


# BLUEPRINT

FOR SUCCESSFUL LIVING

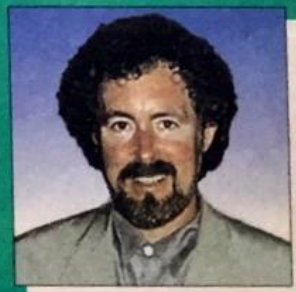
Dublin Edition • No. 36 • Summer 1995  
Distribution Countrywide • Circulation 600,000



## Inside the Mind of Steve Collins



New Grafton St.  
H.Q. for Tony  
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about his life...P6 & 7  
(Doctor of Clinical Hypnotherapy)

An interview with the new WBO Super  
Middleweight Champion - pages 4 & 5

# Editorial

The aim of this newspaper and the organisation that publishes it is to research human potential and to make the resulting information available to the public.

Each of us has unlimited potential which, in the main, lies dormant. We have devised a system which we believe will enable a person to mine more of that potential. This system we call Educo and forms our basic philosophy. The word 'Educo' means to educate or to draw out - the understanding being that you draw out the life and the world that you want from within. Throughout this newspaper we outline different ways of applying this system in your own life. We only bring you good news because according to our Educo philosophy whatever we dwell on we become.

## Inside the Mind of Steve Collins

In this issue we are delighted to feature an exclusive interview with Steve Collins the super-middleweight world champion who used the Educo system to achieve a dramatic victory against Chris Eubank. See pages 4.5 and 16.



## Tony Quinn talks about his life

Inside on pages 6 & 7 we feature an in-depth article by Tony where he answers many of the questions he has been asked over the years about his life and philosophy.

## Educo

Tony outlines his Educo Success System on page 3.

## Successful Living Sessions

If you would like to be trained in how to use Educo while working on some specific outcome for yourself then contact any of our centres. We have all the information you need to get started on pages 10 & 11.

## Postal Requests

Alternatively, we can work with you by post as you will see from pages 14 & 15 and we will also send you some further information to enable you to use this approach.

## Educo Tapes

On our back page we feature the Educo tapes *Start a New Life Today* and *Relaxation with a Purpose*. We recommend these audio tapes as an excellent introduction to the Educo approach to successful living.



## Educo Video Seminars

We regularly run 2-day video seminars where Tony, on video, takes people through the Educo process. These serve as an ideal introduction to the Educo system. Page 3 has information on forthcoming seminars.

## Body Sculpting

This exercise system is for people interested in getting themselves into their best shape. Our pull-out section has all the details.



## Yoga Classes

We consider Yoga the perfect complement to modern life. Our classes consist of a complete programme of breathing, exercise, diet, relaxation. Information on page 2.

## Nutrition

We also provide information on health foods and food supplements and have health stores and agents throughout the country. Please see our centre pull-out section.

## Health & Fitness

At the Tony Quinn gym we guarantee results with a personalised training programme for you. Further information in our pull-out section.

# The fatherhood factor

Fathers who put time with their children before work increase their own well-being. According to psychologists at the US Dept. of Health and Human Services, fathers who spend time with their children not only enrich their children's lives, they may also extend their own. Men who are more involved with their children live longer, are physically healthier, express more satisfaction with life and are

far less likely to seek help for psychological problems such as depression. It seems that children's high energy level and natural good humour is a great antidote for stress. For fathers there is no better way to relax after a stressful day at work than to get stuck into playing with their children. It appears that play enables people to let go of the role they portray to the world and be themselves



# Fussy eaters

Toddlers can be very fickle in their tastes, refusing food one day and the next day scoffing the same food with relish. Children up to the age of 2 grow rapidly. After 2 their growth spurt slows and their energy needs reduce dramatically. This often coincides with a period of faddy eating - they prefer to play with food rather than eat it. For children who are fussy eaters the following steps may help:

- Present food in a colourful attractive way.
- Offer small portions and top up their plate as necessary.
- Don't worry about table manners - let them use their fingers if they want.
- Avoid snacks between meals.
- Finally if your child



refuses food, check if they are unwell. If not then make as little fuss as possible - missing one meal won't hurt.

# Vitamin boosted junk food distorts diet

Adding vitamins to junk food provides unbalanced nutrition according to a report published by the Food Commission in the UK. Manufacturers often add extra vitamins to foods such as chocolate bars, crisps, soft drinks, chewing gum, ice lollies etc. - products often aimed at children - to make them more attractive to their increasingly health conscious parents. However the Food Commission report argues that these junk foods don't provide the balanced mix of nutrients which a child needs. Instead of encouraging healthier diets these kinds of foods only encourage greater consumption of fat, sugar and salt. While these fortified foods may provide

high levels of some vitamins they leave dietary fibre and other essential nutrients at low levels. According to the Food Commission enriching junk foods with vitamins is not the answer to poor diet and adding vitamins to a bad food won't turn it into a good one.



## Women and heart disease

Heart disease is still the number one killer of women according to the American Heart Association. Women who smoke and use the contraceptive pill are at a much higher risk than those who don't. To decrease your risk, don't smoke especially if you are on the pill, exercise regularly and follow a low-fat diet.

## TV health warning

Should the News on television carry a health warning? Psychologists in the UK have found that far from putting your problems into perspective, watching disturbing TV bulletins can raise your anxiety levels. Researchers from a London university showed three groups of men and women 15 minute clips of news items that were either all positive stories or all negative. In a follow-up interview those who watched the negative bulletin felt more anxious, sad and worried than those who saw the positive news bulletins.

## Preventing backache

It is estimated that 60 to 80% of adults in the U.S. suffer from low back pain at some stage in their lives. However a recent report in the Journal of the American Medical Association recommends exercise as a means of preventing back problems in later life. It seems that weight-bearing exercises which strengthen the abdominal and back muscles can decrease the risk of back pain in the future for healthy people.

## Holistic therapies free on the NHS

A pioneering scheme that will make holistic therapies available free on prescription has been launched in the U.K. by the North Yorkshire Health Authority. A total of 16 doctor's surgeries in the area have each been allocated their own holistic medicine therapist for a trial period of 6 months and the treatments on offer include massage, osteopathy,

aromatherapy, acupuncture and homeopathy. The project is designed to see how effective these therapies are for a limited range of conditions such as migraine, back pain and PMT. The local health authority is hoping that it will lead to a drop in medicines prescribed. The outcome of the scheme will be published later in the year.

## Asthma and diet

Researchers from a Scottish university believe that poor diet may be a more significant factor in childhood asthma than allergic reaction to air pollution. They argue that while the rate of childhood asthma has doubled in the last 20 years, urban pollution has stayed the same and smoking rates have decreased. However children nowadays eat only half as many green vegetables and a quarter less fruit than they did 20 years ago. This means they're getting far less antioxidant vitamins and minerals that help protect the body

against air pollution. The researchers say that improving children's diets to include more fruit and vegetables could reverse the alarming rise in asthma among children.

## Solid food not suitable for infants

A recent survey in Ireland found that many mothers are giving their babies milk and solid food at far too early an age. Cows milk, according to childcare experts is difficult for small children to digest because it is of a different composition to breast milk and baby formula. Up to 70% of mothers in the survey introduced their babies to solids before they are 3 months old. Experts feel that feeding solid food to infants of such a young age can lead to problems of obesity, eczema and allergies. The study recommends that young infants are breast fed as breast milk provides the best balance of nutrients and protects against infection.

# What is Educo?

## A brief overview

The word 'Educo' comes from the Latin and means to educe, to draw out from within. The aim of Educo is to draw out your potential.

You may have great dormant potential in many areas such as sport, business, success, finance, leadership, relationship, happiness, health etc. The question is, 'How do you mine that potential?' One of the easiest ways to understand it is to use the analogy of the computer and look at this in terms of human computer programming. In the mind technology field the mind is seen as consisting of the conscious and unconscious mind or the surface and deeper mind. If you as the programmer wish to write a successful programme then a certain procedure must be followed. The programme

must pass to your deeper/unconscious mind - that is, the computer. Basically there are two ways for this to happen. Let's use a real example as in Steve Collins.

### APPROACH 1

Steve absolutely believes he is going to win the fight. If there is NO PART of his surface mind in conflict with this then it passes to his deeper mind (computer). Then his whole mind works to achieve this outcome. Few people have experienced the power of the made-up mind to bring about results because they generally use:

### APPROACH 2

They wish to, would love to

win the fight. They hope they can BUT they are not sure. This divided mind sends its jumbled 'YES/NO' programme into the unconscious mind. The result - failure. The divided mind can never draw out your true potential. How I deal with the divided mind is to first ascertain the EXACT outcome the person wants - if necessary, using psychotherapy to be certain. Then I relax all opposing thoughts. This can only be done when they give me their complete co-operation. Once the opposing thoughts are relaxed away then we are in the same position as in approach 1 and the programme passes into the deeper mind (computer). When you have training in the mechanics of both approaches then I believe that you are in a position to stack the odds of success in your favour. Please realise that most people's minds are

working against them. If you are not prepared to plant the flowers in your mind (right programme) then the weeds will grow up on their own (negative thoughts, doubts, fear etc.). In short, the decision always rests with you - either to be controlled or to take control of your mind and have it produce the life and world that you want. Steve Collins is now living his dream. How about you? If you are serious about success, serious about living the life of your dreams, determined to be all you can be, then the most important step is to take control of your own mind. Through your mind you can have much greater control over your life than you realise. The vogue of the 90's is physical fitness where people attempt to control their body, i.e. their fitness, bodyweight, health etc., but what about mental fitness? The sad facts are that most



Dr. Tony Quinn, Doctor of Clinical Hypnotherapy.

people have flabby, unfit minds and will allow any old junk thoughts in there. (The same people are often quite careful about what they eat.) That's fine if you want to be in poor condition mentally and your life to be a

reflection of that. Speaking personally, I believe that just a few weeks of mental training using the cutting edge equipment - mind technology - will totally change your life for the better.

# EDUCO

## THE NEW MIND TECHNOLOGY

### Unlimited Living

A 2-day Video Seminar  
by Dr. Tony Quinn

Over the next few months our presenters will be travelling to locations all over Ireland showing, on video, the Educo Seminar by Dr. Tony Quinn. If you would like to add to your experience of the

seminar then this is an excellent way to keep in touch. Equally, for those who have never been to an Educo seminar this is the ideal introduction.

### THE VIDEO SEMINAR

Are you interested in a better you, a better life, a better world, in living to your ultimate potential and exploring your capacity for love, relationship, happiness, popularity, in how to succeed at the business of living to the benefit of all, in using more of your mind and yourself? Are you interested in being free to really experience yourself, to be fully alive? No one has ever yet been able to find a limit to human potential. You are an unlimited possibility. If you are a member of a club or group and would like us to bring this video seminar to your centre then we would be only too pleased to accommodate you.



- The Educo Concept and Philosophy
- The Vital Switch
- Applications to Business
- Structuring your Thoughts for Success
- Relaxing Opposing and Negative Thoughts
- Leadership
- Releasing your Potential
- Stress Management
- Relaxation
- How to Influence Others
- Communications
- Changing your States of Mind at Will

- Realising your Goals
- Installing the Future that You Want
- Improving your Concentration
- Using Self-Hypnosis
- Using more of your Potential Instantly
- Psychotherapy: The Power of Your Mind for Health / Healing
- NLP: How your Mind is Programmed for Success or Failure
- Increasing your Self-Confidence
- Personal Development

## Educo Video Seminars In Your Area

**DUBLIN CENTRAL**  
Tony Quinn Centre,  
66 Eccles St. Dublin 7  
22nd & 23rd April  
20th & 21st May  
10th & 11th June

**ARMAGH**  
Tony Quinn Centre,  
41 English St.  
10th & 11th June

**ENNISKILLEN**  
Alsling Centre,  
37 Darling St.,  
Tel: (0365) 325811  
20th & 21st May

**BRAY**  
Tony Quinn Centre,  
9 Quinsboro Road,  
13th & 14th May  
10th & 11th June

**GALWAY**  
Great Southern Hotel  
Eyre Square  
6th & 7th May  
10th & 11th June

**SLIGO**  
Southern Hotel  
Lord Edward St  
20th & 21st May

**NAAS**  
Tony Quinn Centre,  
Basin Street  
(over Shella's Hair Salon)  
13th & 14th May

**CÓBH**  
Convent of Mercy  
20th & 21st May

**CORK CITY**  
Tony Quinn Centre,  
20 Academy Street  
Tel: (021) 27 63 64  
6th & 7th May  
10th & 11th June

**DUNDALK**  
Tony Quinn Centre  
18, Jocelyn Street  
27th & 28th May

**ENNIS**  
West County Hotel  
Tel: (021) 27 63 64  
10th & 11th June

**LIMERICK**  
Royal George Hotel  
(021) 27 63 64  
13th & 14th May

**WATERFORD**  
Granville Hotel  
(051) 57428  
27th & 28th May

### FOR FURTHER INFORMATION CONTACT

- Dublin: (01) 830 4211
- Cork: (021) 27 63 64
- Dundalk: (042) 3 80 97
- Armagh: (0861) 52 57 42.

# INSIDE THE MIND OF STEVE COLLINS

The Blueprint Interview



## Mind power and sport

Steve Collins, Ireland's greatest boxer and one of the few people ever to hold two world titles at the same time - the W.B.O. World Middleweight and the Super Middleweight titles - talks about the part the mind plays in sport after his recent win against Chris Eubank.

But surely other people have great self-belief and still fail.

Possibly there is still doubt somewhere in their mind. Tony worked with me to get this certainty into the very deepest part of my mind. This only took place after a great deal of discussion between us so that he was absolutely sure that this was what I wanted and therefore there was no conflict with any other part of my mind. He believes this to be a vital part of obtaining the results.

**Many people might be under the impression that Tony was controlling you. In fact what you are saying is that you made the decisions about what you wanted and then Tony helped you to achieve them.**

Yes. I see Tony as a mental coach and a success coach who helped me achieve what I wanted. At that point I wanted to be the ultimate fighting machine with complete control over my mind and my body. I felt I had all this power and I could control it and harness it and was only waiting to let it go to do what I wanted.

