



RETURN OF THE ACTION BABES

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IT'S ALL HAPPENING FOR FIVE WE'LL

How hot new Irish band plans to take Bono and the boys' crown

IT'S been a long time since Ireland had a contender for the crown of U2. Now that magic moment has arrived in the guise of The Thrills.

They've hit number one in the Irish charts with their debut album *So Much For The City* - the fastest-selling in the country so far this year - and rocketed up the UK chart to number two.

Their idol, Noel Gallagher of Oasis, was among the audience at their first London gig and the legendary Morrissey is a huge fan, dropping in on one of their early rehearsals.

Teenage fantasy

They've been chosen to support the Rolling Stones at their prestigious London concert, have played Glastonbury, performed on the Jools Holland TV show and saw their teenage fantasy become a reality when they appeared on *Top Of The Pops*.

The Thrills, five talented Dublin south-

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 flashes, 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

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.

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. 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.

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. 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.

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.



Caroline McDonagh, Clinical Nutritionist

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. 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.

Promensil is only available from Tony Quinn Health Stores or by Mail Order on 01-8305859

Stephens Green. - (01 4785404)	Blanchardstown Centre. - (01 8243198)	<i>Also Main St. locations:</i>		If ordering by mail, include your full name and address. Post to: Tony Quinn Mail Order 67 Eccles St. Dublin 7 Plus €3 Post and Packaging
Jervis Centre. - (01 8786938)	Merchants Quay, Cork. - (021 4270377)	96 Lr. Georges St., - (01 2809891)	67 Eccles St., Dublin 7. - (01 8308588)	
Ilac Centre. - (01 8736337)	Arthurs Quay, Limerick. - (061 440013)	Dun Loaghair. - (01 2809891)	18 Jocelyn St., Dundalk. - (042 9338097)	PROMENSIL COSTS 1 Month's Supply €26.60 3 Month's Supply €69.75
Liffey Valley - (01 6055052)	MarketCross, Kilkenny. - (056 71277)	Cork, 20 Academy St. - (021 4276364)		
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