

ARTHRITIS

If our body were a car it would astound us, for what car do we know that has the means to repair itself when something goes wrong?

Throughout our lives our bodies are constantly breaking down and building up. However as we get older the body requires more help and better nutrition to maintain the same level of repair.

This is especially true in the case of Arthritis. The important nutrients needed for healthy joints, which were in abundance when young, appear to diminish as we get older.

As a result, it may become more and more difficult for the body to maintain healthy joints later in life and as a result many people can be plagued with arthritis.

'Let food be thy medicine and thy medicine shall be thy food'

-Hippocrates

patients who also experienced great results.

By **HUGH CHAMBERS**
Clinical Nutritionist

A Surgeon Of Many Years

Recently there have been some amazing developments in America in relation to arthritis. Dr. Jason Theodorakis, himself a hip surgeon for many years, has come up with a unique nutrient formula that may help the health of the tissue at the joints, thus 're-cushioning' them and helping to stop bone rubbing against bone. He used these nutrients on himself and cured himself of arthritis. He then used them on his

New Nutrients

The main ingredients are Glucosamine, a nutrient that helps to make up the tissue at the joints and Chondroitin Sulphate, another nutrient that is said to help neutralise the enzymes that break down the tissue at the joints.

A special formula containing these nutrients plus many more is now available in Ireland in capsules as the food supplement A-Rite.

Cost £29.95 for 90 capsules.

RESEARCH: Recently there have been some amazing developments in America in relation to arthritis



A-Rite Formula



A-Rite is the latest hi-tech supplement to hit the shelves of the Tony Quinn Health Stores. Its unique formulation contains glucosamine sulphate, n-Acetyl glucosamine, chondroitin sulphate, EPA, DHA, GLA, Vitamin E, Ascorbyl Palmitate and Magnesium Aspartate

Cost £29.95 for 90 capsules
Special offer 180 caps £57.00

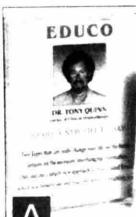
For those who want results 3 Life-changing Audio Tapes

A Start a new life today!

Two tapes which can change your life for the better. These Educo tapes cover:

- Secret of Success
- Communication
- Friendship
- Business
- Popularity
- Confidence
- Relationship
- Reality
- Happiness
- Using more of your mind
- Intelligence
- You as an Unlimited Source from which can be mined a new life

EDUCO - The New Mind Technology



Educo means 'I draw out'. These two tapes outline how you can draw out the real you, your success potential and the life of your dreams from within your mind.

£15.00

Double audio tape set

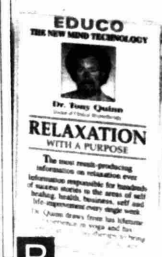
B Relaxation with a purpose

The material on this tape is responsible for hundreds of results every single week in the areas of:

- Business
- Self-Healing
- Self- and Life - Improvement
- Health

From Stress to Success

Combines Mental Relaxation with your goals. Most people are caught up in some sort of stress, tension, worries, fears, problems, phobias, complexes etc. What this tape does is help you to relax to a deep level not only physically but mentally. This can enable you to dissolve mental obstructions that may be blocking your self-expression, success potential and even your self-healing ability.



£7.50

Single audio tape