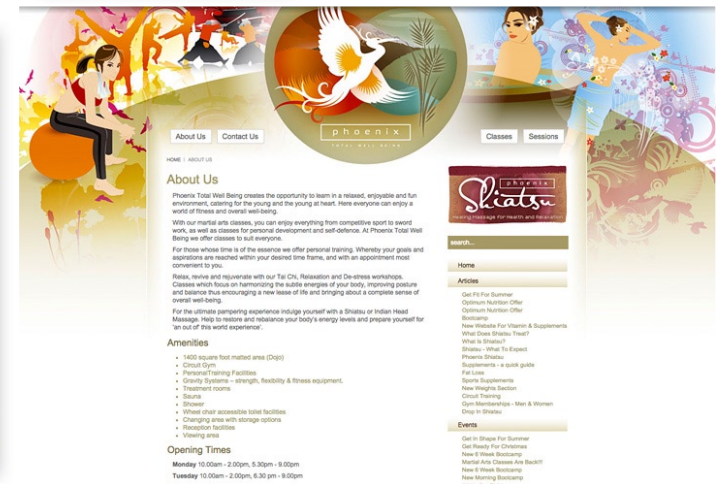
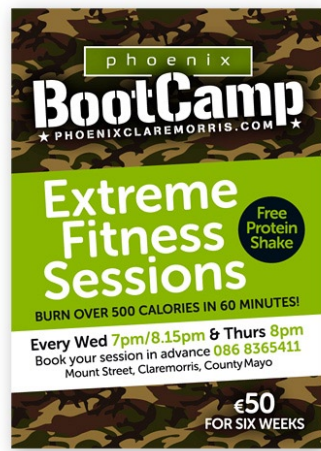
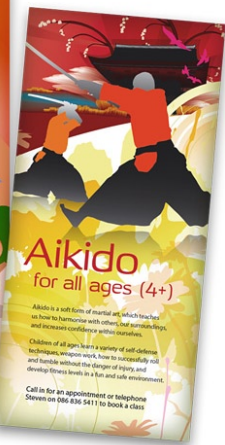




phoenix
TOTAL WELL BEING



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SELECTED SPORTS NUTRITION SUPPLEMENTS BY PHOENIX TOTAL WELL BEING

Protein & Weight Gain
Why Protein
Weight Gainers
L-Glutamine
Creatine

Weight Loss & Fat Burners
CLA (Conjugated Linoleic Acid)
L-Carnitine
Thermo Cut

Health & Nutrition
Multi Vitamins
Fish Oil Softgels
Omega 3
Flavored Oils

phoenix Active
www.phoenixActive.com

Phoenix Active is a range of carefully selected sports nutrition supplements by Phoenix Total Well Being, a health and fitness centre based in Claremorris, County Mayo.

You can buy our quality sports supplements at extremely competitive prices, much cheaper than high street RRP, and we even offer **Try Before You Buy** on selected protein shakes.

To simplify our range we break down our sports supplements into three main areas: **Protein & Weight Gain**, **Weight Loss & Fat Burners**, and **Health & Nutrition**.

Come in and see us and take advantage of our expert advice and product knowledge to decide which sports supplements would best suit you.

We can also arrange **discounts** for bulk orders and have monthly **special offers** which are regularly updated in-store and on our Facebook page.

For further information or to place an order, please contact Steven Mulligan at:

Phoenix Total Well Being
Mount Street, Claremorris, Co. Mayo
Email: info@phoenixActive.com
Telephone: 096 8355411

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SELECTED SPORTS NUTRITION SUPPLEMENTS BY PHOENIX TOTAL WELL BEING

About Us
Protein & Weight Gain

Protein is essential for building, repairing and maintaining lean muscle tissue. Getting lean muscle is the holy grail of fitness and regular gym goers and it's the balance between consuming enough calories to support muscle growth and development but not eating calories which would result in unwanted fat gains.

Protein shakes are a quick, easy and very convenient way to obtain a high percentage of protein.

Why do we need Protein?

- It forms the building blocks for your entire body and is very important for burning fat and building muscle.
- It increases your body's own temperature and speeds up your body to burn calories as fuel.
- Protein is harder to digest which means you burn more calories just by digesting protein.
- It keeps you feeling more full for longer.
- Good quality protein builds and maintains lean muscle tissue. The more muscle tissue you have the fatter and easier it is to burn fat.

