

BLUEPRINT

For Successful Living

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YOUR 16 PAGE HEALTH GUIDE

TO SUCCESS, LIFE-EXTENSION, GETTING INTO SHAPE, ARTHRITIS, AGING, WEIGHT-LOSS, ETC.



Is rejuvenation now possible? - Don't diet until you read this article- Twelve days to the figure/physique that you've always wanted



Dr. Tony Quinn's latest ground-breaking research is causing quite a stir in scientific circles. It is based on the material he uses on his seminars in the Bahamas. Tara O'Donnell talks with him about this unique, cutting-edge research...

University research: The average was an eight pound fat loss

TARA: Tony, you've just completed what has been hailed as a ground-breaking study on weight-loss...

Tony: Approximately sixty people in all. We had thirty people in the Bahamas and a control group of thirty people in Ireland.

Tara: What was different about this research?

Tony: Well, firstly that it took place under university research conditions and that meant at the beginning that people were weighed, measured and their body-fat levels taken from four different areas,

then we used in both groups a similar weight-training programme, food supplements and diet. We also took before and after pictures. The only difference between the two groups was that the group in the Bahamas was trained in how to use more of their mind and apply it to their workouts.

Tara: This study was undertaken with the Psychology Department of a university...

Tony: Yes, and the study took place over twelve days. The study consisted of both males and females with an average age of mid-thirties. We used weight training as the only form of exercise and for the twelve days the groups trained approximately twenty minutes every day.

Tara: The only difference then between the two groups was in the mental approach...

Tony: Yes, the group in the Bahamas used what's known as 'unconscious attention' and this is where the person learns to focus all of their mind on whatever activity they're doing at the time.

Tara: So, what type of results did you get?

Tony: In the Bahamian group the average was an eight pound fat loss with a four pound muscle gain and the control group lost four pounds of fat and also lost two pounds of muscle.

THE AVERAGE PERSON TOTALLY TRANSFORMED IN JUST 12 DAYS!

Tara: So both groups then lost weight?

DR. TONY QUINN: Doctor of Clinical Hypnotherapy, master of science in Psychotherapy

Tony: Yes, but there are very important differences. For example, the Bahamian group lost eight pounds of fat (imagine eight pints of cream - but the fat on our bodies is about twice as dense as that) - at the same time they gained four pounds of muscle (imagine four pounds of steak) - so there was really a twelve pound difference in the person's body. Indeed for the average person that is enough to totally transform them. While if we take the study conducted in Ire-

land - which was undertaken by professional trainers, the only difference being the use of the mind - in that study, people, while they lost four pounds of fat, also lost two pounds of muscle. That brings us to the biggest danger that people face in regard to weight-loss. You've most likely seen the statistics that appear over and over again based on research taken from groups as large as hundreds of thousands, which show that it's relatively easy to lose weight. But you

also lose muscle and therefore you could actually look as if you didn't make a great change in your body, or you could even look a little softer.

WARNING: DANGERS OF WEIGHT-LOSS

Tara: I've seen the pictures of the results and there certainly seems to be a vast difference between the two studies.

Tony: Well the average person not understanding the dangers of weight loss just

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