

NEW SHOP OPENS IN JERVIS CENTRE, DUBLIN

MY NAME is Lyndon Morris and I have worked as an accountant for Tony Quinn Health Centres Ltd. for five years.

I'm 28 and I decided I wanted to go for a total career change, so when the opportunity arose to open up and manage our newest branch I jumped at the chance.

Experience

From the very beginning this has been an incredible experience for me - to be in one of the newest and most beautiful shopping centres in Ireland. Also to be able to tell people about our exciting products and how to take them for best results.

We really are, I believe, at the cutting edge of health with the very latest Life Extension, Mind, Bodybuilding and Weight Loss products available.

With a range of some of the most highly researched products in the world, I have seen many customers get very exciting results in regard to energy, fat-loss, toning, mental alertness and

physical well-being.

Change

Moving from working at a desk in Head Office to operating a very busy kiosk in the centre of Dublin has resulted in my becoming much more outgoing as a person - a dramatic personality change.

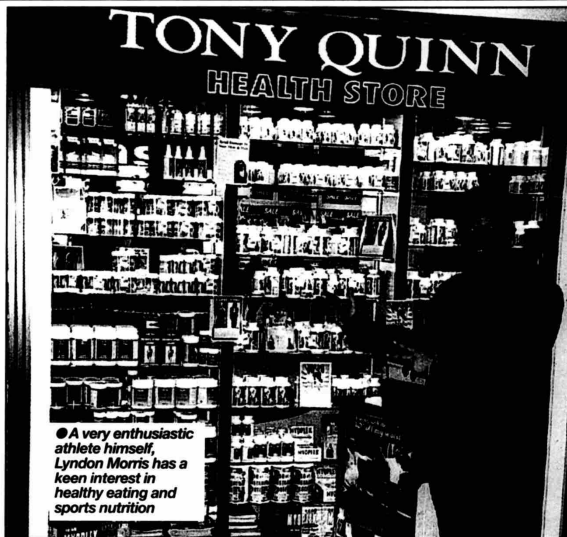
I have been trained by Dr. Quinn over a period of time in using more of my mind to achieve the goals that I want and have also taken part in two university studies.

This has made a massive difference to all areas of my life including achieving financial, social and personal goals.

Progress

I also believe this is the reason why the Jervis St. Shop is progressing so fast. I've always had a keen interest in physical health and well-being so I train at least three times a week and take the supplements myself.

This new venture is a great start to the millennium and I hope to get to meet and work with as many people as possible this year.



● A very enthusiastic athlete himself, Lyndon Morris has a keen interest in healthy eating and sports nutrition

H.R.T.:

CAN NATURE PROVIDE A HEALTHY ALTERNATIVE?

REPORT BY CAROLINE MCDONAGH, CLINICAL NUTRITIONIST

As a Clinical Nutritionist with the Tony Quinn Health Centres, I find I am frequently asked for advice as to how to prevent or alleviate the symptoms of menopause. More and more women are seeking natural alternatives to Hormone Replacement Therapy and fortunately, nature may have provided the answer in the form of a group of recently-researched nutrients called isoflavones.

At mid-life, the body's oestrogen levels decline suddenly. This can be a challenging time when a woman can feel quite unlike her normal self. The most common reported symptoms are hot flushes, night sweats, headaches, inability to concentrate, dry skin. Loss of bone density is a major concern. Synthetic oestrogen is often used to help alleviate or postpone these effects. However many women either cannot tolerate this drug or are fearful of unwelcome side effects.

Hormone related conditions

For Europeans and Americans, it is interesting to note that major health studies of Asian and Latin American women show mid-life to be a relative

non-event both physically and emotionally. According to research in the United States, 65 to 80% of menopausal women experience hot flushes to some degree whereas in Japan only 10% of women report experience of hot flushes at the onset of menopause. The incidence of hip and spinal fractures is much less common as well.

Lentils and Chickpeas

The typical Asian or South American diet is high in foods like lentils, soy and chickpeas, which contain high levels of isoflavones. The Western diet in contrast is dramatically lacking in isoflavones. The rapid reduction of isoflavones in Western diets in the twentieth century may have influenced not only menopause but an increase in sex hormone related conditions including heart disease, cancer and osteoporosis. Research indicates that a high dietary isoflavone intake appears to balance out both excesses and deficiencies of sex hormone that occur throughout life.

One-a-Day standardised extract

In my own clinic, I have been successfully recommending an isoflavone prod-

uct called Promensil. It is derived from specially selected strains of the herb Red Clover and extracted using patented technology which concentrates the full activity of the plant in a reliable and standardised one-a-day dose. Fourteen years of research have made this possible. It is greatly superior to soya not only because of this standard form, but also because it contains the major isoflavones Daidzein and Genistein in a form much more absorbable by humans. Moreover it is high in two other isoflavones, Formononetin and Biochanin which soya does not contain.

Feedback

The feedback on this product is amazing. For example one lady who had been experiencing hot flushes at the rate of five a day and also at night reported that they disappeared completely after only two weeks on Promensil. Another client reported that after only a fortnight, not only had she felt much better in herself and had not suffered from menopausal symptoms, but also she began to lose weight which previously she had been unable to do! I feel this totally natural product could make



Caroline McDonagh, Clinical Nutritionist

the vital difference to the health and well-being of many women.

Naturally, I encourage women to eat a good balanced diet, and avoid processed foods. Some women also find taking a good multivitamin and mineral tonic such as the Life Extension Mix beneficial. Of course it is very important to have adequate intake of calcium and other minerals at this stage of life to help prevent osteoporosis. Exercise, for example weight training and Yoga, is also part of my recommended lifestyle.