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Creatine

Creatine increases muscle gains and strength it also creates a quick buffer during workouts allowing you to train harder for longer.

- Optimum Nutrition Creatine Powder 50g £12.99
- Optimum Nutrition Creatine 10g 20g £24.99

CLA (Conjugated Linoleic Acid)

CLA is quickly becoming a "trendy" word for people who are looking to lose fat and gain muscle. Each subject contains 1000 mg of CLA One that their body uses to lose fat and 700 mg of active isomers.

- Optimum Nutrition CLA 90 softgels £24.99
- Reflex CLA 90 softgels £22.99

L-Carnitine

L-Carnitine is an important amino acid that can help transport fat to the muscle to be burned as energy by providing better utilization of body fat. It may aid in weight loss and improve athletic performance.

- Optimum Nutrition L-Carnitine 60 softgels £12.99
- Reflex L-Carnitine 70 softgels £12.99

Thermo-Cuts

Thermo-Cuts nutritionally advanced fat burning formula has a unique blend of fat metabolism enhancers. Thermo-Cuts aids in ensuring your body's metabolic activity by using fatty acids as a source of energy for muscle cells during intense exercise.

- Optimum Nutrition Thermo-Cut 90 softgels £22.99

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SELECTED SPORTS NUTRITION SUPPLEMENTS BY PHOENIX TOTAL WELL BEING

About Us
Protein & Weight Gain
Weight Loss & Fat Burners

Fat burners usually work by increasing metabolism, forcing your body to burn fat to fuel itself. Phoenix Total Well Being and take a body composition approach.

This will give you a break down of your body mass up, including body fat, water, muscle, and bone mass content. In most cases we need to lose body fat, keep your muscle under control and maintain or increase muscle mass.

If you are interested in weight loss for a wedding or holiday your first should be to call our Phoenix Total Well Being and take a body composition approach.

Too low fat consumption can result in the increased risk of stroke. When fat comes off fat we our bodies show down our fat burning mechanism to conserve energy and stores fat to use for energy to survive, increasing your body fat levels.

Not all fats are bad however and our bodies need what is known as Essential Fatty Acids (EFA). These are unsaturated fats which get from fish, nuts, seeds, bananas etc. They help to:

- Increase anabolic hormone levels
- Increase energy production
- Increase fat-burning metabolism

Why is calorie counting important?

Calories are a measurement of the amount of energy stored in food and the amount of the release of our bodies. In order to lose weight we need to burn more calories than we eat.

This will eat into our bodies fat stores to obtain energy, causing a calorie deficit, too large of a calorie deficit will work against you, causing your body to create many metabolic adaptations.

Muscle burns calories all on its own without any assistance from food. As we need to maintain all the muscle tissue we have. In other words eat less and exercise more!

It is worth remembering that too low of a fat intake will work against you rather than for you because with low fat diets you will feel hungrier and will also decrease your blood sugar stability. Keeping your blood sugar balanced is key to improving your body composition.

Not enough fat in your diet will also reduce your testosterone which aids in fat burning and muscle building, this is very important because the more lean muscle tissue we have the more calories we

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About Us
Protein & Weight Gain
Weight Loss & Fat Burners
Health & Nutrition
Product Offers & Updates
How To Order
Contact Us

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Find us on Facebook

Hours of Business
Ballaghaderreen
Tuesday 11am - 5pm
Friday 11am - 5pm

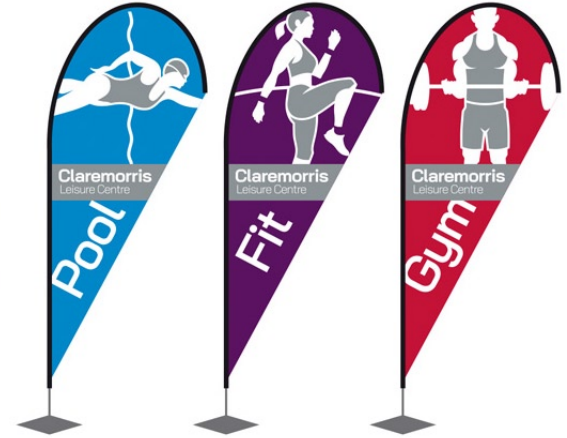
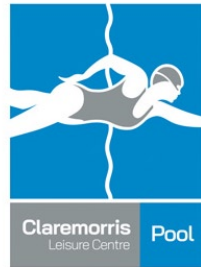
Claremorris
Monday 10am - 2pm, 5:30pm - 8:00pm
Tuesday 10am - 2pm, 5:30pm - 8:00pm
Wednesday 10am - 2pm, 5:30pm - 8:00pm
Friday 11am - 2pm, 5:30pm - 8:00pm
Saturday 10am - 5pm
Sunday Closed

Phoenix Total Well Being, Mount Street, Claremorris, County Mayo, Ireland.

