

**March 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>06/03/14 Thurs 2pm/7pm  <b>Anna Phua</b> \$80 调理机会员 \$40</p>	<p><b>香港商业养生甜品</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 P.S:调理机会员:\$40</p>	<p><b>Popular H.K Healthy Dessert</b> (Anti-Aging &amp; Skin-Brightening) Almond Paste Walnut Paste Peanut Paste Black Sesame Paste  Students with purchase of Juice Blender, class fee: <b>\$40</b></p>
<p>08/03/14 Sat 2pm  <b>Anna Phua</b> \$80 调理机会员 \$40</p>	<p><b>日本最 In 排毒法 (新)</b> • 排毒蔬菜汤 • 抗氧化蔬果汁 • 保肝蔬果汁 • 怎样清洗蔬果菜、肉类方法 <b>排毒功效:</b> 帮助排出身体有毒物质, 包括添加物、残留农药、重金属等具有抗氧化作用、改善异位性皮肤炎、血液循环、肠道菌群、骨质疏松症、抑制失智症发展</p>	<p><b>Latest Japan Detoxification Series (New)</b> • Detoxification Vegetable Soup • Antioxidant Vegetable Fruit Smoothie • Protect Liver Vegetable Fruit Smoothie • How to wash fruits &amp; vegetables &amp; meat correctly <b>Detoxification Efficacy:</b> Helps excrete toxic substances, including additives, residues of pesticides, heavy metals, etc antioxidant effect、improves skin, blood circulation, the intestinal bacteria, osteoporosis, inhibits the development of alzheimer's disease</p>
<p>12/03/14 Wed 2pm/7pm  <b>Anna Phua</b> \$150</p>	<p><b>潘老师私藏经典</b> (首十位预先报名者\$99) 好味道炒米粉 (不一样的炒法) 香滑黄金鸡粥 (超好味上汤底煮法) *煮出来的粥是金黄色 XO 辣椒酱</p>	<p><b>Anna Classic Cooking Series</b> (first ten to sign up special price \$99) Special Fried Bee Hoon (unique frying method) Golden Chicken Porridge (super good taste soup cooking method) XO Chilli Sauce</p>
<p>17/03/14 Mon 2pm/7pm  <b>Anna Phua</b> \$80 调理机会员 \$35</p>	<p><b>养生课 体内大扫除</b> • <b>饮食排毒法:</b> (1)清除宿便蔬果汁 (2)超级排毒水 • <b>身体表面排毒法:</b> 干刷身体法 刮舌苔 • <b>功效:</b> 清除淋巴系统粘液及废物, 促进新陈代谢, 清除皮肤表面的死细胞, 恢复皮肤原有的弹性, 增加血液循环。 • <b>十天排肝毒水</b> • <b>油拔法功效:</b> 对各种疾病如, 偏头痛、肺炎、牙痛、血管堵塞、湿疹、溃疡、胃痛、脑膜炎、心、白血病、风湿、肾、肝、肺、妇科、还有神经系统、中风、治愈伤口, 也治愈长期失眠, 对癌症也有显著的效果。 <b>调理机会员:\$30</b></p>	<p><b>Ultimate Detox Nutrition Class</b> • Colon Cleansing Green Smoothie • Super Detoxifying Water • Skin Brushing Detox Method <b>Function:</b> Remove mucus lymphatic system and waste, promote metabolism, remove dead cells on the surface of the skin, restore the elasticity of the skin, increase blood circulation. • Ten Days Liver Poison Water • <b>Oil Pulling MethodEfficacy:</b> for a variety of diseases such as migraine, pneumonia, toothache, blood clots, eczema, meningitis, ulcers, stomach, heart, leukemia, rheumatism, kidney, liver, lung, gynecology, and nervous system, stroke, heal wounds, and cure insomnia for a long time, also has significant effect for cancer. <b>Students purchased Juice Blender, class fees: \$30</b></p>

