

# GREAT SHAPE!

## nutrition, food supplements, exercise and life extension

anabolic steroids. The particular substance contained in the 'Brain and Muscle Complex' was originally given to people who had Alzheimer's as it helps make you more mentally alert, but it was also found that it seemed to stop the breakdown, the catabolic effect on the muscles and give increased energy.

The type of people this affects are any type of athletes, older people and particularly people on slimming diets because on a lot of the slimming diets people lose more muscle than fat - and that is dangerous. What I do is get the person to take four of these capsules about a half an hour before training or doing any very strenuous activity. Quite quickly it seems that the person becomes firmer, more toned. I've noticed that this certainly helps me to be in the shape that I'm in, to have the type of muscle structure I've got with so little training.

Another product that I find excellent for people is the 'Ultimate Body Fuel'. That's got to be close to being the most researched product on the market today. I don't know that anyone could dispute the results it seems to produce. What it allows you to do essentially is to gain muscle, lose fat, increase energy and it seems to show in research that the person can do things like run faster, jump higher and lift heavier weights. It certainly makes a difference to people. If I'm ever talking to people who are considering taking steroids I say "Try these products first and see if you still think you need to take steroids". For example if I was an athlete, I would have to give the products that I'm talking about a serious trial - I don't think they'd be disappointed.

**Dave:** I know from hearing you talking about a number of these products that you virtually see them as life-changing...

**Tony:** I do, Dave, because if you can get a person and give them a better muscular structure so that when they look in the mirror they're happy with what they see and consequently they're more athletic and feel good about themselves, I really think it has far-reaching effects.

There are two products that I feel go very well together. One is 'Prostate formula' and the other is called 'Red Clover Leaf' - both are very big with the life extension doctors. Older men may get prostate problems and actually have trouble passing water - these products seem to be able to have a beneficial effect on this condition.

Also, as you get older, your male hormone (testosterone) sometimes breaks down into what's known as DHT, and it appears that one of the side-effects is that your hair tends to fall out, in short you go bald. The life extension people feel that these two products help the hair, particularly in conjunction with atomidine, which is a form of iodine. The 'red clover leaf' has also been shown to be very beneficial for ladies who are experiencing menopausal problems and ever appears to be shown to have beneficial effects in regard to breast problems.

**Dave:** Of course, your all-time favourite product is 'Amino-Energise'...

### Unique

**Tony:** Yes, 'Amino-Energise' is a unique product because of the fact that it contains amino-acids, which

is what all of the muscles in your body are made from. Most people may lack some of these amino-acids because they're damaged in the cooking process. This particular formula provides them and they don't need to be digested, they can pass directly into your blood stream. That is what makes them unique.

### Energy and stamina

So, again, I particularly recommend them to people instead of steroids. They seem to increase your energy and muscles, they appear to make you firmer and stronger. In particular they may help stamina. So this is a product for older people, or people who feel that they're run down. Particularly for any type of athletes or body-builders, I think it's excellent.

**Dave:** The life extension people are particularly enthusiastic about anti-oxidants...

**Tony:** Yes indeed. They are under the impression that the anti-oxidants can defend the body against free-radicals. Free-radicals supposedly age the body and play a part in most of the degenerative diseases, right down to the wrinkling of our skin as we age.

The very best anti-oxidant I've ever found, both in my own case and working with other people is the foodform 'Vitamin E and Selenium' which we sell. This I take and give to other people in conjunction with 'Beta-Gold', which is a natural form of beta-carotene.

Another similar product we have is 'Life-Extension Mix' - probably the most researched product I know of. There was a programme on BBC TV where it was said this was the

top life extension product, providing a wide range of anti-oxidants. Many people have said that it benefited their sense of well-being and their energy.

I also encourage people who are looking for a maximum amount of results in a minimum amount of time to take 'Amino-Or'. A lot of the life extension people believe that this enables the body to produce growth hormone and although it's not normally sold in Ireland from that point of view, many people I've spoken to seem to get quite remarkable results. The best selling book of all time on life extension by Durk Pearson and Sandie Shaw promoted 'Amino-Or' from that point of view.

**Dave:** WHAT would you say in regard to diet?

**Tony:** Well, much too much to put in a single article but one area that's completely overlooked is the question of how much life is in the foods? One of the best nutrition books I've ever read is one called 'Pottinger's Cats'. It's an incredible book from this point of view. It tells of this doctor who tries to find the perfect diet for cats. The research extends until finally they end up running a clinic for people and to this day there's a large foundation in America to distribute the information and the discoveries that they made. There's another book called 'Nutrition and Physical Degeneration' - if a person was seriously interested in nutrition and just had both of these books, they literally could be life-savers. They're absolutely brilliant books. What 'Pottinger's Cats' was able to show was that when they took all

the different forms of milk - whole raw milk, pasteurised milk, skimmed milk, condensed milk and fed them to the cats and then took their excrement and used it as manure to grow crops - on the condensed patch, only a few weeds would grow. Even if the cats were given raw milk, they developed arthritis and pyorrhoea, unless the milk was from animals fed on grass as opposed to grains - because there's more life force in the grass.

### Examining

The other book, 'Nutrition and Physical Degeneration' by Price - tells how the author goes all around the world examining the diets of people - including Ireland - and he's able to show the difference that occurs depending on the life-force in the food.

**Dave:** COULD you outline what you would think would be a good general nutritional programme for people?

**Tony:** Well, I'd rather not because a lot of my nutritional programmes are based on people taking blood tests to see what's lacking. Then they take the necessary supplements combined with weight-training. It's a whole programme, right down to training the person's mind. Ideally, as you know there are qualified nutritionists in all of our health stores and also in our gym and people can go in and get information in this way, but again, for me a nutritional programme is so important, I think it needs to be monitored.

**Dave:** WHAT would you say to people in regard to slimming?

**Tony:** It's an area that you really need to approach with caution because research categorically shows

that none of the starvation diets recommended so freely by the magazines, including high-carbohydrate diets, finally enable the person to reduce weight permanently. In the process you starve your body and your energy and sense of well-being vanish. There's research to show that you do yourself a lot of mental damage because your hormones may be affected. People starve themselves and the body then no longer burns food for energy at the same rate so that as your energy vanishes so does your ability to lose weight.

The person ultimately has to eat normally again and every time they do this they get a massive fat gain. So you've got to be aware that what you should be losing is fat, not weight. Ideally you should increase your muscles - even though the ladies may say "Oh, we don't want any of those ugly muscles" be aware that it's the muscle that enables you to burn the calories for energy.

Therefore if you increase your muscles you'll be able to eat more without a fat gain. So do everything to preserve your muscle. For weight loss I would recommend you weight-train, bring up your growth hormone, bring down your insulin level, take the right type of supplements - which I think can be the difference between success and failure - and cultivate the right mental attitude. In conjunction with this follow a well-balanced diet. Ideally, I would have to say "Go to our gym and do it properly".

**Dave:** OK Tony, as I know from working with you the insulin level is vital but we have run out of our allotted space.

Thank you Dave.

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