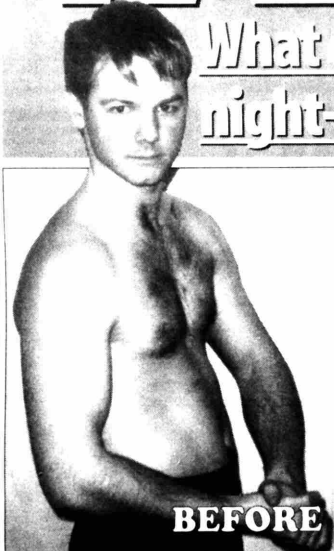


WEIGHT LOSS

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



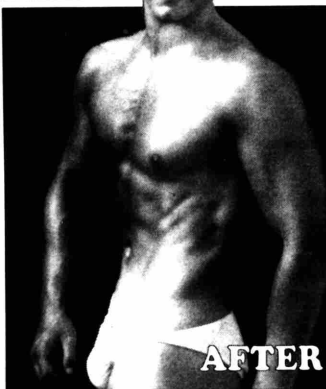
BEFORE

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

T.P. Churchtown



AFTER

— 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 lost 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.

Are you on a low calorie diet to lose weight?

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.

DR. TONY QUINN'S Relaxation Day

Would you like to achieve a deep level of relaxation and develop your mind potential for success?

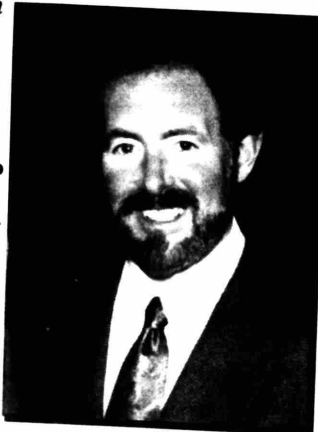
Many mind experts maintain that we only use 1% of our mental potential. Research shows that if a person can relax completely and push aside all opposing negative thoughts, they can then focus their mind to improve any area of their life. Come along to our Relaxation Day and learn to develop your potential in areas such as success, business, health, healing, relationships, creativity, self and life improvement.

You will learn to relax deeply, let go of stress and worry and learn to focus your mind to achieve your goals in any area of your life.

COST: £40.00

Because of limited spaces advance booking is recommended.

£35.00 when pre booked (£5 Discount)



Dublin:

- City Centre Sat 12th June 99
- City Centre Sun 20th June 99
- City Centre Sat 12th June 99
- City Centre Sat 19th June 99
- Rathmines Sun 13th June 99
- Dun laoghaire Sun 13th June 99
- Dun laoghaire Sun 20th June 99
- Malahide Sat 19th June 99

- Tony Quinn Centre, Eccles Street, Dublin 7
- Tony Quinn Centre, Eccles Street, Dublin 7
- Tony Quinn Centre, 9-11 Grafton St., Dublin 2
- Tony Quinn Centre, 9-11 Grafton St., Dublin 2
- Tony Quinn Centre, 2 Wynnfield Road, Rathmines
- Tony Quinn Centre, 96 Lr. George's St. Dun laoghaire
- Tony Quinn Centre, 96 Lr. George's St. Dun laoghaire
- Grand Hotel, Malahide, Co. Dublin

- Aideen Cowman 8304211
- Lyndon Morris 8304211 or 087 2296870
- Dave O'Connor 4785404 or 086 8300575
- Dave O'Connor 4785404 or 086 8300575
- Yvonne Sherry 4974234 or 087 2298878
- Yvonne Sherry 4974234 or 087 2298878
- Dave O'Connor 2809891
- Dave O'Connor 2809891
- Lyndon Morris 8304211 or 087 2296870

Country:

- Cork Sat 12th June 99 Tony Quinn Centre, 20 Academy St., Cork
- Donegal Sun 13th June 99 Mount Errigal Hotel, Letterkenny, Co. Donegal
- Galway Sat 19th June 99 Galway Bay Hotel, Salthill, Co. Galway
- Kildare Date to be confirmed Naas, Co. Kildare
- Mullingar Sat 12th June 99 Bloomfield House Hotel, Kilbeggan Rd., Mullingar
- Monaghan Sat 19th June 99 Hope Castle, Castleblayney, Co. Monaghan

- Imelda Farrell 021 276364
- Thurston Pym 1800 200 101 or 087 2040593
- Zana Morris 091 564865 or 087 2034374
- Thurston Pym 1800 200 101 or 087 2040593
- Yvonne Sherry 4974234 or 087 2298878
- Yvonne Sherry 4974234 or 087 2298878

GET THE MAXIMUM FROM YOUR WEIGHT LOSS PROGRAMME

For those who want to accelerate fat loss we have found the combination of the supplements **Amino-Or** at night and **Amino Energise** during the day produces better results. We invite you to call into any of our stores for our free slimmers' guide.

1999 This newspaper is published by the Tony Quinn Group. All rights Reserved. No part of this publication may be reproduced or transmitted in any form or by any means electronic, photocopier, mechanical, recorded or otherwise or stored in any retrieval system without the written permission of the copyright holder and publisher, any application for which should be made to the publisher. 'Educo' is a registered trade mark of Tony Quinn.