**Your mental state then, was that of certainty which gave you greater control.**

Yes. But I think if people could have been inside my body and my mind and were aware of what had happened in the past and aware of what happened now and experienced the difference, I think they would be absolutely amazed. Even Eubank was pointing out on T.V. that

boxing is 85% psychological and 15% endurance. Then surely there is every reason to become a mental athlete. I feel very lucky to be the one who had the opportunity to tap into and pioneer this approach. In ten years time they will be doing what Steve Collins is doing now but I am the first.

**What would it have been like then to have been inside the mind of Steve Collins during that fight?**  
O.K. But as you know I am going to use this approach for my further fights so of course I can't tell you all of my secrets.

**I think everybody can appreciate that.**

The easiest way for me to explain this to you is to say what Tony says about it - that most people approach something like the fight with a divided mind where they are trying to convince themselves that they are going to win but there is a part maybe feels that they won't. Using his approach, Educo - which means to draw out from within, he gets all of the mind going in one direction resulting in a state of certainty. He likes to quote, 'As a man thinketh in his heart so is

he'. That state of certainty allows you to use much more of your potential.

**Of course it is not going to enable you to win if you haven't got the potential to win in the first place.**  
No, but I already had that potential.

**Everyone could see at the weight-in how certain you were that you were going to win.**

At that point I had total control of my mind. I was more mentally aware than at any time before. I was able to suss people out straight away. I read them almost in an instant. I knew whether they were on my side or not. I could see that the guys who weren't on my side were all uneasy. Eubank was so psyched by my mental attitude that when I went up to him and said, 'I'm goin' to win. I'm goin' to win', he actually said to me, 'Well, if you believe that you are going to win, Steve, you are going to win'. I became aware of the mental state of everyone in the room. I could see Eubank wasn't as sure as I was so therefore I knew that I would eventually crack him.

**Would you be able to get into that mental state now?**

Yes. That difference between success and failure is a switch in your mind. I can now switch into that any time I wish, any time that suits me. When I decide what my goal is and I am setting out to do it then I can focus on that and switch onto it and I can go for it one hundred per cent.

As a result of this mind-training system I can hone in on my goal cybernetically. Once I decide and switch into that I am no longer just a regular person. I can use my ultimate strength, my ultimate concentration, ultimate potential. There are absolutely no distractions. Nothing can distract me, you know. I am then using my ultimate powers in every way to reach that goal, to do whatever it is I have to do.

**You said that from this state of certainty your mind became more aware of what else happened?**

I was actually using more of my mind. My mind is like a computer room that sends out the signal to the body. The better the

**Steve Collins:** The mental approach I use is called Educo. If I had used this system from the beginning of my career then I couldn't make comparisons. Now I can make comparisons because I have trained for fights before and I have reached what I considered to be ultimate fitness physically and even mentally. I felt I was ready in every way for fights and I have won fights. This was the way I was originally going to prepare for Chris Eubank and I believe that I would have won. But now I have experienced preparing for and competing in a fight using the mind training system and I can see a major improvement in myself in every area - my footwork, balance, fitness, physical strength, punching power but most important, most enjoyable and the best part of it all is the control of my mind.

**Blueprint: In what way exactly?**

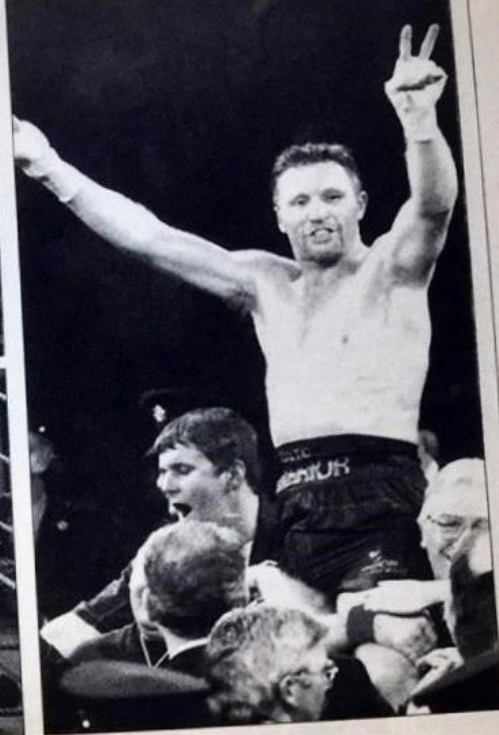
Most people don't have full control of their own minds. They can't get their minds to do what they want. They don't have control and control is very important to me - to have full control over my mind and, through my mind, my body. This gives greater control over the outcome - in my case the fight with Chris Eubank.

**Can you be more specific about what you mean by full control over your mind?**

I have always been a very positive person. I have always believed in myself but yet there may be a part of you that is still trying to convince yourself that you are going to win. By working with Tony, using his Educo system and mind technology, I was able to reach a point of absolute certainty where mentally I already had won. Tony believes that the mind operates cybernetically. Cybernetics was discovered during the last war with torpedoes where it became possible to lock onto the target and even if the target moved the torpedo would follow it. In other words, it would keep correcting itself till it realised its outcome. When the mind has its outcome installed - in my case the winning of the fight - then it will find the means of realising that outcome.

**Was this a great discovery for you?**

Yes. But it also explained to me why many times before I had been successful against all the odds because of my great self-belief.



**Above:** Right from the start Collins fought with determination. Tony Quinn offered him words of encouragement between rounds. Collins kept up his relentless assault on Eubank round after round, until a powerful punch from him left Eubank sprawled on the canvas. The magic words, the new world champion sent the 8,000 screaming fans crazy.

programme in the computer, the faster the signals can go and the more powerful the signals are. I was able to use time distortion where in my mind Eubank appeared to go in slow motion. I had used this in training and it had worked really well for me. He actually seemed to be going slower than normal. Also when working with Tony we had made the targets for me three times larger. We had worked with a deeper part of my mind to control bleeding, pain and even fatigue. However, we had safeguards in there because obviously, while I was well-trained, it was necessary not to exceed the recovery capacity of my body. As a fighter it is great to realise that you can actually control your bleeding which makes it much safer and also you can control the pain. For example, normally it takes me about two to three weeks to recover from a fight. In this case, after about forty five minutes I was totally recovered. I didn't have any pains or stiffness afterwards like I normally would. I felt great.

Of course, as in any fight there were a lot of head clashes, use of elbows. He butted me many times with his head. In the past I would have been cut to ribbons. But what amazed me is the minimum bruising, absolutely no swelling and as I already said the cut above my eye never bled and never needed any assistance from my cut man.

**That is certainly all pretty amazing.** Well would you believe that my body has recuperated to the extent that it has even repaired injuries that I had before the fight? I literally came out of the fight feeling better than when I went in. For some time my trainer had been complaining to me that I wasn't throwing the punches correctly, my footwork wasn't the best and I was often off balance. By using my mind in the way that Tony instructed me, in just two weeks I was able to totally change all of that. Quite simply, by learning how to use my mind properly I was able to go in less than six weeks from having a virus and feeling quite run down and mentally not at

my best (although I always believed that I would win), to being a world champion. Inside the final two weeks one person watching me in training described it to me, that it was like as if I'd gone away, forgotten everything I knew, washed it all away and started as new and done it all correctly. In actual fact that is what I have done. I changed my footwork, the positioning of my feet, corrected my punches and was able to put my body more behind them so that I could punch harder and in better balance.

**What of the future, Steve?** I am in the process of proving what I always believed - that I am the best pound for pound fighter in the world today. Remember that I did all that I did in less than four weeks so next time I promise you that I will be even better.

**Thank you very much Steve. We are all proud of you and your magnificent achievements.**

## Hypnosis

We asked Steve what part hypnosis played in all of this. He thought that Tony Quinn would be more qualified to answer

**Tony:** When people ask me about hypnosis they speak about it as if it were a concrete reality, an object, which of course it's not. We can't say "Take two tablets of hypnosis and the following will happen". There are many variables - the hypnotist, the method, the subject, motivation etc. So I really only feel qualified to speak about what I do based on the research I conducted with the University of East London and for which I was awarded a Master of Science degree. This was seen as an advance on traditional hypnosis. My approach is based on obtaining what I term unconscious attention from the subject. As I understand it, there are three levels of attention:

- (1) Inattention - where you are not bothered with what I say.
- (2) Conscious attention - where your attention is maintained through an effort of will.

- (3) Unconscious attention - where you are focused, so absorbed with what is taking place that your entire attention is taken up by it and no part of you is left over to be consciously aware that you are paying attention. Once I obtain this level of attention from the person then I use various ways to further increase it. This enables the person to use more of their mind than ever before. If, for example, you were to take a needle and pass it through the arm of a subject at level 2 of attention, even though you told them it wouldn't hurt, it still would. At level 3 there would be neither pain nor bleeding - the difference being that at level 2 the mind would be divided between, 'I am not going to feel pain' and 'I think I will'. At level 3 the mind would be totally focused on not feeling pain and that would be the result. (This was the case in the four surgical

operations I was involved with and which was shown on the Late Late Show in October 1994.) The more of the person's mind that is brought to bear on the objective the better the result. This is the secret of my success with people, ranging from business to healing. This is the open sesame, to not only mind over matter but even over our lives. Few people realise the power and scope of their mind when it is properly harnessed. There is so much effort put into learning how to run our businesses, yet none at all into learning how to run our mind. I wonder if the person reading this has ever considered that they are hypnotised by their negative beliefs, understanding of themselves and the conditioning of society? The Steve Collins' of this world know what they want and are prepared to take control not only of their bodies but of their minds to get it. He is not just a physical but also a mental champion. Finally, my goal is not to be able to control other people's minds, rather to help them to control their own minds to get the results they want.

# Tony Quinn talks about his life

As a result of recent media attention I have been inundated with requests for interviews. Generally I avoid giving interviews because the reporter may write up their version of what is being said and consequently for me the articles have very little meaning. I would like to take this opportunity to answer the type of questions I am normally asked and, frankly, some that I wish I were.

It all started for me when I like most young boys I was an avid reader of comics. But, my favourite was not the comics themselves but strangely the ads on the back pages - in particular, the ads for hypnosis, mind power, karate and martial arts. I was always fascinated by anything to do with self-improvement or becoming healthier. One of my favourites at the time was the Charles Atlas ad that promised, 'You too can have a body like mine in 7 days.' As an only child you could possibly say I had a very active imagination. One of the comics I loved was called 'Mandrake the Magician' - the comic strip that runs to this day in one of the evening papers. Mandrake could do all sorts of wonders using hypnosis and mind power. My dad used to bring me to Mandrake films. After school I would often go from library to library to read books about my favourite subjects. On one of these adventures I was allowed into the adult's library and discovered my first yoga book. I was particularly fascinated by the mental side of yoga or anything to do with mind over matter.

## The Formula

Somewhere around this time I developed a passionate interest in reading the Gospels. To my young mind Jesus was the greatest real live Magician of all (and I hope I don't offend anyone by saying that) and He became my hero. One day while pouring over the Gospels certain passages seemed to come together and leap out at me to reveal a philosophy which has become the basis of my life. Passages where Jesus said:

*'I tell you the truth, if anyone says to the*

*mountain, 'Go throw yourself into the sea', and does not doubt in his heart but believes that what he says will happen, it will be done for him.' Mark 11:23*

*'If you can believe, all things are possible to him that believes.' Mark 9:23*

*'According to your faith will it be done to you.' Matthew 9:29*

*'Therefore I tell you, whatever you ask for in prayer, believe that you will receive it, and it will be yours.' Mark 11:24*

These and similar passages, including one from Proverbs, 'For as a man thinketh in his heart so is he.' (Proverbs 23:7) all seemed to come together into this formula: 'If you want something, believe that you have it without inner doubt and it will come about.' As a young boy I can remember clearly how excited I got. Here was the answer to how to get the most out of yourself, out of life and how to bring about a better world. Of course, everyone that I told it to thought I was foolish to take all of these statements literally. Yet it all seemed so simple to me.

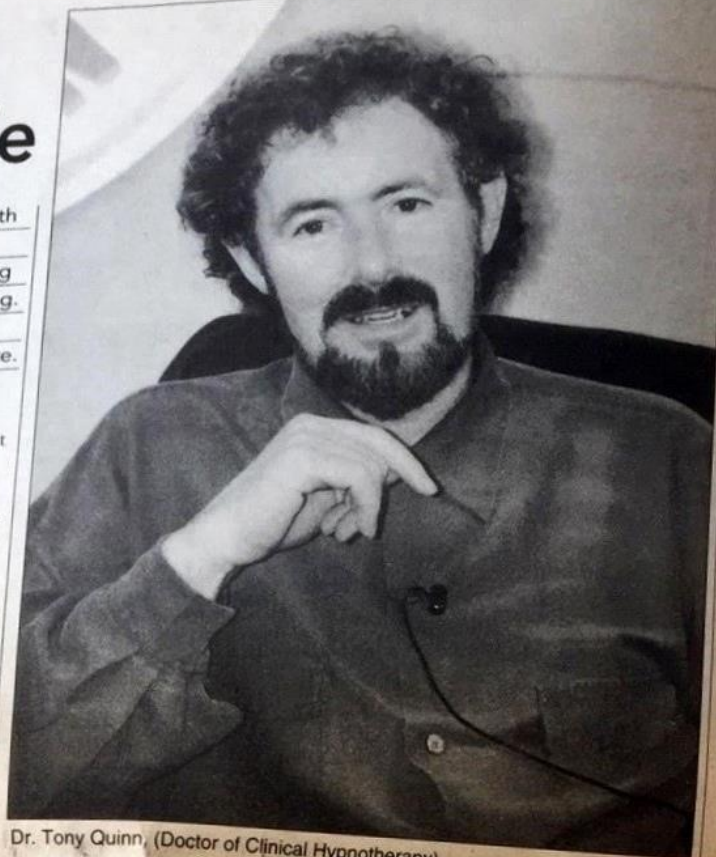
## Allow Yourself to Succeed

My reasoning was as follows: It seemed to me that we live in a sea of energy from which everything is formed and we as human beings had this power to shape things according to our wishes provided that we could really believe in our hearts. I remember I reasoned that there were two parts of us involved - our heads and our hearts. People could say, 'I want to be healthy, happy, rich' or 'I want the world to be a better place'

but in their heart they couldn't see that as a fact. So it seemed to me that if it was only in the person's head nothing happened but if it was in their heart then the result would come about.

The enormity of this I found exhilarating, intoxicating, almost overwhelming. In reality, or so it seemed to me, people were given this great gift by God and we could either be as generous as we liked to ourselves and others or as mean.

