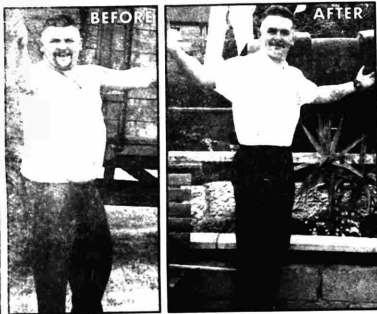


Weight Loss

WEIGHT LOSS, BE IN YOUR BEST SHAPE THIS CHRISTMAS

These unique Weight Loss products have been available for over 20 years. This programme has often worked for a large number of individuals where traditional slimming diets failed. Our emphasis has always been on fat loss while at the same time toning and firming up. In other words shaping up rather than just trying to lose weight on the scale.
If you are truly interested in being in your best shape, we urge you to visit any of our branches and pick up a free copy of our Weight Loss Guide.

I lost 64lbs and 10" off my waist



I have lost 4st. 8lbs. (64lbs) in total. I've dropped 10" from my waist and 5 sizes in clothes. In the process I have uncovered a whole new attitude, I have a more optimistic attitude with greater self belief, ambition and lots more energy. Gerry

I had tried virtually every slimming diet



In 3 or 4 years ago I was a stone overweight. Over the years I had joined 7 gyms plus a slimming club but could never get the weight off. I also tried virtually every slimming diet available. I just couldn't get results.

I went on the Tony Quinn Weight Loss Programme which included exercise, diet and the supplements Amino-Or and Amino-Energise. Everything was so easy to follow. I looked and felt great and I lost the fat



in all the right places. I have reduced 3 sizes in my clothes and feel just wonderful.
Bernie O'Connell

How I lost over 3 stone in 12 weeks



I lost over 3 stone since October 7th. I also have a brilliant nights sleep and have no trouble getting up in the morning. I have to say that the inches dropped off, my skin and hair condition have improved dramatically and psychologically I find it simple compared to all the weight loss programmes I tried before. Maire Lalar



MAIRE CONTINUES TO KEEP THE WEIGHT OFF 1 YEAR LATER

I lost 5 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.

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, unlike other diets I had been on. When I started taking them I was 17 stone. Now, August 28th, I am 12 1/2 stone. I have loads of energy, and can even do sit-ups and 10 press-ups. 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 them. It is a new me and a new food plan for life. Thanks Tony Quinn!
Lisa McCoy

CREDIT CARD FREEPHONE TELEPHONE: 1800 200 101

SPECIAL OFFER
Amino-Or & Amino Energise
€56.50 (1 Month's Supply) +€3 P&P
€108.00 (2 Month's Supply) +€3 P&P
€152.00 (3 Month's Supply) +€3 P&P
Offers valid until end of Dec '03

All weight loss letters are genuine. The originals are held on our files and can be inspected where necessary. Please note: Customers are not paid for providing these testimonials. These letters may not reflect typical results as results may vary. We make no claims for these products.

These products are only available from Tony Quinn Health Stores or through mail order. Cost €56.50 for 1 months supply. Tel. Orders to 01-8305859

- Tony Quinn Health Stores are located in the following shopping centres**
- Stephens Green. - (01 4785404)
 - Jervis Centre. - (01 8786938)
 - Ilac Centre. - (01 8736337)
 - Liffey Valley - (01 6055052)
 - The Square, Tallaght. - (01 4621660)
 - Blanchardstown Centre. - (01 8243198)
 - Merchants Quay, Cork. - (021 4270377)
 - Arthurs Quay, Limerick. - (061 440013)
 - Market Cross, Kilkenny. - (0567 771277)
 - Eyre Square, Galway. - (091 564865)
- Also Main St. locations:**
- 96 Lr. Georges St., - (01 2809891)
 - Dun Loaghair. - (01 8308588)
 - 67 Eccles St., Dublin 7. - (042 9338097)
 - 18 Jocelyn St., Dundalk. - (021 4276364)
 - Cork, 20 Academy St. - (021 4276364)

If ordering by mail, include your full name and address
Post to:
Tony Quinn Mail Order 67 Eccles St. Dublin7
Plus €3 Post and Packaging

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 an fortunately, nature may have provided the answer in the form of nutrients called isoflavones.



Caroline McDonagh, Clinical Nutritionist

At mid-life, the body's oestrogen levels decline suddenly, common reported symptoms are hot flushes, night sweats, headaches, inability to concentrate and 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.

HEALTH STUDIES

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.

RESEARCH

The typical Asian or South American diet is high in foods like lentils, soya and chickpeas, which contain high levels of isoflavones. The Western diet in contrast is dramatically lacking in isoflavones. This may have influenced not only menopause but an increase in sex hormone-related conditions.

1 TABLET PER DAY

In my own clinic, I have been successfully recommending an

isoflavone product 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. It is greatly superior to soya.

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

AVOID PROCESSED FOOD

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.

Promensil is only available from Tony Quinn Health Stores or by Mail Order. Freephone 1800-200-101 Cost: €26.60 for 1 month or €69.75 for 3 months.