

June 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>06/06/14 Fri/星期五 2pm-4pm 7pm-9pm Anna Phua \$80 调理机会 员\$40</p>	<p>神奇青汁 (美容减肥,提升免疫力,消除活性氧,消除慢性病,抗癌防癌) • 优盾草青苹果青汁 • 五蔬菜汁(五汁) • 芦荟柠檬青汁 • 油菜青汁 • 荷兰芹青汁 • 胡萝卜高丽菜青汁 • 用小麦草搭配美味果汁 3 种 • 高 C 三种青汁配法 喝 30 cc 小麦草汁=吃 1 公斤蔬菜 麦绿素中维他命 C 是橙的 6 倍,矿物质是菠菜的 18 倍 *调理机会员\$40</p>	<p><u>Miracle Green Juice</u> (for slimming, immunity system building,combats common illnesses and free radicals) Five Green Vege Juice Aloevera Lemon & Kale Green Vegetable Parsley Carrot Cabbage Wheatgrass + 3 flavours Vitamin C Kale + 3 fruits *Juice Blender Students, class fee: \$40</p>
<p>11/06/14 Wed/星期三 2pm-4pm 7pm-9pm Anna Phua \$85</p>	<p>传统马六甲娘惹菜 古老椰浆什菜 黑果鸡 (酿肉/虾茸) 香煎三峇峇拉煎鲷鱼</p>	<p><u>Malacca Nonya Cooking</u> Ayam Buah Keluak(Stuff with mince pork and prawns) Nonya Sayor Lemak Pan Fry Sambal Balachen</p>
<p>12/06/14 Thurs/星期四 2pm-4pm 7pm-9pm Anna Phua \$80</p>	<p>高纤养生餐 高丽菜南瓜浓汤 马铃薯红萝卜浓汤 意大利香草伏卡夏面包 蕃茄燕麦面包 *调理机会员\$40</p>	<p><u>HIGH FIBER WHOLESOME MEAL</u> Cabbage Pumpkin Chowder Potato Carrot Chowder Italian Herbs Focaccia Bread Tomato Oatmeal Bread *Special \$40 discount for juice blender customers!</p>
<p>16/06/14 Mon/星期一 2pm-4pm 7pm-9pm Anna Phua \$80 调理机会 员\$40</p>	<p>轻食美人沙拉 自家制沙拉酱 (健康美味) • 豆付沙拉酱 • 千岛沙拉酱 • 桑椹沙拉酱 • 南瓜沙拉酱 • 彩蔬鸡丝沙拉 • 山药沙拉 • 西芹沙拉 *调理机会员\$40</p>	<p><u>Anti-aging & Slimming Salad</u> Homemade Salad Sauce • Tofu Salad Sauce • Thousand Island Salad Sauce • Mulberry Salad Sauce • Pumpkin Salad Sauce • Rainbow Chicken Salad • Waisan Salad • Celery Salad *Juice Blender Students, class fee: \$40</p>