That is, you had to really want what you requested before you got it. It seemed to me that if you only wanted it with your head and couldn't really accept that you could have it in your heart you were working against yourself and you cancelled out your wish. If you could really allow yourself to have it then it would come about. Just stop for a minute and consider, 'Could it really be possible that we have much greater control over our lives than we realise?' But to succeed we have to take control of our own minds and only let into our hearts what we really want or make sure that what we want reaches our hearts. Are we really unlimited potential who have denied our potential? By just a small switch in our way of thinking from our heads to



Dr. Tony Quinn, (Doctor of Clinical Hypnotherapy)

our hearts we could begin to realise that potential. When I tried to talk to adults about this philosophy I remember that some laughed at me good naturedly but others would get annoyed. I wasn't trying to irritate, but merely to share what I believed to be a great truth with them, and I really thought that they would love the whole concept. They didn't. I resolved to live by this philosophy myself. No, it didn't mean that I was able to run out and walk on water, because in my heart I didn't quite see myself doing that (joke) but it began to make the vital difference in my life.

## Your Whole Mind

As I got older I continued to tell people about this philosophy, often dropping the fact that I discovered it in the Bible because people used to introduce all sorts of religious connotations. It used to get me into a lot of hot water. I began to realise that on hearing what I had to say, people fell into certain categories: those who believed that what I said was true and wished that they could do it because it only went as far as their heads, those who thought I was foolish, even dangerous, and those who on hearing it had no difficulty believing and could quickly bring about changes in their lives. (Honestly, I've always considered the real danger to be, that though we have this God-given capacity, through the proper use of our mind, to realise our potential, we let that mind work against ourselves and life.)

I continued with the viewpoint that if I couldn't persuade the whole world I had persuaded myself. It still seemed so simple to me - that if you really made up all of your mind, both your head and your heart,

then you would get a result. At the very least, you would have improved the odds in your favour. I found myself saying the same thing to people over and over again - that I wasn't trying to get up anyone's nose I was merely sharing with them a very simple understanding that could totally change their lives. Over the years I became moderately famous (or is it infamous?) for helping people to achieve their objectives whether it be in the areas of success, business, health, healing, self and life improvement etc.

I was always faced with the same enemy - people's refusal to believe or accept their own potential caused by the division in their mind, the division between their head and their heart, what they want and what they will allow themselves to have.

## Scientific Footing

I have always believed that my formula had a firm scientific footing. Over the last number of years I set out to prove it and in doing so become the most knowledgeable and qualified person in the area

*"If you want something,  
believe that you have it  
without inner doubt  
and it will come about."*


  
**FEATURES**


Tony explaining the Educo System to a seminar audience.



Tony Quinn with his father, Paddy

that has now come to be known as mind technology. This has involved study in both England and America. Frankly, I already felt that I had the results and the experience. If I also obtained the qualifications it would enable me to get a better hearing and convince more people. To date this has meant me obtaining fourteen qualifications in all, including a Doctorate in Clinical Hypnotherapy and a Master of Science degree in Psychotherapy, Neuro-Linguistic Programming and Hypnosis. I am now about to undertake a Ph.D. in Psychology.

In September of 1992, I felt that the time had come for me to finally leave Ireland and the various businesses I had been involved in starting. From then on I have worked as a consultant. This allows me to pursue my research, study and qualifications and to travel to various parts of the world to meet people who are doing

pioneering work in mind technology. In conjunction with the University of East London, I was involved in four surgical operations which you may have seen on the Late Late Show, where by using the power of the mind the people involved had no pain, less bleeding than normal and excellent recoveries (See RTE Guide April 8th 1995). This I believe helped people to see what I was doing in a different light and now of course there is the work I did with Steve Collins for his fight against Chris Eubank.

I am delighted to say that my original philosophy stacks up very nicely with the latest scientific view of the mind which is based on cybernetics. Cybernetics was discovered during the last war and it involved submarines firing missiles at targets where the missile is locked onto the target and then fired. Even if the target moved it could follow it and achieve its outcome. Lets take the example of a baby who



Imelda Farrell, Colette Millea and Mary O'Brien who had operations performed on them without anaesthetic appeared on the Late Late Show with Tony Quinn.



Tony Quinn conducts a seminar in front of 1200 people at the National Concert Hall, Dublin.

wants to get food into its mouth. At the start it misses it all the time but it has a goal in mind and once it succeeds the mind will drop the other programmes of missing. We learn in this fashion. We learn to walk in this way and then we drop the other programmes of falling from our minds. The understanding in mind technology is that first of all you focus on the goal and if you can install that in the deeper part of the mind then the mind and the body will somehow find a way to accomplish the objective.

### Hypnosis

Then, of course, we have all the recent fuss about hypnosis. There are all sorts of reports written about hypnosis by people

who know nothing about it. One of the simplest ways of understanding hypnosis is that it is a means of putting a goal into the deeper part of the mind. Let us take the example of a person who wants to give up smoking (and, by the way, I only did one case of this in my whole life for the university which was successful)! The person wants to give up smoking but there is obviously another part of them that doesn't. In other words, with their head they want to give up smoking but with their heart maybe they don't believe they can. The purpose of hypnosis is that you relax the opposing thoughts - the parts that are against the objective - and that will leave the objective

which then passes into the deeper mind, or into the person's heart. If this happens, and only if this happens, will you get your result.

Another approach to the same end which I have developed myself is called unconscious attention. In this approach you progressively wrap the person's mind - not only their conscious mind but their deeper mind - around the objective. Eventually there is no inner doubt left. You actually fill up their whole mind with the goal. This works even better but of course I am biased. (The University also considered it an advance on hypnosis.) So, as you can see the scientific approach really brings us back to the original formula.

One of the other main reasons that I wanted to leave the organisation I was involved with is because it means that I don't have to run at other people's speed. If you are working on your own you can run at your own speed. By that I mean that I don't find it too difficult to believe that I will achieve my full potential but many people that I work with may be limited by their background, their experiences in life, social conditioning or by how they see themselves. Frankly, working with these people can be a difficult process to get them to be kind enough to themselves to allow themselves to succeed. I sometimes say that the meanest person of all to you is yourself.

I have got these further adventures that I want to have. One of my beliefs is that you owe it to yourself

to be all you can be. Sadly, many people have inferiority complexes programmed into them and they are not able to accept how great they are and the almost unlimited possibilities that they have available to them. If I am faced with someone who is sick and wants to be well or wants to be more successful then the objective is always to get this goal into the deeper part of their mind. That is why I sometimes say, 'Change your mind and you change your life.' As in my own case the people around them make a vital difference. They may wish the sick person to recover, be successful, or hope that they will, but they may actually see them as being unable to reach their goal. I have found that the more I have surrounded myself with positive people of imagination and vision the faster and easier it is to accomplish my own goals.

### Goals

My main goal has always been the same - to obtain all the necessary information to give to people so that they may quickly and easily take control of their minds and, through their minds, themselves, their lives and the world. I really believe that you can live your dream and if you wish I can provide you with the necessary mind technology to do so. My objective was never to control people's minds but instead to help them to gain control of their own minds. However, at the end of the day it is you that decides whether to allow your dream to be a reality or not. The best I can do is to provide the information to enable you to stack the odds in your favour.

Finally, let me say to you that I am in the process of living my own dreams, of drawing attention to and putting the formula into as many people's hands as possible and pursuing my passion of learning more and more about mind technology. So, between studying my favourite subject, moving around the world, doing seminars and working with some wonderful individuals, like Steve Collins, life is good fun.

Remember: If you want something, believe that you have it without inner doubt and it will come about.

# Our new Grafton St. headquarters

Significant step forward in the expansion of the Tony Quinn Group.

The anticipated opening of our new Educo Centre on Grafton St., right in the heart of Dublin's most popular shopping district, will be a significant step forward in the expansion of the Tony Quinn Group. It will offer a wide range of services to those interested in a healthy lifestyle and developing their life to its maximum potential.

## Successful Living Sessions

The new centre will feature our very popular Successful Living Sessions. These are currently held twice weekly at all our existing centres and are designed to

help you to relax to a deep level where you can let go of anything that may be stifling your self-expression, potential or self-healing ability. People who attend these classes speak of a new life with more energy, confidence, better health, improved capacity to relate, business success and happiness. Please see pages 10 & 11 for details.

## Holistic Medicine Courses

The Irish Health Culture Association (IHCA) and the Irish Association of Holistic Medicine (IAHM) will be providing a full range of Diploma courses in Yoga,

Ki Massage, Dietetics, Aromatherapy, Clinical Nutrition and Psychotherapy in the Grafton St. centre. The IHCA is the largest professional body of its kind in Ireland with over 300 members. Please refer to our Holistic Medicine page in this paper for more details.

## Educo Video Seminars

At our centre we will also be presenting the Educo 2 Day Video Seminar. This is a video presentation of Dr. Tony Quinn's hugely successful Educo Seminar held at the National Concert Hall in Sept. 1994. Details of current video seminars are available on page 3.

## Ki Massage Therapy

Ki Massage is specially designed to help you cope with the stress of life. It will leave you feeling relaxed, invigorated, energised and fully refreshed to meet the day. Our therapists will ease the stress out of your body using our own exclusive natural-based aromatherapy oils. Finally we are grateful to all of you who supported us over the years. We have always been committed to offering a wide range of products and services to those who wish to develop their lives to their maximum potential. This commitment is set to expand further in our new Educo Centre. We will be open in early summer and we look forward to seeing you there.



Pictured here, our new Educo Centre in the heart of Dublin's busiest shopping district.

# Magic of the West

"Magic of the West" was the title of a highly successful one woman art exhibition held recently by Cork based artist Maria Galvin in the Van Guard Gallery, Macroom.

Officially opened by former Minister for Agriculture Mr Joe Walsh, the exhibition ran for a month of January and received much favourable media attention. Maria's work is based only on the landscape of the West of Ireland where she spends her spare time painting the mountains, coasts and coastlines. Collecting material for her paintings. She says 'the countryside is so peaceful and untouched and yet it is with the magic of the story and the spirit of the place. I try to capture energy, life and the sphere of an area which brings me back to the West. I hope the feeling I am immersed in a landscape comes across to the viewer. That feeling is sheer wonder and awe at the colours, textures, light and reflections.

the great beauty that I see in a landscape'. Through her contact with the philosophy of Dr. Tony Quinn, Maria says her work has benefited a great deal, as has her whole approach to life. 'There is no effort involved, I seem to come up with endless ideas for paintings and they materialise like magic. I suppose I become so tuned into what I am doing that hours pass by and it only seems like minutes. The paintings seem to flow onto the canvas and then I wonder: "Where did that come from?"' I entitled the exhibition "Magic of the West" because of the magical way in which the paintings came about.' Maria, who also works in Cork as a yoga teacher, massage therapist and psychotherapist, is already working on paintings for her next exhibition which

will be held in Spillers Lane Gallery, Clonakilty, Next June. She says she is delighted with the interest and support she received for her work and is glad to see that gradually more people in Ireland are supporting the work of local artists. 'In the areas of literature, theatre and more recently in the area of Irish dance our artists are achieving international recognition. Only a few years ago an Irish musician trying to make it abroad wouldn't have stood a chance. Now not only are they being listened to but they are among the top artists of the world'. Maria predicts that this will eventually happen in the visual arts. 'In Ireland we have a strong culture, which people all over the world envy and desire. Irish art which is flourishing at the same moment captures the qualities of our heritage and our attitudes to life that people abroad find fascinating. I think it's only a matter of time before the visual arts will hit the major galleries of the world'.



Maria Galvin.



'Bright scenes, live side by side giving alternative life to streams and tree trunks. Surrounded by the paintings one enters a fantastical sci-fi landscape in which one feels - particularly in one untitled painting, in which a tree trunk spreads its roots like a big foot on the forest floor - that the trees will any moments jerk into animated action with the appropriate musical accompaniment. Isobel Healey, Cork Examiner



# HEALTH & FITNESS

A 4 page supplement with Blueprint for Successful Living

## More Success Stories at the Tony Quinn Gym

We have developed a unique four stage programme which is the cornerstone for achieving success. This approach is the same whether you are trying to lose weight, tone up, win a bodybuilding competition or improve performance on the sports field.

Our four stage structured programme forms the basis of a personalised training regime for you:

- (1) Posture Assessment.
- (2) Resistance Training.
- (3) Diet for Health & Shape.
- (4) Applying the Right Mental Attitude.



### 'I lost 3 stone in 3 months'

When I came along to the gym in July 1994 I weighted 20 st. With a personalised programme which I followed exactly, it took me only 3 months to lose 3 stone. My energy and mental outlook improved dramatically. I am still training 9 months later because I enjoy it so much.

Eamon Jenkinson



### 'I lost 6 1/2" off my hips'

I hated my shape especially my hips and thighs which were totally out of proportion with the rest of my body. Taking up the Body Sculpting was just great. As the programme was specific to my needs I really got what I wanted, 6 1/2 inches off my hips and shaped up everywhere else. I am now wearing clothes I never thought I could.

Lorraine Smith.



### Gained 2 stone of solid muscle

I had tried four gyms around town but could never make the weight gains I wanted. When I joined the Tony Quinn Gym in November 1994 I was 12st 6lbs. Three months later, having followed the programme exactly, I had reached my target weight of 14st 6lbs.

Bradley Corbally



### Transformation in 10 weeks

Over the last few years I had really let myself go and was unhappy with my figure. I decided to embark on the Tony Quinn Body Sculpting System.

Armed with my training and nutrition plan, I had transformed my overweight, out-of-shape body into great shape in just 10 weeks.

Adrienne Gannon



### Opening Times

Ladies; Tues & Thurs - 7.30am - 9.00pm, Sat & Sun-9.00am - 2.00pm  
Men; Mon, Wed & Fri - 7.00am - 9.00pm, Sat - 2.00pm - 6.00pm

MEMBERSHIP 12 Months £220, 6 Months £160, 3 Months £105.

## Tony Quinn Gym

67 Eccles Street, Dublin 7. Telephone (01) 830 4998

## Take the weight off your mind

Why are some people so successful at maintaining great shape while others continually fail? What is their secret of staying in shape?

Simple: They decide exactly what they want and make that more important than anything else. For a top model staying in shape is important because her job depends on it. Equally a world class athlete trains to be super fit and in great shape because he/she wants the gold medal more than they want an extra hour in bed.

