

# BLUEPRINT

*For Successful Living*

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## INSIDE

Dr. Tony Quinn reveals the secret of how to use your mind to have the life that you want. See pages 6 & 7.



Dr. Tony Quinn.  
Doctor of Clinical Hypnotherapy

## GET INTO YOUR BEST SHAPE EVER FOR THE NEW YEAR

With our night-time and day-time weight loss formula

(products featured on pages 4 & 5)



Amino-Or  
(night-time formula)



Amino-Energise  
(day-time formula)



Before

## 'I've lost 44lbs since September '97'

For years I have tried unsuccessfully to lose weight. I went on every diet imaginable, losing a few pounds initially but eventually putting back on double the amount. I love going on holidays but I was always embarrassed about my weight. Every year I would look at my photographs and say, 'that's the last time I'll look like that' - yet every year the reality was that I was bigger than the previous year.

Then in September 1997 I started taking Tony Quinn's Amino-Or at night and Amino-Energise tablets during the day, along with a healthy eating programme. I decided it was now or never - I just couldn't go on the way I was going. After two weeks I started to notice a difference - I could see my shape coming back. With each passing week I continued to look and feel better. By taking the Amino-Or at night and the Amino-Energise with my meals

during the day I started to really lose fat, and shape and tone my body like never before. I was full of energy with a lot more drive. I was starting to fit into clothes that I had bought years ago that I could never wear.

Now it's January 1998 and since September '97 I have lost 44 lbs in weight. I was 13st 10lbs and now I'm down to 10 st. 8 lbs. I am down two sizes in my clothes and I've lost 6" from my waist. For me the impossible has happened - this programme has worked magically well for me. I feel wonderfully well and confident with myself. Even over Christmas I was able to break out a few times without putting any weight back on. I am continuing to get into better shape. I am looking forward to my holidays with my new shape and my new outlook on life.

Thank you.

Yvonne Sherry, Co. Monaghan.



After

## Weight Loss - Vital Information -

ARE YOU on a low calorie diet to lose weight? Easy at the beginning to lose weight, wasn't it? Then it got harder even when you ate less. The reason for this is that the body thinks it's starving and it slows its metabolism (rate at which it burns food). In the

process your energy and drive vanish, you feel listless and you can't be bothered.

On these diets most of the weight loss is muscle. That is why much to your dismay, you can lose weight and become flabbier at the same time. Muscle tissue is what keeps your metabolism high. One of the reasons men can generally eat more food than women without getting fat is that they have more muscle. You can avoid these problems by holding on to your muscle tissue, that's your aim, to look firmer

and have less fat. An aid to this is our product AMINO ENERGISE

Try it and see. You may be very surprised at how quickly you feel your old self again. Your energy should return or increase, you'll feel strong and best of all you should find yourself getting firmer. This product is one of the best of the new breed of high tech food supplements. Our conclusion is that it is very helpful when it comes to holding on to your muscles and well-being, while losing the fat.