

BLUEPRINT

For Successful Living

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Inside your 12 page Health Guide

HAVE A HEALTHY
TAN ALL
YEAR ROUND

TURN TO
PAGES 6&7



HOW I LOST 3 STONE IN 12 WEEKS

And I still
manage to keep
the weight off



BEFORE
OCT 98

THE new me! I have lost over 3 stone. I want to let people know about my success in losing over 3 stone since October 7th 1998. 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.

Energy

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

Continued on
pages 2&3

UPDATE: Since the photo opposite was taken 6 months ago I have continued to take the supplements and have no problem maintaining my weight loss.



AFTER
DEC 98

INSIDE: YOUR 12 PAGE GUIDE TO HEALTHY LIVING