Before you start your new diet or your exercise class, decide exactly what you want, whether it is greater fitness or improved energy, inches off your waist or firmer thighs. Then get the picture of your end product as clear as possible in your mind. The more clearly you can visualise that goal, the better chance you have of achievement. Now you have switched your mind from focussing on what you don't want to what you do want.



Ita Fitzmahony, M.I.H.C.A.

Continually remind yourself of how important your goal is to you. Write down everything that achieving your goal will mean to you. Now you have plenty of reasons for what you're doing it will be difficult to dissuade you!

### BRAY

Tony Quinn Centre, (01) 286 9311  
9, Quinsboro Rd.  
Weds 10th May,  
6.45pm-8.15pm & 8.30pm-10pm.

### DÚN LAOGHAIRE

(01) 8304998 or (01) 2809891

### Tony Quinn Centre

96, Lower George's St.  
Tues 9th May, 10.30am-12noon  
Thurs 11th May, 7.30pm-9pm

### LUCAN (01) 830 4998

### Spa Hotel

Mon 8th May, 8pm-9.30pm

### DUBLIN CENTRAL

Tony Quinn Centre, (01) 8304998

67, Eccles St., Dublin 7.

Evening: Mon 8th May,

6pm-7.30pm & 8.00pm-9.30pm

Morn: Weds 10th May,

10.30am-12noon

### STILLORGAN (01) 830 4998

Glenalbyn Community Club

Thurs 11th May, 7.30pm-9pm

### CASTLEKNOCK (01) 830 4998

St. Francis Xavier Senior School Hall

Weds 10th May, 8pm-9.30pm

### RAHENY (01) 830 4998

St Paul's College, Sybill Hill

Weds 10th May 7pm - 8.30pm

### HOWTH (01) 832 3067

Presbyterian Church Hall

(opp. Howth Lodge Hotel)

Morning: Thurs 11th May

10.30am - 12 noon

### SUTTON (01) 832 3067

St Fintan's Parish Hall

Church Road

Wednes 10th May, 7.30pm - 9pm

### SWORDS (01) 830 4998

Rivervalley Community Centre

Thurs 11th May, 8.30pm - 10.00pm

### MALAHIDE (01) 832 3067

Grand Hotel

Tuesday 9th May, 7.30pm - 9.00pm

### RATHMINES (01) 830 4998

St. Louis High School

Charleville Road

Mon 8th May, 7.30pm - 9.00pm

## Tony Quinn's

# 6 Week Body Sculpting Course

## Get into the best shape of your life now

- Lose Weight.
- Tone up tummy, hips & thighs with exercises that really work.
- Firm up bust.
- Balance your diet (for weight-loss, shape, health & wellbeing.)
- Boost energy levels.

This course is a unique approach to weight loss, shaping up and achieving fitness. Our unique combination of stretching, posture improvement and muscle-toning exercises will reshape problem areas - tummy, hips, thighs, bust etc.

The workout, while thorough is not exhausting and is suitable for all age groups. Our nutrition plan will show you how to lose fat, firm up and look great but without starving or feeling deprived. You will find that the course will get you the results that you have been looking for.



Liz Kelly uses the Body Sculpting Programme to keep herself in great shape for her modelling assignments.

# ← Classes Citywide

# HEALTHY Tan

Develop a healthy colour all-year-round while safeguarding your health

**I**f you have ever wished for a golden tan all year round - then these capsules may be the answer. Beta-Gold is a natural supplement extracted from plants. When used for over two weeks it can cause the skin to turn a light golden colour. These capsules may also be used with sunbathing or sunbeds.



## OTHER HEALTH BENEFITS

Beta-Gold also contains provitamin A, a useful nutrient which your body converts to vitamin A - but only in the amount it requires, so you can't take too much. Large scale studies seem to prove that this provitamin may actually help protect the body against disease.

Certain foods, vitamins and minerals seem to combat or mop up these scavengers. Among these are Vitamin C, Vitamin E, Selenium and Provitamin A as found in Beta-Gold. This is why it guards your health while allowing you to tan.

## Information Booklet

For more information ask for our free suntanning information booklet at any of our Health Stores.

## TOTALLY NATURAL

Beta-Gold is a totally natural product, extracted from plants, not to be confused with a synthetic tanning capsule that was available in recent years.

## FREE-RADICAL DAMAGE

Free radicals are, like their name suggests, little terrorists, that go around snatching electrons from healthy cells causing cellular damage which leads to wrinkling and loss of elasticity i.e. premature ageing. The good news however is that we can help the body dispose of its free radicals.



**Discount Offer**  
Save £3 when you purchase 2 packs of Betagold with this coupon. Valid until end July '95.

**£10.50 FOR 90 CAPSULES.**

# Totally New Body & Brain



## Amino-Excel

We are having remarkable feedback on our latest discovery. Many men report better energy and alertness, greater strength and improved muscle tone. Ladies also report a similar boost in energy, improved skin tone, firmness and shape and a new feeling of vitality.

## Wonder Food?

This exciting nutritional breakthrough is extracted from whey, the most nutritious part of milk and reduced to free form Amino Acids, its purest components. Now available in capsule form, these capsules contain the basic building blocks of protein. The word protein means the first or most essential food for life. Insufficient amounts of protein can result in persistent tiredness, flabbiness, lack of energy and drive and poor condition of skin, hair and nails.

Researchers discover a totally new body & brain fuel with some remarkable benefits:

- Boosts energy & mental alertness
- Helps firm & tone muscles
- Improves digestion
- Skin softener

## Totally Unique

What makes this product truly unique is the fact that it is predigested using a special enzyme process. This means these amino acids are instantly available to the body producing virtually immediate results. (This product is not to be confused with peptide bonded amino-acids).

## Nutritional Value

Egg white protein is scientifically rated as the best protein for the body against which all other proteins are judged. This product has a nutritional value that is 50% better than egg white, making it the best rated protein available.

## AMINO-EXCEL

Cost £11.90 for 180 Capsules (4 - 6 weeks supply)

# THE NEW CONCEPT IN SUNBEDS



Sunbed

**Why you should consider using our sunbed in a bottle approach.**

Sunbeds are designed to emit large amounts of UVA rays which are predominantly the tanning rays while reducing the UVB rays, which are the burning rays, to the minimum. This makes it possible to tan almost without burning. This new lotion works on a similar principle and is designed to block out most of the burning rays while allowing 98% of the sun's tanning rays to remain. This now makes it possible to develop a much deeper sun tan in less time virtually without the danger of burning.

Hence they can dramatically slow down the rate at which you tan. The effectiveness of suntan lotions is measured in factor numbers. If, for example, you could stay in the sun for 1 hour without burning then with a factor 8 lotion you would be able to remain 8 times as long, with a factor 4 then 4 times as long.

## No Need to Sunbathe for Hours

Traditional sun lotions help prevent burning, screening out the hot burning (UVB) rays from the sun. Sadly they also screen out most of the tanning (UVA) rays.

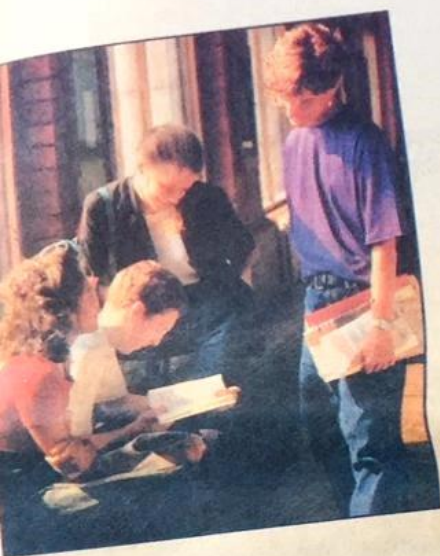
## Developed by Chemists

We consulted the experts in dermatology (skin care) to establish if it was possible to produce a suntan formula that would allow maximum tanning yet cut the risk of burning to a minimum. We knew that normal lotions screened out both the burning and tanning rays and we were intrigued with the possibility of developing a formula that would virtually eliminate the burning rays while allowing the tanning rays through. The result is a "Sunbed in a Bottle."

# New in Fuel

## Our Greatest Discovery to Date

As a organisation committed to excellence in the pursuit of health and fitness we have researched, numerous products over the last 20 years. This is one of our greatest discoveries to date. Everybody can benefit from this product: sports-people, those who require more physical and mental drive, the elderly, students, bodybuilders and those recovering from illness. In Ireland, AMINO-EXCEL is available only in Tony Quinn Shops nationwide.



# TANNING in a bottle

## FREE Special Offer COUPON

- "Sunbed in a Bottle" 1 - £7.90
- "Sunbed in a Bottle" 2 - £14.50
- "Sunbed in a Bottle" 3 - £19.00

Discounts apply only on presentation of this coupon. Valid at any Tony Quinn Store until end July 1995.

**CAUTION - Avoid Skin Damage!**  
We do not recommend prolonged sunbathing. UVB rays cause the body to produce Melanin (the pigment that tans) almost without burning. However excessive exposure appears to age the skin, so use caution. The UVB rays are the more powerful burning rays and we suggest that you avoid sunbathing when the UVB rays are at their strongest which is usually between 11am and 3pm.



# WEIGHT LOSS

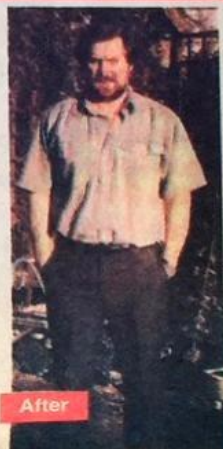
## What our customers are saying about **weight loss** ...

We continue to receive letters from the public regarding Amino-Or as an energy booster and body toning aid. Amino-Or is a food supplement taken in capsule form. Available in Ireland for over 12 years, it is highly recommended by dieticians and other experts as a useful part of a weight loss programme. We make no claims for this product.

### What is Amino-Or?

Amino-Or is an amino acid, a constituent of protein found in ordinary foods. In their best selling book, "Life Extension", researchers Durk Pearson and Sandy Shaw revealed the amazing effects that specific amino acids can have on the body. Some can be used to improve concentration, lift depression, as pain killers and as sleeping aids while others help the body to retain protein and burn fat. The fat-burning amino acids are the ones that became instantly popular in the U.S.A. and Europe.

### I Lost 3 Stone 11 lbs



I myself am a bit of a doubtful Thomas. I had tried everything under the sun, even the quickie diets. Then I tried the Amino-Or and after one week I had plenty of energy and my weight started to drop. As I had been trying to lose weight all my life and now at last it was happening I began to feel great. I have given up my 40 cigarette habit. I started to take the Protein 90 drink as well as the Amino-Or. My longing for cigarettes went with the two together. I was flying! I had no problem keeping off them. That's another reason why I take

the Amino-Or. I would recommend them to anyone.

I might point out that taking the Amino-Or does not interfere with my social life. I still drink 6 pints at the weekend. My mother and father have now started to take Protein 90 as well and they really love it too!

Paddy Mc Donagh

### I Lost 1 Stone and 3 lbs in one month



I felt really overweight with no energy. I decided to go on a course of Amino-Or. I stopped eating each evening at 6.30pm, took a low fat diet and plenty of salads. After the first month I lost 1 st 3 lbs. I felt brilliant energy and even found I had brilliant muscle tone. I still take Amino-Or. I feel great and I have never looked back. I highly recommend Amino-Or to anyone who wants to lose weight.

Marie O'Brien, Cork

### Lost 11lbs in 4 weeks

I visited Tony Quinn's Centre and found the staff so courteous and extremely helpful. I was put in touch with Caroline McDonagh the Nutritionist.

She recommended Amino-Or which breaks down the fat. I simply can't express the general feeling of wellbeing now coupled with a weight loss of 11 lbs in four weeks. M. Darcy, Dublin

### I thought they wouldn't work

I started the Amino-Or six weeks ago and I have lost 20lbs so far. I cut out all the junk food and take the capsules every night. I thought the Amino-Or wouldn't work but I found out for myself that they really do. I have tried a lot of different diets before, but found none that would work, until I found out about Amino-Or.

A. Lynch, Dundalk

### Lost almost 2 stone in 2 months

Could you please send me a months supply of Amino-Or capsules. I have lost almost 2 stone in 2 months using this product.

Thanking you  
P. Murray, Co. Meath

### It was easy

I lost 11/2 stone in 2 months taking Amino-Or. It was easy. I did not diet at all.

E. Shortt, Ballyfermot

### I would recommend them

I was recommended Amino-Or by a friend who had lost 3 stone taking them for 1 month. I had lost 10 lbs and felt much fitter. I would strongly recommend them.

A. Daly, Sallynoggin

### Lost over 3 stone

I used Amino-Or after having my first baby. Since I started using Amino-Or I have lost over 3 stone.

Mary M, Dublin

### 1/2 stone lost

I was taking Amino-Or for 3 weeks and lost 1/2 stone. I was doing what I normally do. I didn't change anything.

T.hresa Donovan, Tallaght

### Found them very good

I found Amino-Or very good for weight loss. I lost 1/2 stone in one month

Theresa Quigley, Dublin 24

### Pleased with herself

My daughter who is a nurse in London has had great success with the Amino-Or. She lost over 2 st. and is very pleased with herself.

Deidre Coughlan, Dublin 18

## FREE

Slimmer's Guide with every purchase of this product.



### Amino-Or Capsules

1 Month's Supply £13.20

### SPECIAL OFFER

2 Month's Supply £24.50

3 Month's Supply £34.00

Valid with this coupon in our stores until July '95.

ALL WEIGHT LOSS LETTERS ARE GENUINE. THE ORIGINALS ARE HELD IN OUR FILES AND CAN BE INSPECTED WHERE NECESSARY

# Is this the Happy Vitamin?

Detailed research indicates that a particular nutrient which is part of the B-Complex range may have a surprising effect on our moods and stress levels.

## Happy Vitamin

This 'happy vitamin' called Pantothenic Acid, is available in Ireland as Pan-Tac.

## More Energy

Clinical Nutritionists feel that this vitamin, taken as a supplement, could be very useful to produce more energy and drive in anyone who feels they should have more get-up-and-go! The amount of this vitamin needed daily varies constantly with the severity and number of stresses one is under. During any type of stress-related illness, injury, effects of drugs, burns, surgery or emotional upsets the requirement for the vitamin increases proportionately.