Phoenix Active, Main Street, Ballaghaderreen, County Roscommon, Ireland.

View on Google Maps

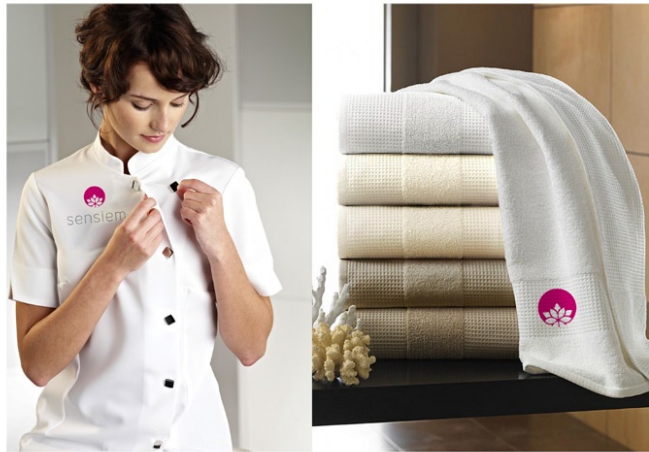
View on Google Maps



Main medical version

Single horizontal version

Alternative business version



Business treatments

About Us | About Acupuncture | Women's Health | Fertility & Prenatal | Pain Relief | Book An Appointment

about us

Sensiem is a holistic acupuncture clinic based in the heart of Mayo, which specialises in acupuncture and Traditional Chinese Medicine for women's health and well-being.

At our Claremonts practice, we offer treatments for women to restore regular menstrual cycles, promote gynaecological health, boost fertility and support pregnancy.

Sensiem Acupuncture also provides natural relief for headaches, migraines, sports injuries, aches, pains, digestive issues, stress and anxiety for all types of bodies, including both men and women.

All consultations are confidential, and either take place in the privacy of your personal treatment room, or in the comfort of your own home if you are unable to visit our Claremonts clinic.

We are happy to offer home visits for the infirm or disabled, with flexible out-of-hours treatments when required for lift transfer treatments.

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about acupuncture

Acupuncture is a natural, effective and relaxing technique that can be used to treat a variety of health conditions.

ABOUT ACUPUNCTURE

Acupuncture is a complete, traditional Chinese medicine practice that can be used to treat almost all western diseases and conditions. At Sensiem Acupuncture we believe in a holistic approach to health care, that is treating the whole person and not just the illness or symptoms. Acupuncture involves a process of inserting fine

WHAT TO EXPECT

When coming to Sensiem for an appointment, it is best to be fully hydrated, have had a light meal an hour before and to be wearing loose-fitting, comfortable clothing. New patient appointments will take between 1 and 1.5 hours, with follow up treatments lasting between 45 minutes and 1 hour. Please allow

THE BENEFITS OF ACUPUNCTURE

- Some immediate benefits of acupuncture are:
- Lower blood pressure
- Reduced stress and anxiety
- Improved sleep
- Improved energy

The World Health Organisation has recognised

About Us | About Acupuncture | Women's Health | Fertility & Prenatal | Pain Relief | Book An Appointment

women's health & beauty

At our Mayo acupuncture practice we specialise in natural treatments for women's health and beauty, to bring the whole body into balance.

GYNECOLOGICAL CONDITIONS

Whether your goal is to become pregnant, have pain-free periods or prevent the symptoms of PMS (Premenstrual Syndrome), we are happy to use our knowledge and experience to help you achieve a greater overall balance for your body with our natural holistic acupuncture techniques. Women's health conditions we treat at our

FACIAL REJUVENATION

Daily the aging process and keep your skin youthful with a cosmetic acupuncture facial at Sensiem in Claremonts. Our treatments can reduce puffiness and decrease the appearance of fine lines, leaving you with a healthy glow. If you have a particular area of concern, for example, crow's feet, then let our acupuncture

NADA DETOX

NADA (National Acupuncture Detoxification Association) is a point of acupuncture protocol that can reduce symptoms associated with addictions and mental health. It is powerful natural treatment that can be quickly and simply applied. If you have a particular area of concern, for example, stress levels, then let our acupuncture. Our NADA acupunctural acupuncture treatments will

About Us | About Acupuncture | Women's Health | Fertility & Prenatal | Pain Relief | Book An Appointment

fertility & prenatal care

Whether you have been trying for three months or three years, with or without a fertility specialist's help, acupuncture can naturally boost your fertility and increase your chances of success.

