

**July 2014 CLASS SCHEDULE (Tel: 67470069, 62943588)**

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

<p>04/07/14 Fri/星期五 2pm-4pm 7pm-9pm  \$60  <b>Anna Phua</b> 调理机会员:\$30</p>	<p><b>养生课: 活到 100 岁不痴呆的饮食法</b> 什么食物触动你的长寿基因。 早餐、午餐、晚餐、该怎么吃。 在外面用餐时该怎样选择食物用餐顺序。 <b>葡萄蔬果汁:</b> 维护血管柔软并稳定血压 <b>美肌草莓香蕉豆奶:</b> 补充维生素 C、B6 及类黄酮 <b>预防失智症:</b> 葡萄蓝莓果汁*** 调理机会员:\$30</p>	<p><b><u>Longevity &amp; Anti-Dementia Workshop</u></b> Discover the top anti-aging foods that promote long, healthy life! - <b>Easy meals</b> for breakfast, lunch and dinner - <b>Golden rules</b> of choosing anti-aging foods when eating out <b>Grape &amp; Greens Juice:</b> helps healthy blood pressure <b>Youthful Skin Strawberry Banana Soy Shake:</b> high Vitamin C &amp; B6 for strong immunity Grape &amp; Blueberry Juice: boost memory <b>Students with purchase of Juice Blender, fees: \$30</b></p>
<p>05/07/14 Sat/星期六 2pm-4pm \$80 <b>Mrs Chee</b></p>	<p>鸡肉派 咖喱卜 炸多娜 杂果面包</p>	<p>Chicken Pie Curry Puff Fried Dou Ghnut Bread with fruit</p>
<p>07/07/14 Mon/星期一 2pm-4pm 7pm-9pm \$80 <b>Anna Phua</b> 调理机会员:\$40</p>	<p><b>香港流行养生甜品</b>  (抗老化,让您皮肤有光泽,亮丽) 杏仁糊 合桃糊 花生糊 芝麻糊 <b>P.S: 调理机会员学费:\$40</b></p>	<p><b><u>Popular H.K Healthy Dessert</u></b>  (<b>Beautifying &amp; Anti-Aging</b>) Almond Cream Walnut Cream Peanut Cream Black Sesame Cream <b>Students with purchase of Juice Blender, fee: \$40</b></p>
<p>08/07/14 Tue/星期二 2pm-4pm 7pm-9pm \$120 首十位报名\$99 <b>Anna Phua</b></p>	<p><b>商业乌达</b> (首十位报名\$99) 印尼味白乌达(沾花生酱) 丹绒宾榔乌达 (种类:虾肉,鱼头,鱼肉,苏东)</p>	<p><b><u>Commercial Otah</u></b> (first ten to sign up special price \$99) Indonesian Style White Meat Otah (Serve with Peanut Sauce) Tg Pinang Otah (Different types: prawns, fish head, fish, sotong)</p>
<p>09/07/14 Wed/星期三 2pm-4pm 7pm-9pm  <b>Anna Phua</b> \$80</p>	<p><b>很棒民间食疗偏方 (启动健康机能)</b> 红葡萄酒浸洋葱 (适合饮用人士: 膝盖疼痛、高血压、糖尿病、老花眼、夜间尿频症、失眠、便秘、心脏, 血管阻塞等。) <b>布伟食疗做法/守则 (改善)</b> 如何自制芝士</p>	<p><b><u>Great folk dietotherapy folk prescription</u></b> (start health function) Red Wine Soaked Onion (<b>suitable for drinking:</b> knee pain, hypertension, diabetes, presbyopia, frequent urination at night, insomnia, constipation, heart, vascular occlusion, etc.) <b>Dr.Budwig's Practice</b> <b>How to homemade cheese</b></p>

