

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:6747 0069 or 6294 3588 or 90605747
coyaku@yahoo.com.sg 欢迎登陆我们的网站: www.annascookingarts.com.sg

<p>01/08/15 星期六/Sat 2pm Fees:80 调理机会员 特价: \$38 潘秀霞老师 (Anna Phua)</p>	<p>高酵素美人美肤蔬果汁 1)草莓柠檬汁(祛斑, 祛暗沉) 2)高丽菜优格(抗皱纹和皮肤松弛) 3)番茄奇异果汁(防晒黑, 美白) 4)香蕉南瓜汁(改善浮肿) 5)红萝卜橙青汁(改善皮肤干燥粗糙)</p>	<p>High Enzyme Beauty Skin Juice 1)Strawberry Lemon Juice(prevent spots and dull skin) 2)Cabbage Yogurt(Anti-wrinkle and skin relaxation) 3)Tomato Kiwi Juice(Sunscreen and whitening) 4)Banana Pumpkin Juice(Improve edema) 5)Carrot Orange Juice(Improve dry and rough skin)</p>
<p>11/08/15 星期二/Tue 2pm/7pm Fees: \$80 调理机会员 特价: \$40 潘秀霞老师(Anna)</p>	<p>日本最新紫菜包饭三文治(新) 薏仁糙米饭+坚果美乃滋+素鲔鱼 珍珠米+五种谷类+水果美乃滋+蔬菜寿司 番茄海鲜浓汤 (排毒, 瘦身, 降血糖)</p>	<p>Japan's latest Seaweed Sushi Sandwiches(New)</p> <ul style="list-style-type: none"> • Barley Brown Rice+Nuts Mayonnaise+Vegetarian Tuna • Pearl millet+Five Grains+Fruit Mayonnaise + Vegetable Sushi • Tomato Seafood Soup(detox,slimming, lower blood sugar)
<p>12/08/15 星期三/Wed 2pm 特价: \$28 彬师傅</p>	<p>彬师傅拿手好菜 洋洋得意(鱼) 风味烧鱼 榴莲鱼 饭+咸鱼花腩煲 通血羹</p>	<p>Chef Bin's Special Dishes Yang Yang Happy (Fish) Special Flavor Bar-B-Q Fish Durian Fish Rice+Salted Fish Pork Belly Stew Promoting Blood Circulation Soup</p>
<p>13/08/15 星期四/Thur 2pm/7pm Fees: \$80 调理机会员 特价: \$40 潘秀霞老师</p>	<p>瘦身·美容·抗癌·防癌 巴德维好油、优格、泡菜、蔬果汁 ·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) ·健康饮食守则 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</p>	<p>Thin Body·Beauty·Anti-cancer Dr.Budwing Diet.-Good Oil、Yogurt、Pickled Vegetables、Vegetable & Fruit Juices ·DIY Soya-Bean Milk, Milk Yogurt (5 kind of good taste) ·ABC Vegetable &Fruit Juices (latest) ·High Enzyme Kinchi Approach (help digestion, increase the intestinal bacteria) ·Healthy Diet Efficacy: arthritis, cardiovascular diseases, skin diseases, diabetes, lung, liver, prostate, stroke, atherosclerosis, and so on Sunshine Therapy: High Quality Flaxseed Oil</p>

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	<p>(接上页) 阳光疗法: 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</p>	<p>DIY (Used in & salad dressing) Improve your body constitution and recover from 15 common health symptoms. Prevent high blood pressure/sugar/fat! <u>After Food</u>. Slimming Effect–Cleanses Intestines</p>
<p>14/08/15 星期五/Fri 2pm/7pm Fees. \$80 特价: \$28 潘秀霞老师 (Anna Phua)</p>	<p><u>养生酵素/水疗法(喝水可以健康)(新食谱)</u> 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 红豆糙米酵素 (清宿便, 减肥) 凤梨蔬果精力汁 (强化肝肾解毒, 促进毒素代谢) 消脂木瓜茶 (瘦小腹, 降血脂, 改善消化不良)</p>	<p><u>Heathy Enzyme/Water Therapy(New Recipes)</u> The Best Time To Drink Water For Detox. How To Drink Water To Lose Weight Six Benefits of drinking before Dinner How to wash fruits and vegetables and meat to get rid of pesticide residues of heavy metals Red Bean Brown Rice Enzyme (helps digestion, slimming)Pineapple Vegetable Fruit Energy Soup (promot liver&kidney detoxification) Papaya tea (slimming, lower blood cholesterol,help digestion)</p>
<p>15/08/15 星期六/Sat 2pm Fees. \$60 特价: \$30 潘秀霞老师 (Anna Phua)</p>	<p><u>日本最 In 排毒法</u> ·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。 排毒功效: 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、改善异位性皮炎、血液循环、肠道菌相、骨质疏松症、抑制失智症发展</p>	<p><u>Latest Japan Detoxification Series</u> •Detoxification Vegetable Soup •Antioxidant Vegetable Fruit Smoothie •Protect Liver Vegetable Fruit Smoothie •How to wash fruits & vegetables & meat correctly Detoxification Efficacy. Helps excrete toxic substances, including additives, residues of pesticides, heavy metals, etc antioxidant effect, improves skin, blood circulation, intestinal bacteria, osteoporosis, inhibits the development of Alzheimer's disease</p>
<p>17/08/15 星期一/Mon 2pm 特价: \$18 嘉雯老师</p>	<p><u>嘉雯老师拿手好菜</u> 十谷米咖喱菜 番薯虾饼 翡翠咖哩 萝卜蛋糕</p>	<p><u>Good Dishes by Chef Jia Wen's</u> Whole Grain Curry Vegetables Sweet Potato Shrimp Pie Jade Kaya Carrot cake</p>