## Medical Research

At the State University of Iowa College of Medicine, young male volunteers were given a diet adequate in all nutrients except this vitamin. They became easily upset, discontented, irritable, depressed and quarrelsome. These young men also developed fatigue, headaches, dizziness, weakness, rapid heartbeat, muscle cramps and continuous colds. Though sleepy they even suffered from insomnia. Dr. E.P. Ralli of New York University College of Medicine studied young men under the stress of swimming in icy water, with and without receiving Pantothenic Acid daily. Her tests showed that the vitamin gave protection against stress in many different ways. As a supplement Pan-Tac is very safe, scientists are unable to find a level of dosage at which this vitamin is toxic.



## Tony Quinn's Pan-Tac

3 - 5 week's supply  
100 caps £7.55  
10 - 12 week's supply  
300 caps £18.50



# Delicious Health Drink

For those who wish to improve their health yet find it difficult to stick to a diet then our high protein, low fat drink may be the solution.

Protein-90 is a nutritious health drink that tastes so good it can help eliminate certain food cravings. There's even a chocolate version that will appeal to those who have a fondness for chocolate bars and sweets.

## MANY BENEFITS

Suitable for all age groups. This product makes a healthy addition to just about everybody's daily diet. Children can benefit from its high

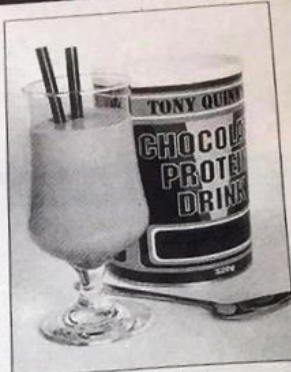
protein and calcium content. Adults wishing to firm up or lose fat will be delighted to find that something that tastes so good can be part of their diet too.

## A MEAL IN A GLASS

One nutritious glass is equal to approximately 1/2 pound of steak in protein content - but unlike meat it is extremely low in fat (just 1%). It can be taken as a refreshing milkshake or made thicker as a dessert. It is suitable any time as a meal in itself or after meals as a delicious healthy dessert.

Try it, we're certain you'll enjoy it.

Small £7.15  
Large £15.35



The delicious chocolate milkshake may be the answer to your sweet tooth. It is very low in fat, high in protein (for firming up) and a rich source of calcium (the relaxing mineral). Suitable for all the family.

# Eliminate Foot and Body Odour

## MEDICALLY TESTED

Unlike normal deodorants that only mask or camouflage odours for a few hours this new medically tested cream can eliminate body or foot problems for up to 15 days - with just one application.

And there are many more unique advantages to this remarkable product. For example it does not inhibit the normal function of the sweat glands. No need to re-apply after showering or bathing. Heavy work including exercising doesn't seem to prevent it from working. Tests prove one application can last 15 days.



## LASTS OVER 2 TO 4 MONTHS

One jar can last 4 to 8 months. This long-life deodorant would certainly seem to make all others obsolete. Called Lavilin it is made from herb extracts and is simple and quick to apply. Available in two strengths, one for the body and a more potent form for feet.

Lavilin Body - £7.30  
Lavilin Foot - £9.95

# Tony Quinn Health Stores & Agents Countrywide

All products in this 4 page supplement are available only from Tony Quinn Health Stores, appointed agents, or by express mail order.

## Shops countrywide

- **DUBLIN CITY. 67 ECCLES ST** (Off Dorset St)  
Tel: (01) 830 8588. Mon-Fri: 9am-9.15pm.  
Sat: 9am-6.30pm Sun: 12 noon-4pm.
- **DÚN LAOGHAIRE. 96 LR. GEORGE'S ST.** Tel: (01) 280 9891  
Mon-Sat: 10am-6pm. Late Nights: Mon & Wed 'till 8pm
- **RATHMINES. 2 WYNNFIELD RD.** (Opposite ESB Office).  
Tel: (01) 497 4234. Mon-Fri: 10am-8pm. Sat: 10am-6pm
- **ARMAGH. 41, UPR. ENGLISH ST.** Tel: (0861) 52 57 42.  
Mon-Sat: 9am-5.30pm. Closed all day Wednesday
- **BRAY. 9 QUINSBORO ROAD.** Tel: (01) 286 9311.  
Mon-Sat: 10am-6pm. Late Nights: Mon & Thurs till 9pm
- **CORK. 20 ACADEMY ST.** Tel: (021) 27 63 64.  
Mon-Sat: 10am-6pm. Late Nights: Wed & Fri till 9pm
- **DUNDALK. 18 JOCELYN ST.** Tel: (042) 3 80 97.  
Mon-Fri: 9am-6pm. Sat: 9.30am-6pm.  
Late Nights: Mon & Thurs till 7.30pm.

## Agents in Dublin

- **RAHENY** - 316 Howth Rd. 833 9902
- **BLACKROCK** - Paul Doyle, 3 Avondale Lawn Ext. 288 7432
- **CASTLEKNOCK** - Kay Martyniak, 45 Castleknock Wood, 821 1623
- **CELBRIDGE** - M. and B. Ó Coanaigh. 628 8961
- **CLONTARF** - Margaret Macken, Dunluc Rd. 833 2954
- **DUBLIN 1**  
The Hair and Beauty Clinic, Irish Life Mall, Talbot St. 874 5106  
The Hair and Beauty Clinic, 17 Upper Liffey St. 872 5544
- **HOWTH** - Siobhán Clifford, 5 Church St. 832 3067
- **SWORDS** - Dónal Ó hÓbáin. 29 Forest Blvd. 840 5540
- **BLANCHARDSTOWN** - Nuala McNeely, DHPM, 11 Westway Park, Dublin 15, Telephone: (01) 820 4125

(Jan '95) All offers and prices valid until end February '95

	Cost	No.	Total
AMINO-OR (1 month's supply)	£13.20		
AMINO-OR (2 month's supply)	£24.50		
AMINO-OR (3 month's supply)	£33.00		
BETA-GOLD (Tanning) (1 month's supply)	£10.50		
BETA-GOLD (Tanning) (2 month's supply)	£18.00		
CHOCOLATE PROTEIN 300gram tub	£7.15		
CHOCOLATE PROTEIN 800gram tub	£15.35		
AMINO-EXCEL (4-6 week's supply)	£11.90		
PAN-TAC (Anti-Stress) (3 week's supply)	£7.55		
PAN-TAC (Anti-Stress) (9 week's supply)	£18.50		
SUNBED IN A BOTTLE	£7.90		
LAVILIN BODY DEODORANT	£7.30		
LAVILIN FOOT DEODORANT	£9.95		

Please forward to me the item(s) marked.

P & P £1.00  
Total

I enclose Cheque or P/O for £.....

or charge my Credit Card

Credit Card Number

Credit Card holders can place their order by phoning

(01) 830 8588, Mon-Fri to 10pm. Sat to 6.30pm.

Expiry Date \_\_\_\_/\_\_\_\_/\_\_\_\_

NAME (Block Caps) .....

ADDRESS .....

Signature .....

Phone .....

Date.....

Post To  
Express Mail Order,  
Tony Quinn Health Stores,  
67 Eccles Street, Dublin 7.

Allow 2 to 5 days for delivery.

# Express Mail Order

Telephone in your order before 2.30p.m. and we will guarantee postal dispatch by 5p.m. same day provided you have a major credit card. To order by post simply fill out this form and post it to us without delay.

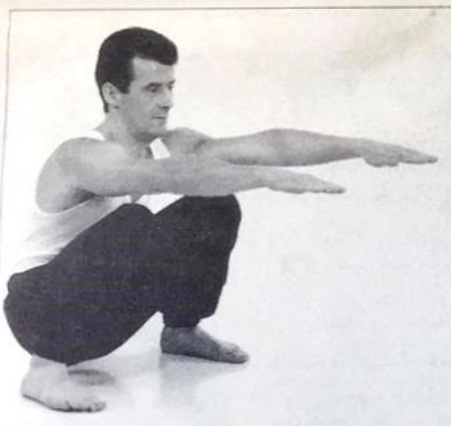
# The Holistic Medicine Revolution

Did you know that Americans spend from their own pockets as much on holistic medicine as on other forms of health care.

Research recently published in the New England Journal of Medicine has revealed this startling new trend. Even an increasing numbers of doctors in Ireland as well as abroad are beginning to practice the various



Clinical Nutritionists can offer personally tailored diets suitable to individual's needs.



The Diploma in Yoga provides all the necessary training to be a professional yoga teacher.



Home study is an integral part of the course.

forms of holistic medicine. Holistic medicine looks to the root cause of most illness - the stress that in our modern society separates the person from his or her self. The holistic practitioner looks first at the 'whole person', as a living human being and takes the person's thinking, lifestyle and physical and social environment into consideration while guiding the person towards better health.

### Emphasis on health

The emphasis is on health in the widest sense and the aim is to maximise vitality and life potential including personal and social success and fulfilment.

Holistic medicine fulfills an important need today to integrate the person instead of dividing them up into body and mind as technological medicine tends to do. The danger with specialised medicine is in seeing the person as an infinite set of divisions or symptoms and then categorising them as such ignoring the person as an individual.

Holistic medicine is not limited to any particular set of therapies or treatments. It can be used as a complement to technological medicine by doctors just as much as by naturopaths, acupuncturists, massage therapists, chiropractors, nutritionists or psychotherapists.

### State of mind important

Holistic medicine recognises the vital importance of the person's thinking. A multitude of evidence links the condition of the person's immune system to their state of mind and indicates that negative emotions have a bad effect while positive emotions have a good effect on the immune system. Also, people can often be paralysed mentally, caught in inner conflict. They may think for example, 'I'd like to be healthy' - but then say to themselves 'I'm sick', or 'I'd like to be healthy but I've got 6 months to live' or 'I'd like to give up cigarettes but I'm addicted' etc. This going back and forth in the person's mind prevents the person dealing with their problems. In holistic medicine we train the person to think more constructively in one direction, in line with their goal. This allows them to use the power of the mind to improve all the circumstances of life both "inside" the body and "outside" in society. This includes training the person how to handle stress,



Deborah Dalton receives her Diploma from Martin Forde, President of the Irish Association of Holistic Medicine.


The patient is encouraged to think about what they want to happen, to move out of concentrating on sickness and into thoughts of life and health. In holistic medicine the patient takes responsibility for his or her treatment. They are encouraged to take positive action and commit themselves to health.

### An holistic person

Finally, holistic medicine emphasises the importance of the doctor or therapist being a holistic person recognising his or her personal creative energy as the catalyst for healing. The doctor of old placed great emphasis on the bedside manner, rapport, trust and communication. Today we certainly have doctors who are better trained technologically but have we dispensed with part of what is essential in the process? The most neglected area of medicine is prevention and there is tremendous scope for the holistic practitioner who is interested in providing a truly holistic preventive medicine. The prescription for healthy living should include the person feeling good about life, a sense of living successfully, and a feeling that he or she is expressing their potential. The Irish Association of Holistic Medicine's three-year programme leading to the Diploma in Holistic Preventive Medicine is designed to train practitioners to implement this approach, in conjunction with therapies like Ki Massage Therapy, Yoga, Holistic Dietetics, Clinical Nutrition and Psychotherapy. These fundamental therapies of holistic medicine are ideal vehicles for the holistic approach.

## Careers in Holistic Medicine

### Irish Health Culture Association One-year Diploma Courses

- (A) Diploma in Holistic Dietetics
- (B) Diploma in Yoga
- (C1) Diploma in Ki Massage Therapy  
(taken along with the following Irish Health Culture Association / City & Guilds of London Institute qualification)
- (C2) Certificate in Practical Aspects of Massage Therapy  
 City and Guilds

All courses are part-time and may be taken as weekly evening classes or by weekend seminars held at 3/4 week intervals. I.H.C.A. Diploma holders also qualify for membership of the Irish Health Culture Association.

Holders of the above diplomas may proceed to the following second-year Diplomas, leading to the Advanced Diplomas listed.

### Irish Association of Holistic Medicine Courses

- (D) Diploma in Psychotherapy
- (E) Diploma in Clinical Nutrition  
(requires Holistic Dietetics)
- (F) Diploma in Aromatherapy  
(half-year course - requires Ki Massage Therapy)

### THREE-YEAR ADVANCED DIPLOMAS

- Diploma in Holistic Preventive Medicine  
(Combination of B or C with A and D)
- Diploma in Holistic Nutrition  
(Combination of A, D and E)

Advanced Diploma holders also qualify for membership of the Irish Association of Holistic Medicine.

For further information please send for our illustrated prospectus using the form below...

### ENQUIRY FORM

Please send me your 1995/6 prospectus giving full details of all your Diploma Courses.

NAME: .....

ADDRESS: .....

TEL: (home) ..... (work) .....

# Life-Changing Results at our Successful Living Sessions

## Personal accounts of success

Would you like someone to work with you in the areas of success, business, health, healing, self and life-improvement?

Then why not come along to our Successful Living Sessions held at our centres countrywide?

Most people are caught in some form of stress, tension, worries, fears, problems etc. What we do is help you relax to a deep level and to let go of anything that may be stifling your self-expression, potential and even your self-healing ability. By uncovering your true nature you will find yourself with *much more scope in every area of living. People who attend the sessions speak of a new life, more energy, confidence, better health, greater happiness, better ability to relate, improved capacity to study, business success etc.*

## How to get started

Simply telephone or call to one of our centres (listed on opposite page), and arrange to see our free introductory video documentary. After seeing the video you can make an appointment on an individual basis to familiarise yourself with the approach and to get an understanding of how it works. Then you come along to group sessions of one hour, twice a week. The ultimate aim is that you learn to use this approach for yourself.

## Video Documentary of Results

We know you are amazed when you read some of the testimonials and maybe you feel they are too good to be true or are isolated cases. That's why we are now recording them on video. Some of the people, who through this approach have achieved a richer life and/or overcome illness, have kindly consented to tell their story in the hope that it will help and encourage those who find themselves in similar situations. They truly make inspiring viewing. For times of showings call any of our centres (listed on next page). You will be most welcome.

## Special Note

Under no circumstances are we suggesting or implying that this approach should take the place of medical advice or, where necessary, medical treatment. However, we do believe that it is a valuable addition to any form of therapy.



