

# WEIGHT LOSS

## READERS' LETTERS

### I lost 18lbs in 3 weeks

I started taking Amino-Or and Energise 3 weeks ago. So far I have lost 1 stone and 4 pounds. I gave up eating junk foods. I have done it before but the weight loss has never been so good. My energy is much better and I have no problem getting up at 6.45am every morning, something I have never done before. I started a new job and I still have energy for my five children.

Mrs E. Doyle.

### Very easy to lose 1 stone

I lost 1 stone in 6 weeks using a combination of Amino-Or and Amino-Energise and I feel great. I was not dieting. I just cut down and found it very easy.

Hilary

### No strict diet and lost 3 stone

For the past 4 months I have been using Amino-Or and Amino-Energise and in that time I have gone from 16½ stone to 13½ stone. I did not do any strict dieting and have lots of energy now.

Martina

### Loads of energy and lost 12lbs

Since starting the combination of Amino-Or and Amino-Energise I have lost 12lbs in one month. I was not dieting and found that I had loads more energy still left after a hard days work. My skin and hair improved. I found that drinking lots of bottled water helped.

Triana Delaney.

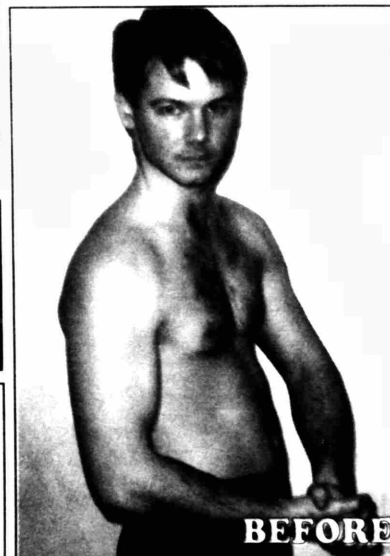
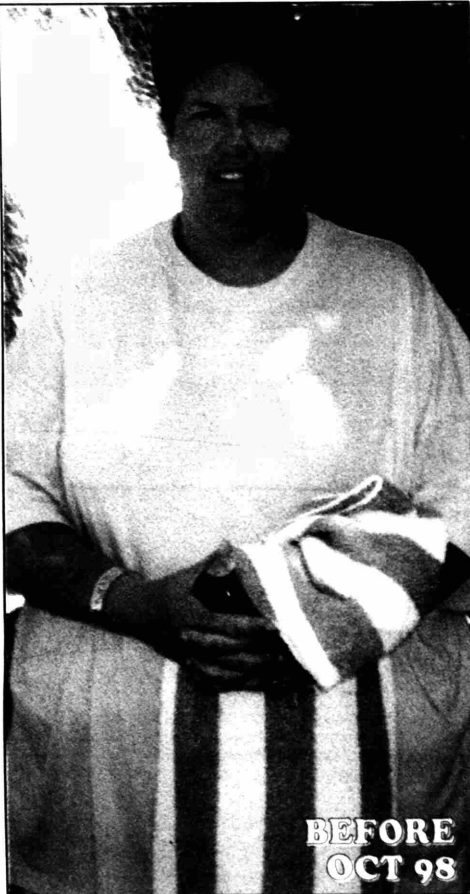
### No dieting and I lost 1½ stone

I started taking Amino Acids one month ago when I began I was 12 stone and after one month I am down to 10 stone 7 lbs. I was not on a diet just three meals per day. I am very happy with the results and I will keep taking the Amino Acids until I reach my target weight.

Jackie.

**All Weight Loss letters are genuine. The originals are held in our files and can be inspected where necessary. Please note: customers are not paid for providing these testimonials. These letters may not reflect typical results as results may vary. We make no claims for these products.**

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## What our customers are saying about our night-time and day-time weight-loss formule

**'THE new me! I have lost over 3 stone. I want to let people know about my success in losing over 3 stone. Since then many people I know who are overweight wanted to know how I did it and if I had any easy answers to the problem of losing weight.**

There are many aspects to consider, especially if you want to lose weight healthily and responsibly as I have.

First of all I was on a Tony Quinn Weight Loss Programme which was tailor-made for me. All I can say about this is — Go and get one! Secondly, I took

two wonderful supplements which I still take now.

The first one, Amino-Energise™, I took throughout the day. Its purpose was to facilitate fat-burning and increase my energy. There are a lot of myths about losing weight quickly and I've heard them all.

One of these was that one can get very tired. Taking Amino-Energise™ was fantastic in that regard. I have three children and enjoyed them much more with the great energy I had while losing the weight.

Being so active during the day is great and now when the day is over I still have energy to go out and enjoy myself. I also have a brilliant night's

sleep and have no trouble getting up in the morning.

The second supplement is Amino-Or™. This is taken last thing at night after fasting for a few hours. It is useful having to fast as the night-time eating stopped.

The inches dropped off. I have to say that the inches dropped off — my skin and hair condition have improved dramatically — and psychologically I find it simple compared to all the weight loss programmes I tried before. Both of these supplements are completely natural and are much better than all those drug based diet aids around.

Maire Lalor

## Vital Information That May Help

Easy to lose weight at the beginning 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) and 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.

Food

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 may be our products Amino-Energise and Amino-Or.

These products are two of the best of the new breed of high-tech totally natural food supplements. The conclusion of many of our readers is that they are very helpful when it comes to maintaining muscle tone and firmness while losing the fat.

## I TRANSFORMED MY APPEARANCE IN TWELVE WEEKS

'In just 12 weeks I transformed my whole appearance. I had been training in the gym but my progress was just OK.

In Jan 99 I started the T.Q. toning programme which included the supplement Amino Energise and eating lots of the right foods (not a starvation diet). After 12 weeks my waist went down, I lost fat all over and my muscles firmed up.

I would wholeheartedly recommend Amino-Energise™ to anyone who wants to get into shape or just increase their energy and health.'

T.P. Churchtown

