

<p>06/09/14 Sat/星期六 2pm Fees: \$70 调理机会员价:\$35(Anna Phua)</p>	<p>活力养生产品 莲子芝麻糊 小米南瓜粟米糊 燕麦芋头糊 红豆山药露</p>	<p><u>Energy Healthy Dessert</u> Louts Seed Sesame Paste Pumpkin Sweet Corn Millet Paste Oatmeal Yam Paste Red Bean Mountain Yam Paste</p>
<p>10/09/14 Wed/星期三 2pm/7pm Fee:\$80 调理机会员:\$35 Anna Phua</p>	<p>养生课 体内大扫除 饮食排毒法：（1）清除宿便蔬果汁 （2）超级排毒水 身体表面排毒法：干刷身体法 刮舌苔 功效：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。 十天排毒水： 油拔法（排出体内毒素/排出淋巴毒/美齿） 油拔法功效：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，对癌症也有显著效果。</p>	<p><u>Ultimate Detox Nutrition Class</u> 1.Colon Cleansing Green 2.SmoothieSuper Detox Water <u>Skin Brushing Detox Method</u> Function: 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. <u>Ten Days Liver Water Detox</u> Oil Pulling MethodEfficacy: 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.</p>
<p>12/09/14 Fri/星期五 2pm Fee:\$50 调理机会员:\$10 Anna Phua</p>	<p>养生水疗法 喝水排毒最佳时间 水要怎样喝才能减肥 餐前喝水6大好处 怎样清洗蔬果，肉类 重金属农药的残留 黑糖姜茶（淡斑、去皱纹） 牛蒡茶（排毒、降三高、抗老化） 红豆茯苓莲子甜点（高钙、补血、利尿消水肿） 冷热柠檬汁减肥法</p>	<p><u>Delicious Beverage & Water Therapy</u> The Best Time To Drink Water For Detox. How To Drink Water To Lose Weight Six Benefits of drink before Dinner How to wash fruits and vegetables and meat Pesticide residues of heavy metals Black Sugar Ginger Tea (Pale spot, anti-wrinkle) Burdock Tea • Anti-Water-Retention Dessert</p>
<p>13/09/14 Sat/星期六 2pm Fee:\$70</p>	<p>体内肠,肝胆排毒法 果汁与咖啡灌肠排毒法 示范3种果蔬汁--净肠，排宿便，抗菌 改善便秘，净化肠道和血液。2周内</p>	<p><u>Healthy Colon,Liver,Gall Bladder Detox : The Juice & Coffee Enema Method</u> <u>3 types of juice demo —colon-cleansing, anti-bacetria</u></p>

<p>调理机会员\$35 Clarence Teo (30年资深自然疗法师) (30 year experience natural therapy specialist)</p>	<p>下腹平坦, 皮肤光滑! 排除体内毒素, 改善皮肤过敏症, 慢性疲劳, 酸痛! 灌肠后, DIY蔬果汁做法 净肠蔬果汁 排宿便蔬果汁 现成益生菌吃法</p>	<p>Restore healthy toilet habits and blood circulation and achieve a flat stomach and beautiful skin in 2 weeks! Detox healthily to soothe skin problems, fatigue and body aches. <u>DIY fruits & vegetable juice (after coffee enema)</u> colon cleansing vegetable fruit juice the correct way to eat good bacteria</p>
<p>16/09/14 Tue/星期二 2pm Mrs Lim fee:\$120 前十位报名的学员 \$85</p>	<p>商业粥 粉面 柴鱼花生粥 炒经济米粉 炒粿条面 芋头糕 腌青辣椒/辣椒酱</p>	<p><u>Commercial Conjee and Noodle Workshop- Very popular</u> Stockfish and Peanut Congee Economical Fried Bee Hoon Fried Kuay Teow Mee Steamed Yam Kueh Sambal Chilli Sauce & Marinated Green chilli</p>
<p>17/09/14 Wed/星期三 2pm/7pm Fee:\$150 沈希师父</p>	<p>牛车水牛腩王创办人 沈希师父 红烧牛肉面 红油抄手 如何泡制百用红油 香脆牛百叶 (学习此课程以及27/9课程者学费\$230,省\$70)</p>	<p><u>Chinatown Beef Noodle Founder Class</u> Stew Beef Noodle Soup Meat Dumplings in Spicy Sauce How to make red oil of best use anything Crispy beef tripe (if learn with 27/9 discount \$70) Special price at \$230</p>
<p>20/09/14 Sat/星期六 2pm Fee:\$55 Mdm Chee</p>	<p>经典糕点 很好吃的客家笋菜饭 (类似笋粿) 秘制湿软香蕉蛋糕 养生牛角金瓜馒头</p>	<p><u>Top Sales Cake and Kueh Series</u> Delicious Hakka Vegetable Rice Kueh Soft and Moist Banana Cake Wholesome Pumpkin Bun</p>
<p>23/09/14 Tue/星期二 2pm/7pm Fee:\$50 调理机会员\$10 Anna Phua</p>	<p>有益于骨质的健康饮料 每天摄取2杯不让骨质流失 每天简单的运动15分钟, 让你的骨质年轻15岁。 钙不够, 骨骼支撑力不够, 脸部、颈部会产生很多皱纹, 骨质疏松。 什么是高钙的食物? 浓郁的香草杏仁奶 黑芝麻杏仁美人奶 巧克力牛肉果布丁 很好吃的高钙黑芝麻面包抹酱 (瘦身, 增加好胆固醇)</p>	<p><u>Healthy Beverages for Bone- 2 Cups a Day to prevent bone loss</u> Simple exercises 15 minutes a day, let your bone 15 years younger Lack of calcium will cause bone support, face, neck with wrinkles and osteoporosis <u>What is the high calcium food?</u> Creamy Vanilla Almond Milk Black Sesame Almond Smoothie Chocolate Avocado Pudding High Calcium Black Sesame paste for Bread</p>

