career for people of all ages and may be practiced privately from home, or in conjunction with an existing health centre, leisure centre or other business. Therapists in this immensely fulfilling field find that part-time weekly earnings of £200 are



easy to achieve - and with the proper training and qualifications, getting started is easy. The Ki Massage Diploma Course of the Irish Health Culture Association provides all the necessary training. The emphasis is on practical instruction and supervised practice. Students are also awarded the IHCA/City and Guilds of London Institute Certificate in Practical Aspects of Body Massage. This award is recognised internationally. Take your first step into an exciting new lifestyle based on relaxation - think of how delighted you'll be as you launch your new career in November 1997!

### Psychotherapy

Psychotherapy - an exciting and rewarding area where you help people use their mind for self-expression, freedom and success in life. Individuals satisfactorily completing this Foundation Course will be permitted (along with

IHCA graduates) to enter the Irish Association of Holistic Medicine two-year Diploma in Psychotherapy in September 1997, which is the practitioner qualification for those who wish to become holistic psychotherapists.  
Course Fee: £195.00.

**SEND FOR OUR PROSPECTUS NOW!**  
Enquiry & Enrolment Form

Name (Mr / Mrs / Miss) .....  
Address .....  
Telephone: .....

Please complete and return to:  
Irish Association of Holistic Medicine,  
9/11 Grafton St., Dublin 2.

**Ki Massage Therapy Intensive Course**  
• Five weekends plus a two-week intensive training period - Cost £895 •  
Commencing June '97 and finishing November '97  
**Psychotherapy Foundation Course**  
Commencing Sat. 14th June - Cost £195  
**PHONE OUR CAREERS LINE FOR FURTHER DETAILS**

**HOLISTIC MEDICINE CAREERS LINE**  
01- 671 2917 / 671 2788

## Clear skin & great energy?

Among the important nutrients found in our Special Liver Formula are nucleic acids which are renowned for enhancing energy levels as well as improving skin tone and hair condition, producing an overall youthful effect. This convenient supplement is a popular choice for men and women who need to look and feel their best and particularly athletes and sportspeople seeking energy and endurance.



### 'My skin dramatically improved'

Seven years ago I developed acne on both my face and back. This made me depressed and seemed to affect my whole life in a completely negative way. I visited your store in Rathmines where I was told to include the food supplement SPECIAL LIVER FORMULA and BREWER'S YEAST POWDER. Calcium and Magnesium tablets were added to the list. My skin began improving after the second week and then after the fourth week my skin had dramatically improved. It is now completely clear and there is a healthy glow to my face. I feel really healthy and full of energy. I believe the change in diet and especially the Special Liver Formula helped improve my health and well-being.  
**Dave McGlynn**



**Special Liver Formula**  
1 month's supply £22.00  
Special Offer - save £3.00  
2 months' supply £29.00

Our Special Liver Formula is free of any additives or excipients and originates in the USA and Scandinavia

## New Supplement may give relief from pain of Arthritis



Recent scientific research involving oral administration of a natural substance known as Glucosamine Sulphate to arthritis patients showed significant reductions in joint pain, tenderness and swelling. These studies indicated that this nutrient may help to repair and regenerate damaged ligaments and joint cartilage. Glucosamine sulphate is formed in our tissues from glucose and glutamic acid. One double-blind study involved 30 patients with chronic arthritis who were divided into two groups. One group received 500mg of glucosamine sulphate per day for 14 days while the other group received a placebo. Total symptom scores including pain, swelling, tenderness and loss of function improved by 71% in the glucosamine group but were little changed in the placebo group<sup>1</sup>. Another similar study confirmed these spectacular results<sup>2</sup>. Glucosamine is now available from all Tony Quinn Health Stores.

1. D'Ambrosia et al. Glucosamine Sulphate, a controlled clinical investigation of arthritis. *Pharmatherapeutica* 1981; 2(80): 504508  
2. Crolle, G., D'Este., Glucosamine sulphate for the management of arthritis: a controlled clinical investigation. *Curr. Med. Res. Opin.* 1980;7:104-109

**COST £9.95 for 30 capsules**  
Special Offer 60 caps £18.00 save £1.90 - 90 caps £24.00 save £5.85

## Eliminate body and foot odour with LAVILIN

**A gentle long-life deodorant made from herbal extracts**  
Unlike normal deodorants that only mask or camouflage odours for a few hours, Lavilin can eliminate body or foot odours for up to 15 days - with just one application.

This new medically tested cream does not inhibit the normal function of the sweat glands and there is no need to re-apply after showering or bathing. One jar can last 2 to 4 months.

Lavilin is made from herb extracts and contains no aluminium. It is simple and quick to apply. Available in two strengths, one for the body and a more potent form for feet.



**Lavilin Body £7.30**

**Lavilin Foot £9.95 2 - 4 months' supply**