Yve 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 los-ing a lot of weight initially but eventually would put it all back on and some more.

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

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.



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 (eate at which it where food) 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 both-

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 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 by holding on to your muscle tissue. That's your aim, to look

and have less fa

These products are t high-tech totally natura supplements. The conci of many of our readers i they are very helpful w comes to maintaining m tone and firmness while the fat.

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

I have lost 3 stone

After using Amino Or and Amino Energise tablets for 10 months, 1 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.

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.

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.

M.B.

2000 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 retireval 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.

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.

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 levich shave increased and I feel less tired after a heetic day working. I have also dropped a size in clothes and therefore feel a lot

happier and confident aboappearance.

I kept weight of

Weighing 11 stone IIIbs, needed to lose weight. It is ting down and it didn't swork. Your staff recome Amino Or and Amino Energibined with a good diet. The staff of the staff

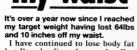
Bridget.

All Weight Loss letters genuine. The originals an in our files and can is inspected where necess Please note: customers a paid for providing the testimonials. These letter

GET THE MAXIN FROM YOUR WEI **LOSS PROGRAM**

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

I've lost 64lbs and 10'



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 initial-ly. I follow a healthy eating pro-gramme and use the gym in Eccles Street regularly. I have no problem in maintaining my physique at the

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.

