

The Educo System cont.

For example, when a person makes a request for themselves or another we (1) send them information on how to apply their minds to achieve their goal, (2) provide telephone help lines, where when necessary the person can call for further information and encouragement, (3) the person also has the option of coming to one of our centres for an individual or group session, (4) finally, myself and Aideen Cowman also apply our minds to the request for a successful outcome. Ultimately we want the person to use this approach in their everyday life.

Educo for everyone.

Our aim then is to provide the necessary information so that anyone who wants can learn to use their minds for best results. This information is freely available in most issues of this newspaper. I've just given it to you. Back issues can be obtained for free from our health stores and centres. Free talks and video material are also continuously available. Training in the Educo approach to using more of your mind is available through, Postal Requests, Successful Living Sessions, audio tapes, video seminars, residential seminars, right up to personal clients that I work with on a one-to-one basis. Such clients have made the decision to take 2 to 6 weeks out of their lives to learn how to take control of their own minds. They want to run their minds so as to get the most out of themselves and life, in short to realise their potential.

Personally I am in the enviable position of having a job of exchanging new lives for old, giving people the tools, in the form of "Mind Technology", and then watching the magic happen as they experience the power of their minds. These are people just like you who want to live the lives they are currently only dreaming about. I'm here to tell you we can make it happen together. Whatever point you are at - start now to use this information to be all that you can be.

Tony Quinn.

Latest studies on Creatine

One recent study has shown that creatine increases muscular performance during high intensity muscle training. Creatine supplementation resulted in a significant improvement in peak power output during sets of bench presses and jump squats.

So creatine may be good for bodybuilding but what can it do for other athletes. It seems it can give athletes in other sports an advantage as well.

In another recent study creatine improved sprint swimming performance. Eighteen male and female junior competitive swimmers supplemented their diet with 21g of creatine monohydrate or a placebo for 9 days. The swimmers who used creatine swam significantly faster and lowered their swim times. These results show creatine supplementation may help improve performance in a wide variety of sports.



100% Pure Creatine Monohydrate

Special Offers You won't want to shop anywhere else when you see our prices

Creatine 125g was £19.95 now £12.49 **Creatine 250g was £29.95 now £19.95**
Creatine 375g was £37.95 now £29.95 **Creatine 500g was £47.95 now £34.95**

Shape up for Summer with Tony Quinn's 6 week Body-Sculpting Classes Cost £48

Dublin	Tony Quinn Centre, Grafton St.	Wed 20th May	6.30 - 8pm	Ph. 671 2788
Dublin	Tony Quinn Centre Eccles St	Mon 18th May	7.00 - 8.30pm	Ph. 830 4211
Dun Laoghaire	Tony Quinn Centre	Tue 19th May	7.30 - 9pm	Ph. 280 9891
Cork	Tony Quinn Centre 20 Academy St.	Wed June 10th	10.30am-12pm	Ph. 021 276364
Cork	BodyForm Health Studio, Lr. Oliver Plunkett St.	Wed June 10th	7.30 - 9pm	
Galway	Victoria Hotel (off Eyre Square)	Thurs 21st May	7.30 - 9pm	Ph. 091 564865
Mullingar	Greville Arms Hotel	Mon 18th May	6.00-7.30pm	Ph. 044 45533
Thurles	Sarsfield Club House (beside Semple Stadium)	Wed 27th May	8-9.30pm	Ph. 0504 24826
Cashel	Cashel Community School	Thurs 28th May	8.30-10pm	Ph. 0504 24826