<p>调理机会员:\$40</p>	<p><b>布伟健康早餐:</b> 综合梅+亚麻仁油+芝士  <b>适合症状:</b> 皮肤疾病、慢性病、动脉硬化等、抗癌、防癌。  <b>P.S:</b> 调理机会员学费:\$40</p>	<p><b>Dr.Budwig's Healthy Breakfast:</b> Ume Plum + flaxseed oil+Cottage Cheese  <b>Suitable for:</b> symptoms such as skin disease, chronic diseases, such as hardening of the arteries, anti-cancer, anti-cancer.  <b>Students with purchase of Juice Blender, fee: \$40</b></p>
<p>10/07/14  Thur/星期四  2pm-4pm    <b>\$55</b>  <b>Mrs Lim</b></p>	<p><b>商业拉西叻吗</b>  香兰椰浆饭  辣椒酱  炸香脆江鱼仔  叁峇江鱼仔  炸香脆鸡翅膀</p>	<p><b>Commercial Nasi Lemak Set</b>  Pandan Nasi Lemak  Chilli Sauce  Crispy Ikan Bilis  Sambal Ikan Bilis  Deep Fried Crispy Chicken</p>
<p>11/07/14  Fri/星期五  2pm-4pm  7pm-9pm  <b>\$80</b>  调理机会员\$40    <b>Anna Phua</b></p>	<p><b>活力午餐</b>  西兰花浓汤 (改善三高)  燕麦玉米浓汤 (降胆固醇,预防心脏疾病,补脑,防癌)  全麦坚果蒸馒头  松子黑橄榄面包  <b>调理机会员\$40</b></p>	<p><b>Healthy Lunch Workshop</b>  Broccoli Chowder (helps prevent high blood pressure)  Oats Corn Chowder (lowers cholesterol, helps prevent heart diseases and cancer)  Steam Whole Meal Nuts Bun  Pine Black Olive Bread  <b>Students with purchase of Juice Blender, fee: \$40</b></p>
<p>12/07/14  Sat/星期六  3pm-5pm  <b>\$59</b>    <b>Valerie Teo</b></p>	<p><b>美人便当套餐</b>  促进美容、生发、健康塑身排毒  便当菜肴+饮料  最佳营养搭配食材</p>	<p><b>Good Food Heals Beauty Lunchbox Bento Set And Smoothies Recipes</b>  Best Food For Skin Care, Hair Growth, Body Detox  Smart Food Coming Key Nutrients</p>
<p>14/07/14  Mon/星期一    2pm-4pm    7pm-9pm    <b>\$30</b>    <b>特价: \$15</b>    <b>Anna Phua</b></p>	<p><b>养生水疗法 (喝水可以健康)</b>  • 怎样喝才正确?(正确喝水可以美容养颜,延缓衰老及预防各种疾病)  • 喝好水能够消除活性氧(导致疾病原因)  五脏虚,水肿病人怎样喝水  • 喝水方法 (防止血黏稠,降血脂,高血压,贫血,心脏疾病,瘦身,关节炎)  • 水的美容法  • 每天需喝多少量水?  • 什么时间喝水排毒最有效?  • 示范: 喝水瘦身法  • 早晨第一杯黄金水排肝毒 DIY  • 七日消脂茶增加免疫系统精力蔬果汁(净化血液,除去皮肤斑点,排泻更舒畅)</p>	<p><b>Water Health Therapy (Drink to Greats Health)</b>  • Do you know most of us are drinking acidic water and beverages that are harmful to our body everyday?  • Learn the truths, do's and don't s of drinking water for health, beauty and longevity  • Introducing today's most wanted water in the medical industry- the purest form of Alkaline Water  • Demo: Water Therapy –for weigh loss.  • First Cup of the Day Liver Detox Water  • 7 Day Fat Blaster Tea  Energy Vege-Fruit Juice (blood cleansing, reduces dark skin pigments, promotes bowel movement)</p>
<p>15/07/14  Tue/星期二  2pm-4pm  <b>\$80</b>  <b>Mrs Chee</b></p>	<p><b>蛋糕系列 1</b>  蓝莓奶油蛋糕  巧克力发士蛋糕  杂果乳酪蛋糕</p>	<p><b>Cake Series1</b>  Blueberry Cream Torte  Chocolate Fudae Cake  Cheese Fruits Cake</p>