<p>18/03/14 Tue 3:00 \$ 75  <b>Valerie Teo</b></p>	<p><b>美味的家庭药剂治疗湿疹&amp;牛皮癣</b> 学习科学证明对于湿疹和牛皮癣什么是最好和最差的食物,有什么关键营养物质在饮食中,以及如何对这些皮肤问题吃出自愈力及漂亮肌肤。 Valerie 将分享她如何消除并自然恢复牛皮癣的最好食物 <b>最适合湿疹&amp;牛皮癣:</b> 2 种果汁 2 种午餐 1 种甜点 最好和最差的食物列表 *笔记将提供</p>	<p><b><u>DELICIOUS HOME REMEDIES FOR ECZEMA &amp; PSORIASIS WORKSHOP</u></b> Learn what are the scientifically proven best and worst foods for eczema and psoriasis, what are the key nutrients to focus on in your diet, and how to eat smart to support healing from these skin problems.  Valerie will share how she naturally recovered from Psoriasis after eliminating the worst foods and adding the best foods for this 'incurable' skin ailment. <b>Recipes best for Eczema an Psoriasis recovery:</b> 2 Smoothies 2 Lunchbox Meals 1 Dessert List of Best &amp; Worst Foods notes will be provided</p>
<p>19/03/14 Wed 2pm /7pm  <b>Anna Phua</b>  \$80 调理机会员 \$40</p>	<p><b><u>9天瘦 3kg 饮食法 (新)</u></b> <b>每天运动 15 分钟-世界上最轻松的运动 (一边看电视一边做) 想瘦哪里就瘦哪里</b> (1) 早上第一杯清肠平坦小腹蔬果汁 (2) 营养及让精神充沛综合梅子奶昔 (3) 午餐: 综合菇荞麦面沙拉 (4) 晚餐: 蔬果南瓜汤 (新) (5) 瘦身豆浆</p>	<p><b><u>9 Days Minus 3 kg Diet (New)</u></b> <b>Exercise 15 minutes a day – the world’s most easily (do) while you’re watching TV is thin where you want to thin</b>  (1) Colon Cleansing Breakfast Smoothie (2) Energizer Plum Shake (3) Lunch: Mushroom Buckwheat Salad (4) Dinner: Fruit And Vegetable Pumpkin Soup (new) (5) Slimming Soya-Bean Milk</p>
<p>21/03/14 Fri 2pm/7pm  <b>Anna Phua</b>  \$40 调理机会员 \$20</p>	<p><b><u>养生水疗法</u></b> • 喝水排毒最佳时间 • 水要怎样喝才能减肥 • 重要喝水时机 • 黑糖姜茶 (消水肿) • 牛蒡茶 • 红豆茯苓莲子汤 • 有料减肥水 • 您家里的水是酸性? 碱性? <b>可带家里的水来验!</b></p>	<p><b><u>Delicious Beverage Therapy</u></b>  • The Best Time To Drink Water For Detoxification • How To Drink Water To Lose Weight • Important Drinking Water Timings • Black Sugar Ginger Tea (anti-dropsy) • Burdock Tea • Anti-Water-Retention Dessert • Bring Water From Your Home To Check Whether It Is Acid Or Alkaline?</p>
<p>22/03/14 Sat 3:00PM  \$59  <b>Valerie Teo</b></p>	<p><b><u>办公室女士早餐奶昔系列</u></b> 开始一天的工作与简单而美味的奶昔简单日常食物是你最好的健康和美丽 • 好心情抗压奶昔 (经前综合症和更年期最好)  • 年轻美丽阳光奶昔(抗衰老) • 早餐奶昔 (有助于减轻水肿和提高肝脏的解毒功能)  • 益生菌和酵素奶昔 (促进健康的消化和强壮的免疫系统)</p>	<p><b><u>OFFICE LADIES BREAKFAST SMOOTHIE SERIES</u></b> Start your work day right with simple and delicious smoothies made with simple everyday foods for your best health and beauty. • Good Mood Anti-stress Smoothie (best for PMS and menopause) • Young &amp; Beautiful Sunshine Smoothie (anti-aging) • Shape Up Breakfast Shake (helps relieve water retention and enhances your liver's detoxification function) • High Probiotic &amp; Enzyme Smoothie (promotes healthy digestion and strong immune system)</p>