<p>17/06/14 Tue/星期二 2pm-4pm 7pm-9pm Anna Phua \$120 首十位\$99</p>	<p>潘老师生意班 (首十位报名优惠价\$99) 香蕉叶烧烤海鲜: 烧烤苏东/烧 烤老虎虾/烧烤“烘鱼”(魔鬼鱼) 特制“真查罗”辣椒酱 秘制三峇烧烤酱煮法</p>	<p>Anna's Commercial Class (first ten to sign up special price \$99) Banana Leaf BBQ Seafood Sotong/Prawn/Stingray Special “Chin-Cha-Low”Chilli Sauce Secret Sambal BBQ Sauce</p>
<p>20/06/14 Fri/星期五 2pm-4pm 7pm-9pm Anna Phua \$65</p>	<p>香港养生甜品 • 冰花炖蛋 母鸡孵蛋(烤蛋布丁)(台湾网络销 售最热) • 椰汁炖蛋白 • 姜汁炖鲜奶</p>	<p>Healthy H.K Dessert Steamed Rock Sugar Egg Pudding Baked Egg Pudding (in Egg Shell) Coconut Egg White Pudding Steam Ginger Milk Pudding</p>
<p>21/06/14 Sat/星期六 2:00PM Anna Phua \$60 调理机会 员\$30</p>	<p>最新: 超赞的蔬果汁减肥法 潘老师分享怎么营养地‘喝瘦’自己 : [5天蔬果汁喝法—早晨1杯就 搞定!]</p> <ol style="list-style-type: none"> 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 <p>调理机会员\$30</p>	<p>Latest: Successful Healthy Slimming with Fruit & Vegetable Juicing Anna shares how you can juice yourself slim with the key of drinking the right juice at the right time:</p> <p>[The 5 Day 1 Breakfast Juice Method]</p> <ol style="list-style-type: none"> 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 <p>*Juice Blender Students, class fee: \$30</p>
<p>23/06/14 Mon/星期一 2pm-4pm 7pm-9pm Anna Phua \$70</p>	<p>最新酵素酿造法 古酿杨桃汁 酸梅黄梨汁 西瓜汁酵素(清除肝脏废物) 梨汁酵素 黄梨汁酵素 调理机会员\$50</p>	<p>Latest Enzyme Making Star Fruit Juice Sour Plum Pineapple Juice Water Melon Juice Enzyme (Detox Liver) Pear Juice Enzyme Pineapple Juice Enzyme *Juice Blender Students, class fee: \$50</p>

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

MRT: Aljunied

Bus: 40、62、63、80、100、125、158

Drive: Driving enter by 82 Lorong 23 Geylang #01-03 Singapore 388409

Anna's Cooking Arts [Facebook Page] + www.annascookingarts.com.sg
coyaku@yahoo.com.sg

Address: Atrix at Aljunied (opp Aljunied Mrt) 82 Lorong 23 Geylang #01-03 Singapore 388409
tel: 62943588, 67470069.

活动标语：潘秀霞老师 2014 年“保护全家大小健康”养生排毒营

活动主题：**3 天 2 夜酵素蔬果排毒营** --- 不用惊人的意志力，
除了排出细胞的毒素还能瘦身!!!

活动日期：7 月 18 日-20 日（星期五、六、日）

****谁要参加“酵素蔬果排毒营”**

- 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
- 瘦身 / 平坦腹部

****谁不能参加“酵素蔬果排毒营”**

- 糖尿病患者：经常要施打胰岛素的
- 严重癌症患者
- 肾功能异常、尿毒、洗肾患者
- 已怀孕的孕妇
- 过度虚弱的病人

学费：\$580

****在 15/06/14 之前报名者优惠价位：\$480**

排毒营人数：限 30 人（招满为止）

日期&时间：18/07/14 10AM—20/07/14 2PM

地点：**Pasir Ris PA Campsite**

报名处：Anna's Cooking Arts/ Coyaku Food Products Pte Ltd

Tel: 6747 0069, 6294 3588

支票付款请开：Coyaku Food Products Pte Ltd

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Event Theme : 2014 Anna's Phua " Family Health " Detox Retreat

Event Title : 3 Days 2 Nights Enzymatic Detox Retreat

Date : 18 – 20 July 2014

***** Who NEED to participate :**

- **Body with or without obvious lump; abnormal pigmentation, body / joints aching**
- **Three High with doctor's certification, allergy, eczemas, digestion system, liver, heart and cancer suffers... etc**
- **Bad breath, Body Odor, constipation ... etc**
- **Restless, low energy level, stressful lifestyle, limbs weakness , ageing etc**
- **Insomnia, headache, migraine etc...**
- **Sliming....**

****** NOT suitable to participate**

- Diabetes with Insulin injection
- Severe cancer sufferers
- Kidney deceases
- Pregnant women
- Serious illness

Fee : \$580 / pax

**** Early Bird before 15 /6 / 14 : \$480 / pax**

Limited to : 30 pax. (first come first serve)

Duration : 10am, 18 /7 --- 2pm, 20/7/2014

Venue : Pasir Ris PA Campsite

Register at : Anna's Cooking Arts/ Coyaku Food Products Pte Ltd

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Cheque payable to : Coyaku Food Products Pte Ltd

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