

**September 2013 CLASS SCHEDULE**

(Tel: 67470069, 62943588)

请提前三天报名感兴趣的课程 \*\*\*Please book your interesting class before 3 days!

<p>5 Sep Thur 2:00 PM or 7:00PM \$80  <b>Anna Phua</b></p>	<p><b>红龟粿制作</b></p> <ul style="list-style-type: none"> <li>• 失传马六甲'黑龟粿'</li> <li>• 番薯皮红龟粿</li> <li>• 班兰汁龟粿</li> <li>• 兰花龟粿</li> </ul> <p>(馅:绿豆沙,榴莲,花生, 椰子)</p>	<p><b><u>Ku Kueh Commercial Class</u></b></p> <p>Malacca Nonya 'Black Ku Kueh' Malacca Nonya Sweet Potato Ang Ku Kueh(Peanut paste) Blue Ku Kueh(Coconut filling) Pandan Ku Kueh(Green bean paste) Durian Ku Kueh(Durian paste)</p>
<p>6 Sep Fri 2:00PM or 7:00PM \$60 <b>Anna Phua</b> <b>Students with purchase of Juice Blender, class fees: \$30</b></p>	<p><b>健康是磨出来的 (1)</b> DIY 研磨芝麻粉、杏仁粉、青仁黑豆粉、薏仁粉、糙米粉、五谷粉、莲子粉</p> <p><b>DIY 如何配搭养生糊的黄金比例</b></p> <ul style="list-style-type: none"> <li>• 降低胆固醇, 预防高血脂, 脑中风湿生糊</li> <li>• 美白, 祛斑, 抗老化养生糊</li> <li>• 补钙壮骨糊</li> <li>• 减肥代餐糊</li> </ul> <p>已买调理机会员,学费\$30</p>	<p><b><u>Delicious Nut Pastes For Great Health [1]</u></b> DIY Nut Powder Making: black sesame, almond, barley, wholegrain, five-grains and lotus seed.</p> <p><b><u>DIY Nut Paste Making Techniques</u></b></p> <ul style="list-style-type: none"> <li>- lower risks of high cholesterol, high fat content in blood vessels and rheumatism</li> <li>- achieve clearer and youthful skin</li> <li>- stronger bones with high calcium nut pastes</li> <li>- meal replacement for body-slimming</li> </ul> <p><b>Students with purchase of Juice Blender, class fees: \$30</b></p>
<p>7 Sep Sat 2:00PM \$ 55 <b>Jenny</b>  <b>Teacher</b></p>	<p><b>养生酵素</b></p> <ul style="list-style-type: none"> <li>• 美白、瘦身、抗老化酵素</li> <li>• 除斑去暗沉、促进胶原生成、使皮肤润泽酵素</li> <li>• 除黑斑、皮肤暗沉酵素</li> <li>• 抗老化解决皮肤粗糙酵素</li> <li>• 清洁剂酵素 (洗蔬菜, 种植, 洗衣, 洗地, 消毒, 消炎)</li> </ul> <p><b>酵素功效:</b></p> <ul style="list-style-type: none"> <li>• 提高减肥效果 • 改善过敏体质</li> <li>• 打造不容易疲劳身体 • 抗老化</li> <li>• 提升免疫力 • 促进新陈代谢</li> </ul>	<p><b><u>Keeping in Good Health Enzyme</u></b></p> <ul style="list-style-type: none"> <li>• Whitening, thin body, anti-aging enzyme</li> <li>• spot to dark heavy, promote collagen formation, make the skin moist enzyme</li> <li>• Solve the shading, dark heavy enzyme</li> <li>• Roughness of the skin, solve the enzyme</li> <li>• Detergent enzyme (wash vegetables, planting, laundry, cleaning, sterilization, anti-inflammatory)</li> </ul> <p><b><u>Enzyme function:</u></b></p> <ul style="list-style-type: none"> <li>• improve the effect of weight loss</li> <li>• improve allergic constitution</li> <li>• it is not easy to build body fatigue, anti-aging</li> <li>• improve immunity, promote metabolism</li> </ul>