### Life transformed

Five years ago I had a bad infection in my chest. I was put on an oxygen machine for three weeks and my doctor said I would be on oxygen for the rest of my life. For the next two years I was on the oxygen for 15 hours each day and gradually for the past few years I have been on it for 4 hours each day. Four months ago I was attracted to attending the sessions in Eccles Street having read the Blueprint for Successful Living paper. Within only a couple of weeks I improved so much that I started breathing normally without the need for extra oxygen. I had also been suffering from deep depression. However I have improved so much that I am now enjoying every moment of my new healthy life. Thank you so much. Margaret Burke, Inchicore.

### Frozen shoulder

For years I have suffered from a frozen shoulder. The pain was so bad I suffered from insomnia. When I drove my car I physically couldn't turn my neck, it was so stiff. I tried all sorts of medical help but nothing worked. Five weeks ago I came to the centre in Eccles St. During the session I felt a sensation like an electric shock in my shoulder. When I left the centre the pain and stiffness was gone. For the past five weeks my sleep pattern is perfect and the shoulder is perfect. The overall effect of the sessions on my life is fantastic. My son who was hyperactive also has completely calmed down. I believe all this is due to the fantastic change in me. Margaret, Dublin

### Relief from pain

I am attending the Tony Quinn centre since Oct. I was suffering with depression and had no confidence. I also had a lot of pains. I read the Blueprint magazine and said I would try the classes, they are brilliant. I have no pains, more confidence, more energy. I have never looked back. I would recommend it to anybody. A. Pender, Naas.

### Recovery from depression

I am writing this letter to tell you how I have benefited from the Successful Living classes. About six months ago I attended yoga classes which I saw advertised in the Blueprint paper. Prior to this I was a really depressed, confused person and always saw obstacles in the way of anything I wanted to do or achieve. I was on anti-depressants for a few years. After the yoga finished up I started going to the Successful Living classes and I knew straight away this was for me. I am a totally different person now. I am confident, happier and I am doing all the things I want to do e.g. going to dancing classes. I am more interested in socialising and getting to know more people. I am off anti-depressants now and am full of life and energy. Looking back on it now I realise that all the obstacles, depression etc. were only my thought programmes and through the relaxation these have been replaced by me living from myself. It was all so simple really and the beauty of it all, I didn't have to make any effort. This philosophy is the easiest and most simple way of making the switch from having a dull life to having a really great one. I can't thank you enough for all I have achieved. Yours sincerely, Bernadette, Ennis.



### 'I believe in myself'

I was always a positive person and lived within the day but it was something I had to work at. I went into the Successful Living Sessions just over two years ago and right away after my first session I felt the difference. I relaxed without any effort at all. My life improved in all areas. Now there's no hard work, no effort. Life is so much easier in a simple way. I believe in myself and what I want comes about for me. I continue to attend the sessions and my life continues to improve. Thank you for making it possible. May Grainger, Cork.

### New outlook on life

I just want to say that attending the classes each week and adopting this approach to living has been one of the wisest decisions I have ever made. Prior to going I would have described myself as very negative in outlook almost expecting the worst to happen. However since going my life is wonderful and I have all that I want. Everything is moving forward in a very positive direction and I feel great. Thank you. M. McCann, Dublin.



### Panic attacks

I first came in contact with Tony Quinn's Successful Living Sessions when I went in to enquire about yoga classes. I was attending my doctor for panic attacks and depression caused by stress and I also suffered from premenstrual tension and I am asthmatic. In fact my whole family seemed to be on a downward spiral of bad luck, for the past few years and no amount of effort seemed to make any difference to our situation. My first visit to the relaxation class was great. I felt at ease straight away. I enjoyed the relaxation in fact it was the first time I'd really relaxed in a long time. I went home on a high with great energy and looking forward to my next visit. Since that first visit things started to change for me. I don't panic as much about situations and I have learned to relax, control and deal with panic attacks. I don't feel the same premenstrual tension I used to suffer with. My asthma is cleared up. I did not need to use my inhaler since that first visit. Things started to happen for my family too. All our health improved and my children started to get very good results in school. I'm eight weeks going to Tony's Quinn's Successful Living Sessions now and things have gotten better and better for us. I can see a light at the end of the tunnel. Anne Phelan Waterford



### Psoriasis cleared

Having suffered from psoriasis for the past 20 years. I have tried every possible cream over the years without success. I was hospitalised for the three weeks in an effort to clear it up, but again this was unsuccessful. Although psoriasis isn't an illness it causes most sufferers to feel inferior because of the appearance of the rash on the face, hands and body. It prevents people from taking part in sport, swimming and even socialising. I had come to terms with the fact that I was struck with this for the rest of my life. Then just before Christmas I began attending the Successful Living Sessions in Asadober Street, Cork. The results have been incredible. Through relaxing, proper diet and exercise the psoriasis is nearly cleared completely, all in the space of a few months. I urge anyone with this or any other complaint to seriously consider going along to these sessions as an alternative to drugs and harmful creams. My sincerest thanks to everyone at the centre for the fantastic results. Michael McCarthy, Cork.



### 'A life changing experience'

What a life changing experience I have had since attending the Successful Living Sessions. I have learned that through relaxation and a new way of thinking I can have complete control of my life. There is no struggle anymore and the changes that come about in all areas of my life are endless. I have never been happier and I know that my family and friends have benefited from knowing the new me. The word magic is a large part of my vocabulary now. June O'Brien, Bray.

# Call to one of our Centres Countrywide and you too can get the perfect result in your own life.

- |   |  |   |   |
|---|--|---|---|
| <b>DUBLIN AREA</b><br><b>• DUBLIN CENTRAL</b><br>66 Eccles St. Dublin 7<br>Tel: (01) 830 4211, 830 3717<br><br><b>• DÚN LAOGHAIRE</b><br>96 Lr. George's St.<br>Tel: (01) 280 9891<br><br><b>• RATHMINES</b><br>2 Wynnefield Road<br>Tel: (01) 497 4234 | <b>COUNTRYWIDE</b><br><b>• ARMAGH</b><br>41 English St.<br>Tel: (0861) 525742<br><br><b>• BRAY</b><br>9 Quinsboro Road<br>Tel: (01) 286 9311 (01) 830 4211<br><br><b>• CORK</b><br>20 Academy St.<br>Tel: (021) 276364 | <b>• DUNDALK</b><br>18 Jocelyn St.<br>Tel: (042) 38097<br><br><b>• ENNIS</b><br>65 O'Connell St. (beside J.R.'s Hair Salon)<br>Tel: (021) 276364<br><br><b>• GALWAY</b><br>St. Nicholas' Parochial School, Woodquay<br>Tues. & Thurs. 7.00pm<br>Tel: (091) 753114 | <b>• NAAS</b><br>Tony Quinn Centre over Sheila's Hairdressing Salon, Basin Street<br>Tues & Fri 6.30pm-9.30pm<br>Tel: (045) 67139, (01) 830 4211<br><br><b>• WATERFORD</b><br>25 Catherine St., (Beside Kelly's Garage)<br>Tel: (051) 57428 |
|---|--|---|---|

## Student Success



I'm a third year TCD student studying languages and have been coming down to the Tony Quinn Centre with the aim of doing as well as I possibly can in all areas of study. It was only when I took a look at the request sheet I had written last Friday that I actually realised that all the requests I had written the week before had come about. Everything, including having an essay written by a certain date - a date which, I might add, was somewhat idealistic - had begun to come about almost

immediately. I suddenly felt compelled to get the essay done, with an enthusiasm I hadn't had before. Books, which I couldn't find the week before, suddenly appeared, and people seemed to pop up all over the place to help in one form or another. This is just one small example of an endless number of requests which have come about for me. All I can say is 'thanks a million' Zana Morris, Dublin 8

## Model Maker

What can I say but that the Educo system has basically changed my life. I came to the Tony Quinn branch in Dun Laoghaire two months before Christmas looking for something that would make me happier and more confident. You just walk in the door and you have no choice but to be happy. There is an air of happiness and an energy that draws you towards happiness. Before I joined the classes I was constantly getting sick and running to the doctor. Since I joined I haven't been sick once and haven't had to see the doctor at all. I have also got into the idea of the request system and have found it to work like magic. Many of my requests have come about even the ones I had not expected. One of my requests was to be successful in life. I am a student doing Model Making and Special Effects and I have found that I get jobs without any effort at all. I have been commissioned to make models for a Guinness commercial and to make the construction model for the Eurovision Song Contest



stage '95. All I requested was a step on the ladder of success..... I think this is a good start! I think everyone should have the opportunity to do this sort of thing. Even just a small amount would change their lives for the better for ever. Paul McDonnell, Dun Laoghaire



### Successful requests

Using your system has been wonderful for me. I make requests all the time for personal and material things. For example I was given a car, and a very generous wage rise. I came into a large sum of money in an unexpected way and I am moving into my new house in May. I teach yoga classes and they are a great success, bringing many benefits to people. I embrace life positively and have grown more confident.

There is a good balance in my life with work leisure, relationship etc. I find I have a positive effect on those close to me. Some of my family members have used Tony's system also which they really feel works for them. Linda Keenan, Dublin.

### My whole life has changed

After a miscarriage in September I suffered a very bad depression with severe panic attacks with which I had to be taken to hospital night after night. Needless to say, my family were also extremely upset. Then my stepfather told my mum to take me to Tony Quinn's Successful Living Sessions and she did. After my first visit the panic attacks left me and I soon began eating and sleeping again. For the past 11 weeks I have been attending the sessions twice weekly and now feel really brilliant, happier and more relaxed than ever. I find the atmosphere in the classes brilliant and I really enjoy being there. I never knew that there was anything like this before I took sick. Now that I'm well I would like to thank Tony Quinn because I have learned so much from his system. My whole life has changed in a matter of a couple of weeks. Angela Kelly, Dundalk

### Freedom from migraine

I've suffered from migraines for the last 3-4 years. I became very depressed with them, taking lots of pain relief tablets and also having to take time off work when I had them. Since I started going to the sessions in Wexford I've only had the headache once and not very severe. I'm certainly not depressed anymore. Life generally is much much better. I really believe in your system and use it all the time. Alice Byrne, Wexford.



### 'Improvement in all aspects of my life.'

Having recently attended the Successful Living Sessions at the Tony Quinn Centre in Cork, life for me has taken on a whole new dimension. I have achieved improvement in all aspects of my life. Happiness, work satisfaction, communication skills, confidence and easily achieving requests which would have once been beyond me. I now have my sights on the better things in life knowing that even greater success awaits me in the near future. Sean O'Donoghue, Cork.

### 'I am so much happier'

Since I started going to the centre in Armagh I am a different person. It has lifted so much off my mind. I really thought my life had come to an end and I couldn't think straight. I am so much happier. I cope better with everything that happens in my personal life. It is really wonderful that there is a place like Tony Quinn's in Armagh because I don't know where I would have been now. Thank you for helping me and my family and all the very best for years to come. C. Wells, Armagh.

### 'My life has turned around'

Bubbly, independent, sociable, these are but a few words I would choose to describe my normal self. I was aged nineteen and feeling great. Then panic attacks started and disorientation, anxiety and depression set in. I was terrified at the thoughts of doing everyday normal things. I couldn't even hold a conversation. Fear of fear itself. I attended doctors and psychiatrists which led me to believe there was no hope for me. I discovered the Successful Living Sessions in Eccles St. and it's been like a revelation to me. My whole life has turned around to being positive and I am seeing my life in a whole new light. I have made so much progress in such a short space of time by attending on a twice a weekly basis that I would have to say thank you for saving my sanity. S. Burke, Dublin.

### Gallstones relief

I had been suffering from indigestion for a while and one night I got a severe pain in my chest and had to go to hospital. I had a scan done and it showed up gallstones. While I was waiting for the operation I went to my relaxation classes and put it on my request. When I went back to have a scan before the operation, the gallstones had vanished. I just feel from the relaxation class this came about as it has helped me in other cases. Thanks with love. Margaret Staunton, Ennis

### Headaches gone

I started using Tony Quinn's Successful Living Sessions after reading in the Blueprint of his relaxation techniques. I felt I had to enroll after trying everything to get rid of the headaches I was constantly getting at the back of my head. These turned out to be tension headaches. The turn-around after about two months was brilliant. One day I noticed they were gone and I have not looked back since. I clearly put this down to the relaxation programme expertly given by the therapist. I would just like to say thank you and would recommend it to anyone who is experiencing headaches. Martin Kelly, Dublin

## Life was a struggle



I had back surgery which caused me a lot of physical pain. My own physical pains and aches plus my husband's ongoing illness left me feeling very unhappy and from time to time depressed and irritable with the children. Life was a struggle. Then one day I was directed to Tony Quinn's in Dundalk and boy has it changed my life. I now look forward to every day. I am so busy because of my increased energy that the day sometimes

isn't long enough. I feel happier, lighter and relationships at home are much better. I am no longer irritable or depressed and the burden that I carried for so long seems to have lifted. It's a wonderful feeling. I have been attending the centre since October and I see it as my time and I really look forward to it. For me there's no going back - this is the way it should be. Roisin McGlynn, Dundalk

## Recovery from bereavement

I heard of your Successful Living Sessions in Waterford last November. I'd buried a wonderful husband 2 1/2 years ago and I just wasn't able to cope with anything - my mind was going a mile a minute - the stress was dreadful. The sessions are the highlight of my week. Things are getting better and better every day - unbelievable. I got your

relaxation tape and played it every night. I got the 2 Educo tapes shortly afterwards, they are wonderful. I have a few more problems, but I know and believe they will soon be solved satisfactorily. I live for the sessions and I tell everybody I know the magic they have done for me. A million thanks R. Condon, Waterford.





# Shape up for Summer with Yoga

At this time of year, leading up to the summer, many of us think of joining an exercise class of some type in a determined attempt to banish away those extra pounds that have mysteriously appeared over the winter months.

The shock of sudden strenuous exercise, if you are not used to it, may leave you exhausted. If you are one of those people, then yoga offers something different from the rigours of fitness classes. A course in yoga will tone, stretch and reshape your body in a relaxing and enjoyable way. Yoga classes also encompass a balanced approach to eating,

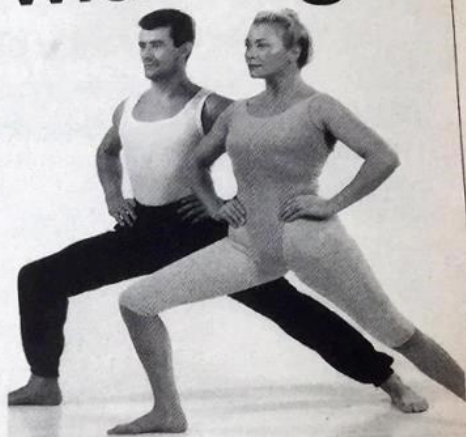
teaching you how to select foods for maximum nutritional value and health.