Tony Quinn Health Stores

- DUBLIN CITY** - Stephen's Green Centre, (Ground floor),
Mon-Fri: 10am-6.30pm, Sat: 9.30am-6.30pm,
Sun: 12pm-6pm. Tel: (01) 478 5404.
- DUBLIN CITY** - 9-11, Grafton Street, (beside HCR Chemists),
Mon-Fri: 10am-7pm, Sat: 10am-6pm. Tel: (01) 671 2209.
- DUBLIN CITY** - 67, Eccles Street, (Opp. Mater Private),
Mon-Fri: 8am-9.15pm, Sat: 9am-6pm,
Sun: 12pm-4pm. Tel: (01) 830 8588.
- DUN LAOGHAIRE** - 96 Lr. Georges Street,
Mon-Sat: 10am-6.30pm, Tel: (01) 280 9891.
- GALWAY** - Eyre Square Shopping Centre
Mon-Fri: 10am-6.30pm, Sat: 10am-6pm,
Late Nights: Thurs & Fri 8pm. Tel: (091) 564 865.
- RATHMINES** - 2, Wynnefield Road, (Opp. ESB Office),
Mon-Fri: 10am-6.30pm, Sat: 10am-6pm,
Late Nights: Mon & Thurs 8pm. Tel: (01) 497 4234.
- CORK** - 20, Academy Street,
Mon-Sat: 10am-6pm, Late : Tue & Fri till 9pm. Tel: (021) 276364.
- DUNDALK** - 18, Jocelyn Street,
Mon-Fri: 9am-6pm Sat 9.30am to 6pm,
Late: Mon & Thurs to 7.30pm. Tel: (042) 38097.
- KILKENNY** Market Cross, Shopping Centre, (Ground Floor)
Mon - Sat: 10am - 6pm, Late: Thur to 8pm Tel: (056) 71277.
- MULLINGAR** - Harbour Place Shopping Centre,
Mon - Sat: 10am - 6pm, Late: Thur & Fri to 8pm,
Sun: 2pm-6pm. Tel: (044) 45533.
- THURLES** - Thurles Shopping Centre, Slievenamon Rd.,
Mon-Fri: 10am-6pm, Late: Thur & Fri 8pm Sun 2-6pm Tel: (0504) 24826
- LONGFORD** - Town Centre Shopping Centre, (beside Pennys),
Mon - Sat: 10am - 6pm, Late: Thur & Fri to 8pm Tel: (043) 48177.

Express Mail Order

Enquiries (01) 830 8588/830 4211 Fax (01) 860 0549
Mon / Fri 8.30am-9.30pm - Sat. 9.00am-6.30pm
FREEPHONE 1800 200 101 email tqhc@iol.ie

All offers and prices valid until 1st July '98	Cost	No.	Total
AMINO-OR (1 month's supply)	£13.95		
AMINO-OR (2 months' supply)	£26.00		
AMINO-OR (3 months' supply)	£39.00		
AMINO ENERGISE (1 month's supply)	£26.95		
AMINO-OR & AMINO ENERGISE (1 months supply)	£38.90		
BETA-GOLD (6 weeks' supply)	£12.95		
BETA-GOLD (3 months' supply)	£23.95		
ULTRA-BRONZE (1 month's supply)	£12.95		
ULTRA-BRONZE (2 months' supply)	£23.95		
BETA-GOLD & ULTRA-BRONZE (SPECIAL OFFER)	£23.50		
LIFE EXTENSION FORMULA (157 tablets)	£34.95		
FOOD-FORM Vitamin & Mineral Formula (30 tabs)	£9.95		
FOOD-FORM VITAMIN E & SELENIUM (90 tabs)	£24.25		
MIND ALERT (one months supply)	£19.95		
A-RITE (90 caps)	£29.95		
A-RITE (180 caps)	£57.00		
SUNBED IN A BOTTLE (1 bottle)	£7.90		
P & P £1.00			
Total			

I enclose Cheque or P/O for £.....
 or charge my Credit Card
 Credit Card Number _____

 Name (please print) _____

 Address (please print) _____

 Telephone No. _____ Date _____

 Signature _____

24 HOUR EXPRESS SERVICE
Orders dispatched within 24 hours!

**Send to: Tony Quinn Mail Order Dept. S02,
 66 Eccles St., FREE POST, Dublin 7, Ireland**