NATURAL CONCEPTION

Acupuncture can help boost your natural fertility in many ways, by regulating your menstrual cycles, lengthening a short luteal phase, growing the thickness of the womb lining and increasing cervical fluid. At Sensiem in Claremonts we can also help you

DURING IVF TREATMENT

For IVF (in Vitro Fertilisation) patients, clinical research has shown that acupuncture before and after embryo transfer may increase both pregnancy rates and live birth rates. Acupuncture is recommended for a minimum 3 months prior to treatment for an IVF cycle and

WE ALSO PROVIDE THE FOLLOWING SERVICES:

- Prenatal Acupuncture**
Completely safe and benefits both mother & baby.
- Pregnancy Discomforts**
Relief from associated symptoms, e.g. morning sickness

JJ Gannons



01 Bar
02 Restaurant
03 Hotel
04 Tourism
05 Corporate
06 Packages
07 Reserve
08 Location

00 Welcome

Location | Special Rates 2006 | Packages

JJ Gannons

Wine, dine & dream...

Jay and Miu Gannons welcome you to their well established, Gannons Hotel, situated in the centre of Ballinrobe, County Mayo, West of Ireland.

Gannons Hotel guests enjoy much more than our luxurious B&B hotel accommodation! We have created an atmosphere in which you will want to "Wine, Dine & Dream" in our relaxed surroundings of Gannons Bar and Restaurant!

Enjoy an invigorating round of golf at the nearby Ballinrobe Golf Course or cast a tempting line in the serene stillness on Corry or Black, Eglagh's finest wild trout fishing lakes, in the heart of historic County Mayo.

Hotel Background

The house was built in 1838 and is now owned and managed by the JJ Gannons family generation. We restored the building in 2004 in order to provide luxury accommodation and improved facilities for our guests. Despite being in the centre of town, our overnight guests have a wonderful view across Lough Mask to the Torruneagh Mountains in the distance.

2005/2006 Packages

Relaxed Atmosphere, Luxurious Rooms & Fine Dining

JJ Gannons

BAR | RESTAURANT | HOTEL

MAIN ST, BALLINROBE TEL: 094 9541008 www.jjgannons.com

JJ Gannons

BAR | RESTAURANT | HOTEL

MAIN STREET, BALLINROBE | TELEPHONE: 094 954 1008 | WEB: WWW.JJGANNONS.COM

01 Bar
02 Restaurant
03 Hotel
04 Tourism
05 Corporate
06 Packages
07 Reserve
08 Location

01 Gannons Bar

Sample Bar Menu

JJ Gannons

Relaxed atmosphere...

Gannons Bar manages to retain the cosy traditional spirit of the Irish Country Pub and at the same time embraces the bright crisp ambience of the cafe bar.

The door is warm and inviting with a large stone fireplace surrounded by deep leather couch seating. The bar has a easy snug or "18th hole" which can be a private hideaway with its own bar and seats 6 to 10 people.

The inter-linking furley chaise longue and white padded "barber" lounge is fully equipped with a large screen television for sporting events. Glowing lighting and plush furnishings all help to create its heavenly warm and relaxed ambience.

Included in the wide range of drinks available in the bar is a comprehensive choice of wines, champagne by the glass, a variety of aromatic coffees and the guest in the crown, a creamy pint of Guinness, probably the best you will taste in Ireland!

There is a wide variety of freshly prepared food served throughout the day. This is cooked to order and receives the same love and attention as all the foods prepared for our restaurant.

The bar is the heart of the hotel and is where Jay and Miu Gannons receive their guests who have come to sit in the bar or restaurant, to stay in the individually appointed rooms or to relax with a drink.