Then there are the mental aspects of yoga. In our yoga classes we teach relaxation and concentration which helps the person harness their mental powers for creative living. This ability can then be applied to all areas of the individual's life

reducing their stress levels, improving their ability to concentrate and developing their potential to achieve their goals, while enjoying life to the full. Finally yoga is also a practical philosophy that shows you how to make the most of yourself and life's opportunities, whether it's career, sports, relationships or family. It gives you new insights into living, but

mostly it concerns you and shows you how to draw out your true nature which is often buried under mental layers of conditioning and negative thinking.

Our classes are held once-a-week and we encourage those who come along to practice with an exercise and relaxation session of approximately 35 minutes a day.



## Tony Quinn Yoga

### The Complete Holistic Programme in an 8 week course

Our classes designed by Tony Quinn, include an especially balanced series of yoga postures. These are combined with yoga breathing, relaxation, meditation and concentration exercises, advice on nutrition and a practical philosophy that can be applied to get the most out of life. They are suitable for men and women of all ages and levels of fitness. Our teachers are specially trained to adapt exercises to the individual's ability.

#### Exercise

Yoga postures are unique in that they affect the endocrine glands of the body resulting in...

- Increased capacity to deal with stress.
- Improved flexibility, joint mobility and co-ordination.
- Good muscle and skin tone and increased energy levels.

#### Breathing

Yoga breathing exercises teach you how to extract more oxygen and life force from the air that you breathe. The benefits include...

- Improved digestion and metabolism.
- Increased energy and alertness.
- Better elimination of wastes and toxins from the body.

#### Nutrition

Our nutrition approach stress foods that are high in life force.

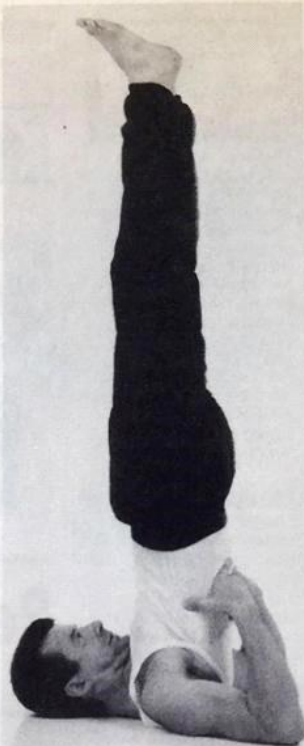
It can be adapted to suit you whether you are trying to lose or gain weight or just stay in shape. Its benefits include...

- Improved energy, stamina & endurance.
- Better shape & glowing complexion.

#### Relaxation / Meditation

This course will help you to relax and introduce you to meditation. The techniques taught on the course allow you to slow down your thoughts, and let go of worries and problems. Benefits include...

- Reduced stress and anxiety and also improved alertness and ability to concentrate.
- The ability to focus on setting goals and visualise them coming about.



### CLASSES IN DUBLIN AREA

- **ECCLES STREET**  
Tony Quinn Centre  
66 Eccles Street, Dublin 7  
**Tuesday 2nd May**  
Beginners: 7.30pm to 9pm  
Inter: 6pm to 7.30pm  
**Wednesday 3rd May**  
Beginners:  
(1) 6pm to 7.30pm  
(2) 7.30pm to 9pm  
**Thursday 4th May**  
Morning Yoga:  
10.30am to 12 noon
- **BAGGOT STREET**  
Scoil Cathriona C.B.S.  
Lr. Baggot St.  
(beside B of I Head Office)  
**Tuesday 2nd May**  
Beginners:  
(1) 6pm to 7.30pm  
(2) 7.30pm to 9pm
- **BALLINTEER**  
Ballinteer Youth Federation  
(beside Shell Garage, Ballinteer Ave.)  
**Wednesday 3rd May**  
Beginners: 7.30 pm to 9pm  
Inter: 9pm to 10.30pm
- **BLACKROCK**  
Parish Centre,  
St. John the Baptist Church  
**Wednesday 3rd May**  
Beginners: 7pm to 8.30pm  
Inter: 8.30pm to 10pm
- **BLANCHARDS-TOWN**  
St. Brigid's  
Community Centre  
**Tuesday 2nd May**  
7.45pm to 9.15pm
- **BRAY**  
9 Quinsboro Road.  
**Tuesday 2nd May**  
7.30pm to 9pm
- **DÚN LAOGHAIRE**  
Tony Quinn Centre  
96 Lr. George's Street  
**Tuesday 2nd May**  
Beginners:  
(1) 6.00pm to 7.30pm  
(2) 7.30pm to 9.00pm
- **KNOCKLYON**  
Knocklyon Youth & Community Centre  
**Wednesday 3rd May**  
8.30 pm to 10pm
- **LUCAN**  
Spa Hotel.  
**Wednesday 3rd May**  
Beginners: 7.30pm to 9pm  
Inter: 9pm to 10.30pm
- **RAHENY**  
St. Paul's College, Sybil Hill  
**Thursday 4th May**  
7.30pm to 9pm
- **RATHMINES**  
St. Louis' High School,  
Charleville Road.  
**Wednesday 3rd May**  
Beginners: 7.30pm to 9pm  
Inter: 9pm to 10.30pm
- **SWORDS**  
Day Centre for Senior Citizens  
(beside Bank of Ireland)  
**Monday 8th May**  
Beginners: 9pm to 10.30pm

Each class is 1½ hours in length and the cost is £40 payable on enrolment. Enrolments take place half an hour before the start of the class. For further information on classes in Dublin & countrywide Tel: (01) 830 4211.



# Good news for women – Osteoporosis can be prevented and reversed

Formerly considered inevitable, osteoporosis can according to the latest research largely be prevented.

**O**steoporosis, the thinning of the bones affects women particularly after the menopause, and both sexes can be affected in old age. It often begins in older women suddenly, and once started it can proceed with considerable speed so that after only three to four years the bone may be seriously weakened. The result can be pain due to small or large fractures, especially in the vertebrae.

## What is the cause?

Bone, a living structure, is constantly being formed and reformed by special cells. These cells are influenced by hormones such as oestrogen, nutrition and exercise.

- The sharp drop in oestrogen levels after the menopause can result in serious bone loss. After menopause, hormone replacement therapy or H.R.T. helps considerably - but only as long as H.R.T. is continued, and the safety of

long-term H.R.T. is not established.

- Nutritionally, the cells also need calcium, magnesium, vitamin D and trace minerals. When a younger woman's diet is lacking in calcium, oestrogen still prevents bone loss, but a nutritionally deficient diet after menopause will accelerate the process.

- Lack of exercise such as bed rest causes the bones to lose calcium, and all forms of exercise are useful for bone formation and maintenance. In early life exercise helps to build stronger and denser bones. Extra strong bones can be built early in life through weight training and resistance exercises especially when these are applied systematically to each area of the body. Each individual bone must feel its attached muscles being exercised strongly if it is to grow stronger and thicker. Later in life the right type of exercise can stimulate the

glandular system to produce beneficial hormones. Older people should consider taking up a moderate programme of weight-bearing exercise. It will help retain the existing bone structure and reverse the process of osteoporosis, strengthening thinned out bones. Even quite elderly people can reap the continued benefits of exercise.

## Calcium

Plenty of calcium early in life helps to form strong and resistant bones. Women who avoid dairy produce may not obtain enough calcium. Women can also lose calcium from their bones during pregnancy and breast feeding unless they make a special effort to meet the very high calcium requirements at those times, 1200mg to 1500mg daily (equivalent to about 3 pints of milk).

After menopause, osteoporosis may be halted but not improved by taking extra calcium. Doctors currently recommend 800mg to 900mg. Unfortunately large intakes of calcium alone can lead to soft tissue calcification and

urinary calcium stones. A suggested supplement of calcium in addition to normal levels of milk and cheese would be 400mg to 500mg per day.

## Magnesium

Better results may be obtained by adding extra magnesium to your diet while also keeping your calcium intake up. While magnesium is a minor constituent of bone it is vital to bone strength and commonly lacking in typical Irish diets. It is available in fruits, vegetables and wholegrain cereals. A suggested supplement of magnesium would be 300mg a day or 200mg if large amounts of fruit and vegetables are taken.

## Vitamin D

Available from sunlight and food, vitamin D must be converted to its active form within the body to be effective - a process requiring magnesium. The ideal winter supplement is 400 iu, which may be obtained from halibut oil or cod liver oil. During summer or winter a good walk outdoors produces a worthwhile quantity of



Patricia McKenna, Holistic Therapist (MIHCA), a regular at the Tony Quinn Gym, knows that exercise is important for maintaining bone strength.

vitamin D in the skin and this is the most effective form of the vitamin. It is never too late to begin a programme to improve bone health, and the core of such a programme would be correct diet and exercise. If

you do not exercise at present, a good start would be (and you should ask your doctor about this) to walk briskly for about twenty minutes daily.  
**MARTIN FORDE**  
OSTEOPATH & NATUROPATH

# Strike a pose and save your back

What's the difference between someone with a good figure and reasonable looks and a super model earning mega bucks every year?

**I**t's the way they wear their clothes. The secret to wearing clothes well is posture and confidence. Just look at the faces and bodies that grace the cat walks, they seem to ooze with glowing confidence and an inner sense of control and

poise. Many top models use yoga stretching postures to firm up stomach and thigh muscles and ease the body into perfect posture. Super model Jerry Hall has produced her own video on yoga and film star Raquel Welch has published a book on yoga. Victoria Principal claims that her yoga routine has helped her to relieve tension and stress.

## Couch potatoes

Up to the age of four all children have perfect posture. Then they start school where they spend their days with their heads bent over their copy books, and legs wrapped around chairs. After years of slumping over badly designed school furniture, many people in their early twenties have back problems which their ancestors never experienced. Our modern lifestyle is largely

sedentary. Many of us spend our days sitting at desks in an office, answering telephones or using computers. At home we slouch in front of television sets. All of us have spent hours on end

travelling in cars or trains. What are the consequences of slouching our way through life?

## Back problems

Just take a look at the number of people who have chronic back pain.

The main causes are stress and bad posture. Contrary to popular belief most problems are not due to disc injury. In fact only 6% of back problems are disc related and 12% from spinal disease. In dealing with any strain the muscles

take the initial effort. If they are not strong enough the ligaments give way and the load is increased on the discs. Yoga keeps the muscles strong preventing disc damage.

## Slouching

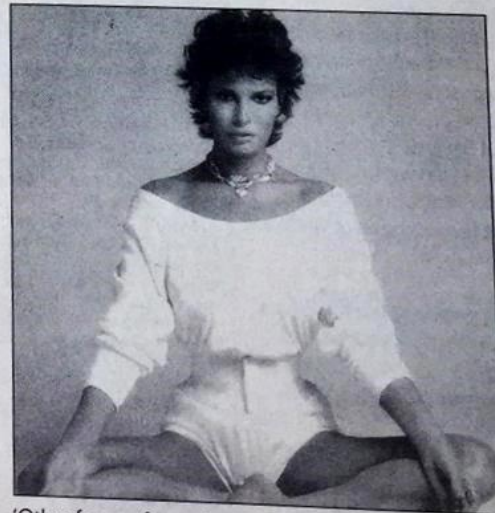
Poor posture causes not only back pain but also the accumulation of fat on areas such as the stomach and thighs. Slouching causes the stomach muscles to loose their tone. While sitting or walking always keep the spine straight and stomach in. While standing hold the chin level and place the weight forwards onto the balls of the feet. Always choose furniture that supports the back and make sure surfaces are the correct height. If you use a telephone frequently, move the phone from hand to hand. In all cases yoga relaxation techniques and postures are of major benefit to those with back problems.



Supermodel Jerry Hall uses yoga to help her posture and to control stress.



'Every morning faithfully I do daily stretches and yoga'. Victoria Principal



'Other forms of exercise don't help my state of mind or make my skin glow in quite the same way yoga and meditation do'. Raquel Welch

# Remarkable results from the users of Educo Postal Requests

We will work on  
your requests  
with you

Educo Postal Requests allow you to make a request for yourself or another for success, healing, self or life-improvement. Working with a photograph of the person on a daily basis, we use the Educo system. This can take place without us and the person meeting and can be conducted by post. In this way we can work together for a successful outcome.



Your Educo Postal Request Team: Tony Quinn and Aileen Cowman.

Educo teaches people to bring their full potential to bear on what they want. This involves filling the mind with thoughts/ images of the desired results to the total exclusion of any opposing thought or inner doubt. This mind-over-thought approach is the basis of positive thinking and possibly even of successful prayer. Certainly it would appear to be the secret of success. When we involve the full power of the human mind going in one direction with no opposition, the results can appear almost magical.

Tony Quinn (the originator of the Educo system) in conjunction with Aileen Cowman has worked with a great number of people on their requests using this system with excellent results, a few examples of which are presented here.

Our purpose is to encourage people to use the Educo approach for a better life, so on receiving your request we will send you further information on the mechanics of the system which we have found to aid results and will enable us to work together better.

**Note:** Under no circumstances are we suggesting or implying that this approach should take the place of medical advice or, where necessary, medical treatment. However, we do believe that it is a valuable addition to any form of therapy.

## Personal accounts of success



### Career success

My daughter had been out of work for two years. She had sent off a lot of applications but with no luck. Her health had deteriorated and she ended up in hospital.

I placed her on the Postal Requests in Tony Quinn's and within two weeks she had got the position she had dreamed of and her health has improved in leaps and bounds. She is the picture of health now.

M. Dowling, Dublin

### Holiday dream come true

I am so happy to be able to acknowledge some of the many results I have achieved as a result of using Tony's system.

I made a request that I would get my photograph taken outside Sydney opera house in Australia. I was amazed when totally out of the blue the holiday came to me and as you can see there I am in the photo having the time of my life.

I have used this system continuously to help my family and friends and the number of requests that have come about for them are too numerous to mention.

Using this system has literally changed my whole life in the most practical of ways. I see the results in my every day life. I feel so good about myself and the people I meet.

Betty Donovan.