22/03/14 Sat 3:00PM \$59 <b>Valerie Teo</b>	<b>额外食谱:</b>  2 个讲义-减轻水肿全天饮品 红豆甜如蜜生姜饮品 柠檬大麦饮品  学习最好及最差的食物引起的最常见健康问题(水肿、减缓新陈代谢、慢性便秘、失眠、情绪波动、早衰和压力)对于今天所面临的职业女性。 *笔记将提供	<b>BONUS RECIPES:</b>  2 Recipes of Water Retention Relief All-day Beverages: Adzuki Bean Honeyed Ginger Drink Lemon Barley Drink  Learn what are the best and worst foods for the most common health problems (water retention, slowed down metabolism, chronic constipation, insomnia, mood swings, premature aging and stress) faced by working women today. *notes will be provided
24/03/14 Mon 2pm/7pm  <b>Anna Phua</b> \$80 调理机会员 \$40	<b>瘦身·美容·抗癌·防癌</b> <b>巴德维好油、优格、泡菜、蔬果汁</b>  • DIY 豆浆/牛奶优格做法 (5 种好味道的吃法) • ABC 蔬果汁 (最新) • 高酵素泡菜做法 (帮助消化、增加肠道有益菌) • <b>健康饮食守则</b> 功效: 关节炎、心血管疾病、皮肤疾病、糖尿病、肺、肝、前列腺、中风、动脉硬化等 <b>阳光疗法:</b> 1)优格亚麻油 DIY(可用于打果汁,沙拉淋酱)-改善您体质 15 种症状,让您靓丽健康!防癌,抗癌,防三高  饭后:瘦身清肠啤酒酵母优格	<b><u>Thin Body • Beauty • Anti-cancer</u></b> <b>Dr.Budwing Diet:-Good Oil、Yogurt、Pickled Vegetables、Vegetable &amp; Fruit Juices</b> • DIY Soya-Bean Milk, Milk Yogurt (5 kind of good taste) • ABC Vegetable &Fruit Juices (latest) • High Enzyme Kimchi Approach (help digestion, increase the intestinal bacteria)  • <b>Healthy Diet</b> Efficacy: arthritis, cardiovascular diseases, skin diseases, diabetes, lung, liver, prostate, stroke, atherosclerosis, and so on <b>Sunshine Therapy:</b> 1) High Quality Flaxseed Oil DIY (Used in & salad dressing) Improve your body constitution and recover from 15 common health symptoms. Prevent high blood pressure/sugar/fat! After Food: Slimming Effect - Cleanses Intestines
25/03/14 Tue 2pm/7pm  <b>Anna Phua</b> \$120	<b>潘老师台式经典</b>  (首十位预先报名\$99) 台湾商业肉燥饭 (肉燥可用于多种用途) 糖心醉蛋(网络热卖) 鱿鱼羹	<b><u>Anna Classic Taiwanese Cooking Series</u></b>  (first ten sign up \$99 in advance) Stewed Pork Rice (pork can be used in a variety of purposes) Drunken Stewed Eggs Taiwanese Squid Soup
26/03/14 Wed 2pm <b>Chef</b> <b>Patrick</b> \$65	<b>初级寿司做法</b>  寿司饭·醋 寿司蛋卷·虾 三种寿司卷 (黄瓜、鳗鱼、蛋&蟹柳)	<b><u>Simple Sushi Class</u></b>  Sushi Rice • Vinegar Sushi Egg • Omelette Sushi Maki Roll 3 Kinds (cucumber、unagi、egg & crab stick)

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