<p>9 Sep Mon 2:00PM or 7:00PM \$ 60</p> <p><b>Valerie Teo</b></p> <p><b>Students with purchase of Juice Blender, class fees: \$30</b></p>	<p><b><u>抗老化青春彩虹果昔</u></b></p> <p>4種不可思議的凍齡果昔 — 越喝越漂亮! 五彩繽紛又濃郁可口的它們, 特製為您 淡斑, 緊縮皮膚細胞, 平衡荷爾蒙 — 里到外亮麗迷人。</p> <p>褐色 — 可可美膚果昔 [護膚抗老] 橙色 — 高C木瓜奶油果昔 [調整荷爾蒙] 粉紅色 — 金銀剔透美白果昔 [淡黑斑] 綠色 — 健康透紅美肌果汁 [促進血液循環] 已买調理机会员, 学费\$30</p>	<p><b><u>Gorgeous Ladies Rainbow Smoothie Workshop</u></b></p> <p>4 deeply delicious anti-aging smoothies for that youthful glow you desire These naturally colorful beauty secrets cleanse and enrich your skin from the inside-out while they balance the hormones in your body.</p> <p>Brown - Cocolada Smoothie [anti-aging] Orange - Sunshine Avo Shake [hormone-balancing] Pink - Radiant Glow Smoothie [skin-brightening] Green – Rosy Cheeks Slush [blood-circulating] <b>Students with purchase of Juice Blender, class fees: \$30</b></p>
<p>11 Sep Wed 2:00PM or 7:00PM \$80 <b>Anna Phua</b></p>	<p><b><u>香港人气冻糕 (甜品)</u></b></p> <p>桂花 杞子水晶月饼 桂花马蹄糕 紫米椰汁糕 红豆糕</p>	<p><b><u>Popular H.K Dessert</u></b></p> <p>Osmanthus Wolfberry Crystal Mooncake Osmanthus Watercheatnut cake Purple Rice Coconut Milk Jelly Red Bean Jelly</p>
<p>13 Sep Fri 2:00PM or 7:00PM <b>Anna Phua</b> \$ 80</p>	<p><b><u>高酵素泡菜 (台湾网购最热商品)</u></b></p> <ul style="list-style-type: none"> <li>• 麻辣腌萝卜泡菜 (可变通腌黄瓜/泡菜)</li> <li>• 黄金泡菜 (可腌大白菜/海带裙菜)</li> <li>• 黄金芝麻泡菜 (包菜)</li> <li>• 洛神蜜番茄</li> <li>• 发酵食品含纤维质, 维生素和矿物质, 增加肠胃有益菌。</li> </ul> <p>每天餐中摄取, 帮助消化, 去油脂, 促进新陈代谢, 和提升免疫力远离肥胖, 老化, 疾病</p>	<p><b><u>Enzyme Pickles (Top- seller on Taiwan web shops)</u></b>(Helps digestion and fat reduction)</p> <p>Spicy Radish Pickle (Cucumber/ Cabbage) Golden Pickle(Pickled Cabbage/ Seaweed) Golden Sesame Pickle(Cabbage) Roselle Honey Tomatoes</p> <p><b><u>Fermented foods</u></b> contain fiber, vitamins and minerals, and increase the intestinal bacteria. The daily meal intake, help digestion, to oil, promote metabolism, and improve immunity from obesity, aging and disease</p>
<p>14 Sep Sat 2:00PM \$50 <b>Mrs Lim</b></p>	<p><b><u>风味餐馆菜</u></b></p> <p>干香砂锅花雕鸡 香炸辣味排骨王 咸蛋炸豆腐</p>	<p><b><u>Flavorful Restaurant Series</u></b></p> <p>Stir Fired Claypot Hua Tiew Chicken Hot &amp; Spicy Ribs Fried Beancurd With Salted Egg Yolks</p>
<p>16 Sep Mon 2:00PM or 7:00PM \$ 60 <b>Offer\$30</b> <b>Anna Phua</b></p>	<p><b><u>高纤养生餐-创意一口饭 (用胚芽米制作)</u></b></p> <ul style="list-style-type: none"> <li>• 莲藕泡菜饭球</li> <li>• 黄瓜泡菜饭球</li> <li>• 三文鱼饭球</li> <li>• 牛油果虾饭球</li> <li>• 四宝粥 (利尿、补血、去脂肪、美肤)</li> <li>• 黄豆胚芽饭 (维持正常代谢、减缓体内老化)</li> </ul>	<p><b><u>High-fiber Set Meal – Wheatgerm Rice (made of Wheatgerm Rice)</u></b></p> <ul style="list-style-type: none"> <li>• lotus root pickle rice ball</li> </ul> <p>Pickled cucumber, rice ball • salmon rice ball • avocado shrimp rice ball</p> <p>Treasures congee (diuresis, blood, fat and skin) Soybean germ meal (maintain normal metabolism, slow down aging in the body)</p>

