

**August 2013 CLASS SCHEDULE**

(Tel: 67470069, 62943588)

请提前三天报名感兴趣的课程

<p>2 August Fri 2pm \$40 台湾老师 王香莉</p>	<p><b>愛心的果汁</b> <b>薑茶鼠尾草飲</b> <b>調理機 DIY~南瓜濃湯</b> 如何逼迫癌細胞自殺 褐藻醣膠得運用原理 ***已买調理會員學費:\$20</p>	<p><b>Love's Juice</b> <b>Ginger Tea Chai Seed Drinks</b> <b>Blender DIY~Pumpkin Vegetable Soup</b> How to force cancer cells to commit suicide Using principles of the Fucoidan <b>Students with purchase of Juice Blender, class fees: \$20</b></p>
<p>3 August Sat  9:00Am-6:30Pm  養生專家 歐陽英老師 ***已买調理會員 \$480 非會員 \$750</p>	<p><b>2013年“保护全家大小健康”养生全方位研习营</b> <b>2天食养净化体内排毒营</b> ◎如何唤醒内在的医生 ◎如何提升自愈力、抗病力、免疫力? ◎如何自我判断体质? (热性、温性、实性、虚性、燥性、湿性) ◎如何针对自己体质, 选择短期见效的对症食物? ◎参加食养净身排毒营, 一则“净化自己的体质”, 二则学习“量身对症开食谱的技术” ◎习得“量身对症开食谱”的技术, 便可以为全家大小, 亲朋好友开正确饮食调养食谱, 彻底改善体质, 远离疾病。</p>	<p><b>2013 "Your Family's Best Health" education workshop</b> <b>2 Day Class of nourishment to purify the body detoxification</b> ◎ awaken your self-doctor instincts  ◎ how to promote self-healing abilities, disease resistance and immunity  Discover your body-constitution type (heaty, cooling, dry, damp)  Eat well for your body constitution type ◎ Detox healthily with a nutrition plan that suits you best - Prevent diseases and common illnesses for you and your family with a sustainable long-term diet of delicious and nutritious foods.</p>
<p>4 August Sun 8:00Am-6:30Pm 養生專家 歐陽英老師 ***已买調理會員 \$480 非會員 \$750</p>	<p><b>**谁要参加“食养净身排毒营”</b> ◎全身有无明显肿瘤; 小肉瘤; 奇异的黑斑以及酸、痛、肿、痒...的人 ◎经医生诊断有三高(高血压、高血脂、高血糖)过敏体质、胃病、肝病、心脏病、癌症...等的病友 ◎有口臭、体臭、大便异常恶臭、体内充满毒素、累积宿便的人 ◎脸色无血色、暗淡无光、精神萎靡、四肢无力、未老先衰的人 ◎经常失眠、便秘、头痛、酸痛等...严重亚健康的人</p>	<p><b>Nourish &amp; Detox Camp</b> Discover the warning signs of your body: ◎ Evident tumours, dark spots, pain, swelling, itching ◎ Three-High's (high blood pressure, high cholesterol, high blood sugar), allergic constitution, stomach disease, liver disease, heart disease, cancer etc, ◎ bad breath, body odor, abnormally smelly excretion [accumulated toxins + waste ] ◎ pale face, low energy, listlessness, limb weakness, prematurely senile/poor memory ◎ regular insomnia, constipation, headache, soreness</p>
<p>6 August Tue 2pm \$55 Mdm Chee</p>	<p><b>Mdm Chee 经典作品</b> 意大利火腿鸡肉芝士塔 快速叉烧包 (有一点开花) 商业马拉糕</p>	<p><b>Mdm Chee Classic Signatures</b> Italian Ham &amp; Chicken Cheese Tart Cha Siew Pau Chinese Spong Cake</p>
<p>17 August Sat 2pm</p>	<p><b>Mdm Chee 老师月饼 2 系列</b> 烘四色螺旋月饼 上海月饼 (酥脆有咸蛋)</p>	<p><b>Mdm Chee Moon Cake Series 2</b> Baked Colourful Special Moon Cake Shang Hai Moon Cake</p>

\$65 Mdm Chee	粗叶冰皮豆沙月饼 (教黄豆沙) 注: 粗叶有排毒作用	Chu Vap Snow Skin Moon Cake (red bean filling)
20 August Tue 2pm \$50 Offer \$30 Mdm Chee	<b><u>Mdm Chee 经典糕点</u></b>  肉松面包 上海蒸肉糕 金瓜发糕	<b><u>Mdm Chee Classic Kueh Workshop</u></b>  Chicken Floss Hun Shanghai Steam Meat Kueh Pumpkin Huat Kueh
22 August Thu 2pm  \$80  Anna  ***已买 调理会 员学 费:\$40	<b><u>享受 100%天然又营养的高 siao su 沙拉与浓汤养生班</u></b> 潘老师与您分享不可思议的超省 时又营养的佳肴 - 不爱吃蔬菜的 孩子和大人会爱上蔬菜!  1. 夏日彩虹芝麻柠檬酱沙拉 2. 泰式芒果沙拉 - 坚果浓酱 3. 香浓夏日阳光汤 4. 西式无奶香菇浓汤	<b><u>100% Natural 100% Nutritious High Enzyme Salad &amp; Creamy Soup Workshop</u></b> Learn super easy and time-saving salad and soup recipes kids and adults will fall in love with! Summer Rainbow Salad with Tahini 1. Lemon Dressing 2. Thai Mango Salad with Creamy Cashew Sauce 3. Summer Creamy Sunshine Soup 4. Western Marinated Creamy Mushroom Soup
26 August Mon 2pm  \$80  Anna  ***已买 调理会 员学 费:\$40	<b><u>最新: 超赞的蔬果汁减肥法</u></b> 潘老师分享怎么营养地‘喝瘦’自己: [5 天蔬果汁喝法一早晨 1 杯就 搞定! ]  1. 排毒蔬果汁 - 清除体内的‘负 担’ 2. 消水肿蔬果汁 - 排出体内的‘积 水’状况 3. 分散‘坏’脂肪蔬果汁 - 缩小体内 脂肪细胞累积 4. 修补消化系统蔬果汁 - 恢复最 佳消化功能 5. 修复提升新层代谢蔬果汁 - 培养 健康的苗条体质	<b><u>Latest: Successful Healthy Slimming with Fruit &amp; Vegetable Juicing</u></b> Anna shares how you can juice yourself slim with the key of drinking the right juice at the right time:  [The 5 Day 1 Breakfast Juice Method] 1. Detox - clear the toxins that clog up your digestive system 2. Solve Water Retention - expel excess water weight 3. Blast Fat - increase fat metabolism and reduce stubborn cellulite 4. Recover Digestive System - restore optimum digestive abilities of your body 5. Strengthen Metabolism - cultivate a body that is weight-gain-resistant
28 August Wed 2pm \$85 Anna	<b><u>港式猪肠粉全科</u></b>  金宝咖喱汁 猪肠粉 馅: 韭菜虾米, 冬菇鸡肉, 虾仁, 叉烧, 芒光 虾米 酱料: XO 辣椒酱, 黑酱豉汁, 海鲜酱甜 酱	<b><u>H.K 'Chee Cheong Fun'</u></b>  Kim Poh Curry Suace ‘Chee Cheong Fun’ Chee Cheong Fun Making Fillings: Chives with Dried Shrimp/Chicken Mushroom/ Prawns/Pangkwan with Dried Shrimp Sauce: XO Chilli/Sweet Soya Sauce

**Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!**