

I lost 64lbs and

WEIGHT LOSS, BE IN YOUR BEST SHAPE THIS CHRISTMAS

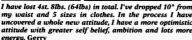
These unique Weight Loss products have been available for over 20 years. This programme has often worked for a large number of individuals where traditional slimming diets failed. Our emphasis has always been on fat loss while ne toning and firming up. In other words shaping up rather than

at ue saine unite coming and uniting up. It is used to be saine unit used in the scale.

If you are truely interested in bbeing in your best shape, we urge you to visit any of our branches and pick up a free copy of our Weight Loss Guide.

How I lost over 3 stone in 12 weeks





YEAR LATER I lost 5 stone and I have lots of energy

AFTER

MAIRE CONTINUES

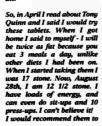
TO KEEP THE

WEIGHT OFF 1

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 dramatic have improved dramatically and psychologically I find it simple compared to all the



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 diet but I could not stick to it as I was hungry all the time and I had no energy at





anybody - young and old alike. My target is to get to 10 1/2 stone and I am deternined to reach this by Christmas and I will not stop taking then. It is a new Christ me and a new food pla life. Thanks Tony Quin

Lisa McCov

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.



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 hormonerelated 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 wellbeing 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.

I had tried virtually every slimming diet



Just over a year 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 ery slimming diet avail-le, I just couldn't get

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

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

genuine. The originals are held on our files and can be inspected where necessary. Please note:

for providing these timonials. These lett may not reflect typical esuits as results may var We make no claims for these products.

noce products are only available mail order. Cost €56.50 for 1 m

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full name and

address