

WEIGHT LOSS

'I've lost 44lbs and kept it off'



ALL of my life I have been trying to lose weight. I've been on lots of diets including the starvation type diets but always I've ended up losing a lot of weight initially but eventually would put it all back on and some more.

Then I started on the *Tony Quinn Weight Loss Programme*. I took the supplements, *Amino-Or* at night and *Amino-Energise* during the day, along with a healthy eating programme — no starvation diet here.

In about 3 months I lost 44lbs in weight. I went from 13st 10lbs to 10st 8lbs, lost 6 inches off my waist and was fitting into clothes that I normally couldn't wear.

Now a little more than a year later I still find it simple to maintain my slim figure. I have even started exercising regularly and now follow *The Tony Quinn Gym programme*.

I can honestly say that I feel absolutely fantastic. I feel healthy, fit, energetic and this has given me a whole new lease of life and complete confidence with myself and my new shape.

Yvonne



'I've lost 64lbs and 10" off my waist'



my waist

It's over a year now since I reached my target weight having lost 64lbs and 10 inches off my waist.

I have continued to lose body fat but I've also firmed up so that I've taken on a more tapered shape. I have continued to use the *Tony Quinn Weight Loss Programme* including the *Amino-Or* and *Amino-Energise* supplements which helped me to lose the weight initially. I follow a healthy eating programme and use the gym in Eccles Street regularly. I have no problem in maintaining my physique at the lighter weight.

This is a lifestyle programme which has given me long-lasting results. In fact the energy and enthusiasm I have has spilled over into my whole life and is supporting me in other projects I am taking on.

Gerry McEntee.



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. Aid to this may be our products *Amino-Energise* and *Amino-Or*.

These products are the best of the new breed high-tech totally natural supplements. The conclusion of many of our readers is they are very helpful in coming to maintaining muscle tone and firmness while losing the fat.

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

I have lost 3 stone

After using *Amino Or* and *Amino Energise* tablets for 10 months, I have lost 3 stone. I found that taking *Amino Or* prevented me from eating at night, and *Amino Energise* has given me the energy to help get the will-power to exercise, join a gym, and lead a full life again. I would recommend *Amino Or* and *Amino Energise* to anyone needing a helping hand or a boost in life, and to lose weight.

Ann

Now two sizes smaller

My daughter started using *Amino Or* and *Amino Energise* a month ago. She is now two sizes smaller in her clothes and is delighted with herself. She is now able to fit into jeans she hasn't been able to fit into for three years. She wasn't dieting either.

P.B.

No Diet and lost 1 stone

I've been using *Amino Or* and *Amino Energise* for 12 months and have lost 1 stone 7lbs. I found it easy to maintain the weight loss and I wasn't dieting and did not have to watch what I ate.

M.B.

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More energy and lost 12lbs

I have been using *Amino Or* and *Amino Energise* for one month and have lost 12 lbs. I also have much more energy and also sleeping better.

B. Kelly

Excellent energy and dropped two sizes

Using *Amino Or* and *Amino Energise* for one month, I dropped two sizes in my clothes and my energy was excellent on them.

Eileen

Dropped a size in my clothes

A Chara, I started to take *Amino Or* about 2 years ago and the *Amino Energise* a year ago, and found them excellent. I have found that my energy levels have increased and I feel less tired after a hectic day working. I have also dropped a size in clothes and therefore feel a lot

happier and confident about appearance.

Helen

I kept weight off

Weighing 11 stone 11lbs, I needed to lose weight. I tried going down and it didn't work. Your staff recommended *Amino Or* and *Amino Energise* combined with a good diet. 3 months I had lost 2 stone, I have kept off one year later, highly recommend them to wanting to lose weight.

Brigitte

All Weight Loss letters are genuine. The originals are in our files and can be inspected where necessary. Please note customers are paid for providing the testimonials. These letters do not reflect typical results. Results may vary. We make no claims for these products.

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.