16/07/14 Wed/星期三 2pm-4pm <b>\$65</b> <b>Mdm Chee</b>	<b>健康豆花</b> 无石膏嫩滑豆腐花 (热) 养生黑豆豆腐花 原粒嫩椰布丁 (很好吃!)	<b>Healthy Beancurd</b> Soft & Smooth Beancurd (Hot) Healthy Blackbean Beancurd Original Grain Coconut Beancurd Pudding (So delicious!)
18/07/14 Fri/星期五 10am- <b>Anna Phua</b> \$580 特价 <b>\$480</b>	<b>3天/2夜酵素蔬果排毒营</b> • 15堂特别养生课 • 12餐营养丰富的蔬果餐 • 2次身体检测 • 复食配套	<b>3 Days / 2 Nights Enzymeatic Detox Retreat</b> • 15 Special Health Workshops • 12 Nutritious Vegan Meals • 2 Health Check Ups • Food Matching
19/07/14 Sat/星期六 10am-	<b>3天/2夜酵素蔬果排毒营</b>	<b>3 Days / 2 Nights Enzymeatic Detox Retreat</b>
20/07/14 Sun/星期日 10am-2pm	<b>3天/2夜酵素蔬果排毒营</b>	<b>3 Days / 2 Nights Enzymeatic Detox Retreat</b>
23/07/14 Wed/星期三 2pm-4pm 7pm-9pm <b>\$70</b> <b>Anna Phua</b>	<b>潘老师古早味潮州菜</b> 豆腐虾 蒜茸辣椒 海参猪脚 潮州蠔蛋 南姜醋咸菜	<b>Anna Teacher's Traditional Teochew Cuisine</b> Tofu Prawns Garlic Chilli Sauce Sea Cucumber with Pig's Trotter Oyster Egg Blue Ginger Kiam Chye with Vinegar
24/07/14 Thur/星期四 2pm-4pm <b>\$55</b> <b>Mrs Lim</b>	<b>经典点心</b> 香脆古早虾饼 金瓜面线糕 水晶笋粿	<b>Classic Dessert</b> Traditional Golden Shrimp Cake Pumpkin Mee Sua Kueh Steamed Crystal Soon Kuen
26/07/14 Sat/星期六 第一堂 10:30am-1:00pm  第二堂 2:00pm-4:30pm  每一堂\$80  特价每一堂 <b>\$50</b> 名额只剩 <b>20位!</b>  <b>欧阳英老师</b> <b>Anna Phua</b>	<b>欧阳英老师&amp;潘老师养生蔬果汁示范</b> 1.如何掌握「用餐节奏」, 远离疾病? 2.如何灵活运用「食养二分法」, 与病绝缘? 3.防止早衰, 改善更年期障碍的特效食谱 4.居家排毒法的介绍 (1)排肝胆毒 (2)排肠胃毒 (3)排肺毒 5.介绍三种「养生操」 (1)少林十巧手 (2)龙游功 (3)乐活长寿操  <b>***每一堂授课内容都不一样!</b>	<b>Ouyang Teacher &amp; Anna Health Vegetable &amp; Fruit Juices Demon</b> 1. Beat mealtimes for disease prevention 2. How to practice Ouyang's "Alternate Day Diet" 3. To prevent premature aging and improve the menopausal disorder effects 4. Home detoxification method (1) Liver Detox (2) Digestive System Detox (3) Circulatory System Detox 5. Introduce three kinds of "easy exercises for longevity." (1) The Shaolin Hands (2) Dragon Taichi (3) Longerty Workout

<p>27/07/14 Sun/星期日 第三堂 10:30am-1:00pm 第四堂 2:00pm-4:30pm</p> <p>每一堂\$80</p> <p>特价每一堂\$50</p> <p>欧阳英老师</p> <p>Anna Phua</p>	<p><b>欧阳英老师&amp;潘老师养生蔬果汁示范</b></p> <p>1.如何掌握「用餐節奏」，遠離疾病？ 2.如何靈活運用「食養二分法」，與病絕緣？ 3.防止早衰，改善更年期障礙的特效食譜</p> <p>4.居家排毒法的介紹 (1)排肝膽毒 (2)排腸胃毒 (3)排肺毒</p> <p>5.介紹三種「養生操」 (1)少林十巧手 (2)龍游功 (3)樂活長壽操</p> <p><b>***每一堂授課內容都不一樣！ 名額只剩 20 位！報名從速！</b></p>	<p><b><u>Ouyang Teacher &amp; Anna Health Vegetable &amp; Fruit Juices Demon</u></b></p> <p>1. Beat mealtimes for disease prevention 2. How to practice Ouyang's "Alternate Day Diet" 3. To prevent premature aging and improve the menopausal disorder effects 4. Home detoxification method (1) Liver Detox (2) Digestive System Detox (3) Circulatory System Detox 5. Introduce three kinds of "easy exercises for longevity." (1) The Shaolin Hands (2) Dragon Taichi (3) Longerty Workout</p>
<p>29/07/14 Tue/星期二 2pm-4pm \$80 Mrs Chee</p>	<p><b>蛋糕系列 2</b></p> <p>榴蓮千層蛋糕 巧克力核桃布朗尼 蒸蜜棗核桃蛋糕</p>	<p><b><u>Cake Series2</u></b></p> <p>Durian Lapis Chocolate Walnut Brownie Steam Dates Walnut Cake</p>
<p>30/07/14 Wed/星期三 2pm-4pm \$55 Mdm Chee</p>	<p><b><u>Mdm Chee 老师经典系列</u></b></p> <p>最新盆栽蛋糕 越南香叶绿豆糕</p>	<p><b><u>Mdm Chee Teacher 's Classic Series</u></b></p> <p>The Latest "Pot-Plant" Cake Vietnamese Mung Bean Kueh</p>
<p>31/07/14 Thurs/星期四 2pm-4pm 7pm-9pm \$85 Anna Phua</p>	<p><b><u>潘老师私房菜（福州名菜）</u></b></p> <p>紅糟酒制作 紅糟雞面線 福清鍋邊面粉粿湯</p>	<p><b><u>Hock Chew Tradition Cooking</u></b></p> <p>Red Braised Meat Gravy Wine Making Red Braised Chicken Mee Sua Hock Ching Stick Pan Mee-Hoon Kueh</p>

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