### Recovery from severe stroke

Just before Christmas a friend of mine suffered a very severe stroke while he was working out in Africa. He was paralysed down the right side of his body and lost his speech. The doctors in Africa, told him he would never walk again.

As soon as I heard, I put him on the Postal Requests. I am delighted to report that he is now walking and his speech is perfect.

The company he works for agreed to keep his job open until the end of the year and they also give £50,000 for his rehabilitation costs.

I have used the Postal Requests many times before and have always received the perfect result.

Many thanks,  
Linda Land,  
Dublin 24

### School improvement

I put my son on Postal Requests because he was doing very badly in school. I am writing to you, delighted with my result. He came home today having been awarded a cup from his school for doing so well and improving so much in such a short space of time.

Mrs Chan,  
Dublin



### Baby Kim - instant result

Our ten month old daughter had an eating problem. We were very worried about her as she was starving but at the same time was spitting out her food. We tried all sorts of different foods with her but nothing worked.

I included her on Postal requests and within one hour everything changed dramatically. She started eating perfectly. We were absolutely delighted with this result.

I must include that I knew, having used this system before that it would work and it did.

Many thanks,  
Tom Jordan, Dublin



### Family results

I have been using the postal requests system for over eight years. In writing these few lines I am thinking back over all the different types of requests I have made - with 100% success. These include: - success with business requests - success with my daughters health (diabetes) - success with selling and moving house. All these and numerous medical problems of relatives and friends.

There is absolutely no limit to what you can achieve. The most important factor for me is the confidence and security I feel if a problem does arise because I know that I have the very best system for success at my disposal - The Educo postal requests system.

Sincere thanks and best wishes.

Lynda Kennedy, Dublin.

### Court case settled

Just to let you know of the most amazing result I have ever received in my whole life.

In January I was summoned to appear in court resulting from a car accident which I was involved in. I was to be prosecuted and the odds were stacked heavily against me.

I requested a favourable result using postal requests. On the day of the court case there were a number of other cases before mine, all of whom were receiving fines, etc. I kept thinking positively and the words Tony uses 'believe and your self will find a way' kept coming into my mind. The judge dismissed my case.

I could not agree more with Tony when he says, believe in what you want totally without any effort and the result will come about automatically. To me it's like a miracle and I thank you again.

Padraig, Dublin.

### Mammogram - all clear result

Following a check up with my doctor it was recommended that I go for a mammogram. I had been diagnosed as having a cyst on my ovary.

I sent in my photo to be included on postal requests and I just didn't worry after that.

I am delighted to say that I got an all clear result. I knew that the healing was working for me all the time.

A. McGovern.



### Operation Success

I am writing to thank you for yet another wonderful result.

I recently underwent an operation for a hernia. I knew by using the postal requests that I would get the perfect result, and I did. It all went wonderfully well. The surgeon told me that I would need pain killers after the operation and he would give me a supply going home.

During my lifetime I have had two other operations. One was appendicitis and the other was varicose veins. On both occasions I woke up from the operation in awful pain and was really sick all day long.

This time it was different. Using Tony's system it was like a dream come true. I woke up and felt no pain whatsoever. As the day went on, if I felt even the slightest hint of discomfort a wave of relaxation would automatically sweep up inside me.

I listened to Tony's relaxation tape during this time also combining it with the Postal Requests. I found the benefits of this to be amazing.

Geraldine Doyle,  
Dublin.

# Using the Educo Postal Requests System can be as easy as posting off this form...

## Family requests granted

I have been using the postal request success system for years with wonderful results. Not only has my entire life benefited from using the system but also requests that I have casually made for my family have come about so easily.

I would particularly like to mention the results my niece received. She had a lung problem which as soon as I mentioned her on postal requests healed up straight away. She also had a problem with warts under her chin and hand and following my request this literally cleared up overnight.

Linda, Dublin.

## Phobia cured

My son had a serious phobia following a house fire. He used to go into a trance checking switches, doors, light plugs, etc. We were all very worried about him.

We made a request for him on the Postal Requests and he was cured immediately. John Preehill, Sligo.

## Gall stone disappears

Early September 1994, I was diagnosed with two gall stones, one 12mm and the other 6mm. The pain was unbearable, so much so that I had to be treated with morphine and I had to drastically change my lifestyle.

If the pain persisted, because of the location of the stones, an operation would be required.

I put myself on the Postal Requests within a week of being diagnosed and much to my delight and the doctors' surprise the larger of the stones disappeared without a trace. I have been completely pain free ever since.



This is only one of the many excellent results that I have obtained from Postal Requests. Many thanks, Madeline Page (Munich)

## Video Documentary on Educo Postal Request System

Some of the people, who through this approach have achieved a richer life and/or overcome illness, have kindly consented to tell their story on video in the hope that it will help and encourage those who find themselves in similar situations. They truly make inspiring viewing. For times of showings call any of our centres (listed on page 7).

Write out your goals & we will put our minds to them today.

Make your request for Success, Business, Health, Healing, Self & Life-Improvement. If you want our team to work with you on your requests then all you have to do is fill in this Request Form and post it to the address given together with (where appropriate) a photograph.

Summer 1995

Name of person for whom request is being made

Does the person know of this Request?..... Age .....

Details of request:

Your name (Block capitals please)

Correspondence address:

Phone number ..... Date .....

The charge for Educo Postal Requests is £20 per month for an individual or £40 for a family. We work on all requests on a daily basis for the full month. All requests are treated in strictest confidence. Cheques and Postal Orders should be crossed and made payable to: Tony Quinn Centre. Please enclose a photograph if possible, (non-returnable).

Post to: Educo Postal Requests, 66 Eccles Street, Dublin 7. Telephone (01) 830 4211.

## Back

My daughter was suffering very badly with her back, so bad that when she tried to stand she was unable to do so. I put her on the Postal Requests and within a week she was on her feet again.

She had an X-ray which showed she has a problem with three discs in her lower back. Well whatever she has, she has no pain whatsoever since going on the Postal Requests and her doctor is amazed that she is pain free. Winifred, North Dublin.

## Dramatic improvement

Rosaline went into hospital with an infected vein in her leg. She had an operation to have this vein removed. When she woke up the next day she was in intensive care and she had tubes coming from everywhere. Her blood pressure had gone up and fluid had gotten into her lungs causing her to be unable to breath properly.

I put her on postal requests immediately. Within one hour she had improved so much she was out of intensive care and improving at a great rate. She was also overweight and needed to lose quite an amount. This happened in January and to date she has lost two stone in weight. She is feeling absolutely fantastic and attributes her success to using this system.

Kathleen Wallace, Dublin 6.

## Over fifty scientific surveys carried out recently have revealed remarkable results from prayer.

A recently published book entitled 'Healing Words: The Power of Prayer and the Practice of Medicine' featured on the Oprah Winfrey show, details a series of scientific studies that strongly support the power of prayer in healing. The author, Larry Dossey M.D. is an eminent U.S. physician who has spent many years researching the power of prayer.

### Convincing Evidence

In his book Dr. Dossey refers to over fifty experiments, many conducted under stringent laboratory conditions, which showed that prayer brings about significant changes in a variety of living beings. Experiments with people showed that prayer positively affected many conditions including high blood pressure, wounds, heart attacks, headaches, anxiety and asthma. In many cases the people prayed for knew nothing about it. Results occurred not only when people prayed for specific outcomes but also when they prayed for nothing specific.



Oprah Winfrey featured a programme specifically on prayer.

### Heart patients

One study he mentioned involved 400 heart patients at San Francisco General Hospital. Half the patients in this group were randomly chosen to be prayed for while the other half were not. Neither the patients nor doctors involved know who was been prayed for but after a year the results showed that more people

had died in the group that wasn't prayed for and this group was five times more likely to need antibiotics and three times more likely to develop complications.



Esther Rantzen interviewing guests during her chat show.

According to Dr. Dossey, the results of the San Francisco study looked as if those in the prayed-for group had been given some sort of miracle drug.

### Laboratory Experiments

Studies were also undertaken to determine the effect of prayer on such diverse subjects as enzymes, bacteria, red blood cells, cancer cells, seeds, plants, and animals. Among the processes shown to be amenable to the influence of prayer were the activity of enzymes, the growth rates of

leukemic white blood cells, germination and growth rates of various seeds, healing rates of wounds and the size of tumours in mice and haemoglobin levels. The nature of these experiments varied. In some cases one or more people were asked to pray for a particular result while in others healers were asked to direct healing energy to obtain a result. Researchers were amazed to find that distance seemed to be no barrier and the effects of prayer/healing did not depend on the proximity of the healer.

### Ester Rantzen

Ester Rantzen, best known for her investigative programme "That's Life", presented a programme on British television on the subject of prayer which featured many people who had experienced improved physical and mental health and healing through prayer. Dr. Rex Gardner, a hospital consultant, testified that he had clinically investigated and validated over twenty cases of healing cures through prayer. Another medical doctor - a professor of haematology - said he had witnessed literally hundreds of healings, many very dramatic, over a 20 year period. In many of the cures he spoke about, he was the

person doing the praying!

Many guests on the show described their experiences of healing through prayer. One girl who had suffered from an extremely painful and debilitating muscular disorder experienced a sudden improvement after being prayed for by friends. This was maintained until she was declared cured. Another woman also experienced instant healing from diabetes after being prayed for. A gentleman in the audience recounted how after being prayed for his cancer disappeared. He had been diagnosed with advanced cancer and given a prognosis of 3 - 6 months to live.

### Effective Prayer

From the various research studies carried out the following seemed to be of help in making prayer more effective:

- Belief in a positive outcome
- Relaxation
- Ability to pay attention
- Having a strong visual image of the end result
- Strong desire (i.e. really wanting the result)
- Absence of effort

The most effective prayers were the ones where the desired outcome was for the best thing to happen in the situation.

# Beyond the Physical:

## Steve Collins: The Athlete of the Future Today

Steve Collins' triumph against the previously unbeaten Chris Eubank was one of the most unforgettable nights in Irish sport.

A modern fighter has to be super fit, not just physically in great shape but also a competent athlete of the mind. From the moment he entered the ring Collins was determined to hold the upperhand mentally. He refused to let Eubank's entrance

astride a Harley Davidson have any affect on him as he sat in his corner listening to his walkman. During the fight Collins proved he was the ultimate fighting machine. He fought Eubank relentlessly from the start. Faced with such concentrated determination Eubank

was on the defensive from round one. In the 8th round a powerful punch from Collins left the surprised champ flat on his back on the canvas. At the final bell it was clear that Collins had won. Afterwards he claimed that his great mental control played a vital part in his victory



'These tapes will stack the odds in your favour as they did for me. Through listening to the tapes I went from "worrier to warrior", from "stress to success". I have now achieved my goal to be the ultimate fighting machine. I listened to them constantly while training for the fight.'

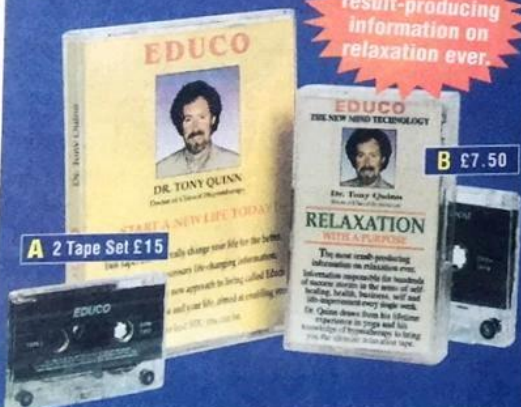
— Steve Collins WBO Super Middleweight Champion of the World.

# EDUCO

Ireland's Greatest Success System available on Audio Tape Produced by Dr. Tony Quinn (Doctor of Clinical Hypnotherapy)

Get your tapes by mail order or from any of our shops countrywide

The most result-producing information on relaxation ever.



### A Start a new life today!

Tapes that can change your life for the better

They contain all the necessary life-changing information, and outline a totally new approach to living called Educo which will benefit you and your life, aimed at enabling you to be the best YOU, you can be.

**Here is the means**  
Based on a method of using more of your potential immediately in any area of your life. Do this and watch the magic begin to happen. This method properly used, will literally enable you to evolve further as a person. If you ever take a chance on anything do it now! Buy these two tapes. You will be glad you did.

**The meaning of Educo**  
'Educo means 'I draw out'. These two tapes outline how

you can draw out the real you, your potential and the life of your dreams from within.

#### These Educo tapes explore:

- The Secret of Success.
- Popularity.
- Business.
- Using More of Your Mind Instantly.
- Communication.
- Confidence.
- Happiness.
- Friendship.
- Love.
- Relationship.
- Reality.
- Intelligence.
- You as an Unlimited Source from which can be Mined a New Life.

### B Relaxation with a Purpose

From Stress to Success

The approach used on this tape is responsible for hundreds of results in the area of self-healing, health, business, self- and life-improvement every single week. Dr. Quinn draws from his lifetime experience in yoga, healing and his knowledge of hypnotherapy to bring you the ultimate relaxation tape.

#### Begin using more of your mind today

Most people are caught up in some sort of stress, tension, worries, fears, problems, phobias, complexes etc. What this tape does is to help you to relax to a

deep level not only physically but more importantly mentally. This can enable you to dissolve mental obstructions that may be blocking your self-expression, potential and even your self-healing ability. People who have used Dr. Quinn's approach to relaxation speak of a new life, more energy, confidence, better health, greater happiness, better ability to relate, improved capacity to study, business success etc.

Post To  
Express Mail Order,  
Tony Quinn Health Centre,  
87 Eccles Street,  
Dublin 7.  
Allow 2 to 5 days for delivery.

Name (Mr/Mrs/Ms) \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone (home) \_\_\_\_\_ (work) \_\_\_\_\_  
Please send me \_\_\_\_\_ set(s) of tapes (Start a New Life Today) at £15.00 each (add £1 P&P).  
Please send me \_\_\_\_\_ set(s) of tapes (Relaxation with a Purpose) at £7.50 each (add £1 P&P).

I enclose a Cheque  or Postal Order  for £ \_\_\_\_\_ which has been crossed and made payable to 'Tony Quinn Centre'.

or please charge my Credit Card Visa  or Access

Credit Card Expiry Date \_\_\_\_\_ / \_\_\_\_\_

Telephone Credit Card bookings can be made by calling (01) 830 4211.

Signed \_\_\_\_\_

Date \_\_\_\_\_