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02 Red Restaurant

Sample A La Carte Menu | Sample Fish Specials | Sample Sunday Lunch Menu

JJ Gannons

Fine dining... red

The Red Restaurant is a little gem set in a beautiful old traditional building dating back to 1838. A haven of urban serenity which contrasts dramatically with the hustle and bustle of Main Street, Ballinrobe.

The decor is warm and inviting and exudes tones of reds and greens, which contrast beautifully with the modern all white leather high backed chairs, and the crispness of the white table linen.

The Red Restaurant food experience is a new. The kitchen team change the menu daily. Dishes vary not only according to seasons and fresh product availability but also from traditional to international cuisine.

Herbs, vegetables and fruits come from the kitchen garden, and local products provide the range and depth of choice and quality. Fresh fish is delivered daily. Fresh breads, jams and desserts are all made in the kitchen.

The restaurant staff are professional, warm and welcoming, and customer focused training shines through in all their dealings with the guest.

The patio where food is also served on summer days, is a little urban treasure of herbs and plants and fruits, all used in the kitchen and brought nurtured throughout the year. Seating up to 20 people, this is a little suntrap in good weather, and a wonderful place to sit for long lunches on any day.

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03 JJ Gannons Hotel

Rates | Special Offer Tariff 2006

JJ Gannons

Luxurious rooms...

The hotel accommodation comprises of 10 luxurious bedrooms, each individually decorated and vary in size, accommodating up to 4 persons comfortably.

Each room is soothingly simple, with the focus on quality beds, crisp linens and comfortable furnishings. Rooms feature large courtyards, deep full baths and high powered showers, together with private balconies, where you can sit, relax and enjoy the views of the lakes and mountains of Connemara and Torruneagh.

All floors are serviced by elevator offer wheelchair accessibility and particular rooms have additional features to accommodate disabled guests.

Gannons Hotel Bedroom facilities include:

- Family rooms, junior suites and deluxe rooms
- All rooms en-suite with bath and shower
- Disabled WC facilities
- Direct dial telephone
- Satellite Television/Radio
- Baby monitors for in-house use available
- Heating
- Ironing service available in all bedrooms



TacticsRoom

Every day is game day.

Every day
is game day.



TacticsRoom

Every day is game day. (Small text block)

Every day is game day. (Small text block)



Incorporate logo into event days and courses



Use of dotted tactics lines as graphic elements



Combine domain name with logo text

TacticsRoom.com





OPENS**SPACE**



www.openspacecastlebar.com

WANTED:
Our Own Space

Instead of assigning blame, as a community we should see the best in young people and support them in putting their energies into creative and constructive actions. Offer them an open space, which they can fill with their ideas and dreams. With your support we can create an alternative to hanging out in the streets, drinking in bushes, vandalism and anti-social behaviour and seeking shelter in dangerous and derelict spaces.

In Castlebar there are sports clubs, a bowling alley, a 7-screen cinema, facilities that other towns in the west of Ireland would be grateful for. At the same time there is an increasing problem with underage drinking, drugs, violence and destructive behaviour. It is considered, in this area, that young people are treated very much as outcasts and without recognition in the community.



www.openspacecastlebar.com

In January 2004, many people joined the group. Michelle Reynolds of the V Board, Forigo and NYP, J VEC, Fr. Paddy Curran, Pa Michael Fahy, Juvenile Liaison Declan Turnbull of the Cou Board, Norita Ciesham, So Development Company, Ci Mayo Women's Support Gr And others...

The Open Space Youth Recreation project was founded with the goal to provide a place for young people to hang out, relax and meet with friends without cost, in a safe and controlled environment. The group began with three volunteers, it is the vision of Georg Petersel supported by his wife Bettina. Initially they were joined by Sue Hawkshaw, a community artist, and as awareness of the project has grown, so has the support.



www.openspacecastlebar.com

In January 2004, many other people joined the group; Michelle Reynolds of the Western Health Board, Forigo and NYP, Joe Langen of VEC, Fr. Paddy Curran, Parish Priest, Michael Fahy, Juvenile Liaison Officer, Declan Turnbull of the County Development Board, Norita Ciesham, South West Mayo Development Company, Carmel Bourke, Mayo Women's Support Group And others...

The committee carried out a questionnaire at local secondary schools in the town to which 103 students responded. The results of the survey indicated that 91% of the young people questioned felt there was not enough for them to do in castlebar and 100% of respondents described the need for a place to hang out, meet friends and relax, somewhere that did not cost them financially.