21 Sep Sat 2:00PM \$55 Mdm Chee	<b><u>Mdm Chee 酒店系列</u></b> 意大利咖啡酒提拉米苏甜品 肉桂杏仁曲奇 蓝莓玛芬	<b><u>Mdm Chee Hotel Series</u></b> Italian Tiramisu Dessert with Kahlua Cinnamon Almond Bread Cookies Blue Berry Muffin
24 Sep Tue 2:00PM \$50 Mrs Lim	<b><u>Mrs Lim 经典糕点</u></b> 香蕉杯糕 迷你榴莲达南糕 缤纷隆邦糕	<b><u>Mrs Lim Special Kueh Series</u></b> Steamed Mini Banana Kueh Mini Durian Talam Kueh Kueh Ambon
26 Sep Thur 2:00 PM \$55 Mdm Chee	<b><u>Mdm Chee 经典作品</u></b> 斑马芝士蛋糕 椰子金瓜包 三峇豆沙淡纹饼	<b><u>Mdm Chee Classic Series</u></b> Zebra Cheese Cake Coconut Pumpkin Pua Sambal Tam Boon Piah
30 Sep Mon 2:00PM or 7:00PM \$60 已买调理机 会员,学费 \$30	<b><u>高纤养生餐 (2)</u></b> 全麦合桃乳酪面包 玉米浓汤 日本全营养能量汤 (增加免疫力,远离药物,使皮肤红润,适合过敏,体弱小朋友) (可保存二个月)	<b><u>High Fiber Healthy Cooking (2)</u></b> Wholemeal Walnut Cheese Bread Corn Chowder Popular Japanese Vege Soup (best for those with weak health and sensitive skin) (can store for 2 months)  <b>Students with purchase of Juice Blender, class fees: \$30</b>

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

**简介: Jenny Teacher (周亚郡)**

毕业于化学塑料硕士，从事塑料事业 20 年，于 2009 年因身体长期接触化学品健康开始走下坡，为了重新健康，结识了泰国有机农业开创人 DR Rosukun(罗素坤博士)教授亲自传授制作养生酵素方法，因此 Jenny 老师开始了养生食疗法的路程，除酵素制作，Jenny 老师也自己研制并创造健康面包，蛋糕与其他健康饮食。

**Jenny** was graduated with a MSc from UK university in polymer science & technology. In 2009, due to long term contacting chemical and frequent travelling for business, her health started to have problems, hence, she quitted from the industry. To rebuild her health, she got to meet Dr Rosukun in Thailand and learnt the technique and in depth knowledge of fruit enzymes fermentation from Dr Ros. From there, she ventured into the Natural Food therapy path for her family and friends. Besides enzymes, she developed her own recipes for healthy breads, cookies, cakes, drinks etc.

**Valerie Teo 简介 张瑗珊 (潘秀霞老师女儿)**

毕业于英国果汁自然疗法

Natural Juice Therapist trained by Jason Vale from London, United Kingdom.

She is now running Good Food Heals, a food education movement that promotes the natural healing powers of food through multimedia content and live workshops for kids and adults.