

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 Aileen 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.**

# Is this the happy vitamin?

**Research indicates that a particular nutrient which is part of the B-complex range may have a surprising effect on our moods and stress levels.**

Many nutritionists feel that this vitamin, taken as a supplement could be very useful to produce more energy and drive in anyone who feels that they should have more get up and go. If you feel under pressure and require more zest, drive and energy this vitamin may be the answer.

## UNIVERSITY RESEARCH

At the State University of Iowa, volunteers were given a diet adequate in all nutrients except this vitamin. They became easily upset, discontented, depressed, irritable and quarrelsome. They also developed fatigue,

headaches, rapid heartbeat, muscle cramps and continuous colds. Though sleepy they even suffered from insomnia.

## ANTI-STRESS VITAMIN

Research has shown that this vitamin protects the body in many ways during stressful situations, including maintaining blood sugar levels and preventing blood pressure from dropping. During any stress, illness, injury or trauma, when more anti-stress hormones are required, the need for this vitamin increases.

## THE 'HAPPY VITAMIN'

This 'happy' vitamin may also benefit our moods and many of our customers report that it gives them a boost. It is available in Ireland as Pan-Tac. Taken on a daily basis it is a safe way to help combat stress.



**1 month's supply £12.90**  
**2 months' supply £21.75**

# 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.
- DÚN 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

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

**CREDIT CARD ORDERS:**  
FREEPHONE 1800 200 101

All offers and prices valid until 1st August '98	Unit No	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)		£13.49		
BETA-GOLD (3 months' supply)		£24.50		
ULTRA-BRONZE (1 month's supply)		£12.95		
ULTRA-BRONZE (2 months' supply)		£23.95		
BETA-GOLD & ULTRA-BRONZE (SPECIAL OFFER)		£23.50		
PAN-TAC (1 month's supply)		£12.90		
PAN-TAC (2 months' supply)		£21.75		
Ultimate Body Fuel (1100g)		£34.95		
MIND ALERT (1 month's supply)		£19.95		
SUNBED IN A BOTTLE (1 bottle)		£7.90		
SUNBED IN A BOTTLE (2 bottles)		£15.00		
<b>P &amp; P</b>		<b>£1.00</b>		
<b>Total</b>				

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