<p>24/09/14 Wed/星期三 2pm/7pm Fee:\$150 沈希师父</p>	<p><u>14间连锁店麻辣香锅名师</u> 麻辣香锅 麻辣白菜（泡菜） 酸辣玻璃粉</p>	<p><u>Franchise 14 Outlets -Mala Pot Masters</u> Spicy Pot Mala Cabbage Spicy Crystal Noodle</p>
<p>25/09/14 Thur/星期四 2pm Fee:\$75 Mrs Lim</p>	<p><u>Lim 老师的经典好菜</u> 客家酿豆腐全套 纸包鸡 上汤蚝油献</p>	<p><u>Top Classic Dishes</u> Hakka style stuffed Beancurd Baked Chicken in Pockets Oyster Sauce and Stock</p>
<p>26/09/14 Fri/星期五 2pm Fee:\$80 调理机会员\$40 Anna Phua</p>	<p><u>台湾最IN 地瓜祛病减肥法</u> 地瓜的营养成份 地瓜基本吃法 地瓜减肥法（一个月瘦5公斤） 地瓜断食法 地瓜改善以下症状 1.便秘 2.使血液循环变好 3.消除腰痛 4.促进新陈代谢 5.降血糖/血压 6.提高肝功能 7.排出体内的老旧废物 日式金瓜/地瓜优格沙拉 地瓜苹果凤梨奶昔 烤地瓜 蜂蜜芝麻 黄金地瓜豆浆</p>	<p><u>Popular Taiwan Sweet potato lose weight</u> Nutrition facts about sweet Basic Diet Method Potato Sweet Potato Diet Method Sweet Potato Fasting Method Sweet Potato Supports the Healing of These <u>Helps in</u> 1.Constipation 2.Poor Blood Circulation 3.Back Pain 4.Metabolism 5.Blood Sugar/Pressure 6.Liver Detox 7.Detox Japanese Pumpkin/Yogurt salad Sweet Potato Apple Pineapple smoothie Roasted Sweet Potato Honey Seaame Drink Golden Sweet Potato Soy Milk</p>
<p>30/09/14 Tue/星期二 2pm/7pm Fee:\$80 调理机会员\$40 Anna Phua</p>	<p><u>优格DIY</u> 自制豆奶优格&牛奶优格 <u>阳光疗法:</u> 1) 优格亚麻油 DIY（可用于打果汁，沙拉淋酱）改善您的体质15种症状，让您亮丽健康！防癌，抗癌，防三高。 2) 超级排毒蔬果优格奶昔 <u>饭后:</u> 瘦身清肠啤酒酵母优格</p>	<p><u>DIY Yogurt</u> Yogurt Fermentation Method (Milk & Soya Milk) <u>Sunshine Therapy</u> 1)High Quality Flaxeed Oil DIY (Used in Blend & salad dressing) - Improve your body constitutions and 15 common health symptoms ! Bring you to good health and beauty! 2)Super Detox Vege Fruit Yogurt <u>After food:</u> helps you to slim down; cleanses colon.</p>



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