

# WEIGHT LOSS

**"I Lost 4 stone and I have lots of Energy."**

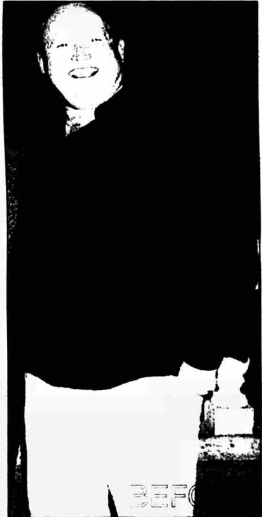


December 29th I got on the Scales at home and I was 19 stone I decided to go on a diet but I could not stick to it as I was hungry all the time and I had no energy at all. I am a chief and my job demands that I have energy. I stuck on crash diets and lost about two stone but still had no energy. So in April I read about Tony Quinn and I said I would try these tablets. When I got home I said to myself I will be twice as fat because you eat 3 meals a day and on other diets I was not. When I started taking them I was 17stone now 28 August ; 00 I am 12 1/2 stone. I have loads of energy I can even do sit up's and 10 press up's I can't believe it. I would recommend them to anybody young and old alike my target is to get to 10 1/2 stone and I am determined to reach this by Christmas and I will not stop taking it. It is a new me and a new food plan for life.

Thanks Tony Quinn.  
Lisa Mc Coy. Co Meath.



## How I lost 53 POUNDS



In July 1999, I noticed that my weight had ballooned to 20 stone 4lbs. I have always taken refuge in the fact that as I had the proverbial "Big Bone Structure" and that I wasn't too much overweight.

I joined the Tony Quinn Gym to embark on an exercise programme together with a very special diet. I used the supplements Amino Energise during the day and Amino Or at night. I took a conscious decision not to get on a weighing scales for a period of 6 weeks.

I was put on a special workout programme and I trained 3 days per week in the gym, for an average of 15 minutes per session. Within a matter of days my clothes were beginning to fit me again. I cannot say that I stuck rigidly to the diet as I have a particular passion for desserts, red wine and the odd G&T.

I weighted in at 16 stone 7lbs on the 24th December 1999 and wonder what results I can now achieve, taking into account that I have decided to take this training and diet seriously.

Having played sport competitively for 12 years, I have no hesitation in confirming that the training regime has given me the best results that I have ever achieved.

Amino Energise and Amino Or supplements are easy to take and have given me results that I only dared to dream of.

Having been fat all my life, I can only say it is the most amazing feeling to have lost 53lbs in weight and 10 years in age. Trust me when I say it is the most amazing feeling in the world.  
Pat Corbett



### 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 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 products Amino-Energise or Amino-Or. These products are two of the best of the new breed 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.

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

#### DIDN'T CUT DOWN ON FOOD

I have been using Amino-Or and Amino-Energise for the past 4 weeks didn't cut down on food and have lost 10lbs. I also found my energy levels were 100% better.  
M.Lyons.

#### DOWN 1 DRESS SIZE

In the two months of taking the Amino-Or and Amino-Energise I have found that I have lost a dress size, I've lost inches and I'm happier and more energetic.  
Jenny.

#### LOST 11 1/2 IN TWO MONTHS

I have been taken Amino-Or and Amino-Energise for the last two months. In that time I have lost one and a half stone and my hair and skin has also got into great condition.  
Linda.

#### EXCELLENT ENERGY AND LOST 11 1/2

In two months I have lost one and a half stone. I have lost one and a half stone and my hair and skin has also got into great condition.  
R. Cullinan.

#### REDUCED ONE SIZE IN 21 DAYS

Dear Tony, I have been taking Amino-Or and Amino-Energise for 21 days and I've dropped from size 18 to 16 and I feel great and sleep a lot better. I intend to continue.  
Mrs O'Connor.

#### LOVE MY FOOT

I have been using Amino-Or and Amino-Energise for 21 days and I've dropped from size 18 to 16 and I feel great and sleep a lot better. I intend to continue.  
E. Ryan, Co. Tipperary

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## 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 best results. We invite you to call into any of our stores for our free slimmers' guide.