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<p>18/08/15 星期二/Tue 2pm/7pm Fees:\$80 调理机会员 特价: \$38 潘秀霞老师(Anna)</p>	<p><u>体内环保抗老瘦身餐</u></p> <ul style="list-style-type: none"> • 7天瘦身蔬菜汤 • 烙饼生菜卷 (DIY用山药南瓜做成薄饼皮) • 梅子姜汤 (祛斑,瘦身,抗老化) • 活力早餐蔬果汁 	<p><u>Anti-Aging and Slimming Healthy Meal</u></p> <ul style="list-style-type: none"> • 7 Days Slimming Vegetable Soup • DIY Green Vegetables Po Piah Roll(use Wai San and Pumpkin to make the skin) • Plum Ginger (Freckle ,Slimming ,Anti-aging) • Vitality Breakfast Vegetable Juice
<p>19/08/15 星期三/Wed 2pm/7pm Fees: \$120 首 10位特价 :\$90 潘秀霞老师 (Anna)</p>	<p><u>泰式烧烤海鲜</u></p> <p>柠檬金目卢 老虎虾 苏东 安娜秘制: 青色辣椒酱 亚参红辣椒酱</p>	<p><u>Top Thai BBQ Seafood</u></p> <p>Lemon Sea Bass Tiger Prawns Sotong Anna's Special Secret: Green Chilli Sauce Assam Red Chilli Sauce</p>
<p>20/08/15 星期四/Thur 2pm Fees: \$75 牟荣秋老师</p>	<p><u>牟老师北方特色</u></p> <p>芝麻空心烧饼 红烧肉 香葱花卷</p>	<p><u>Northern Featured by Chef Mu</u></p> <p>Sesame Hollow Biscuits Braised Pork Belly Fragrant Onion Flower Pasta</p>
<p>21/08/15 星期五/Fri 2pm Fees \$70 Jenny 老师 (简介如下)</p>	<p><u>有益菌的重要性</u></p> <p>胃肠不舒服吗?消化不良吗?便秘,皮肤敏感吗?为何如此?想了解肠胃里的渺小生物如何改善健康,改变肤色吗?一起来学习如何自己养菌护身!</p> <p>示范: 韩式阿渣,韩国泡菜,DIY发酵登倍</p>	<p><u>The Importance of Good Bacteria</u></p> <p>Is your intestinal system uncomfortable? Indigestion and constipation? Allergies? Do you want to know the reason and how good bacteria improve health and skin ? Come to learn how to increase good bacteriasin our body . Demonstrate. Korea-style Acha, Korea Kimchi, DIY Fermented Tempe</p>
<p>22/08/15 星期六/Sat 2pm Fees:\$85 Mdm Chee</p>	<p><u>KL最著名月饼制作</u></p> <p>烘翡翠玉环月饼(三色馅月饼) 煮玉环馅(绿豆沙) 煮翡翠莲蓉馅(香兰味) 核桃酥小月饼</p>	<p><u>KL Popular Mooncake Series</u></p> <p>Baked Golden Jade Starlight Mooncake(Three colour filling) Golden Jade Paste(Green Bean Paste) Lotus Paste (Pandan Flower) Mini Walnut Moon Cake</p>

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24/08/15 星期一/Mon 2pm 特价: \$10 詹玉珍	<p><u>血液与健康-小红点(有关红血球, 贫血, 缺氧, 地中海型贫血症知识)</u></p> 教您如何看验血报告指标 通过验血报告分析您的身体状况 可带验血报告来为您分析 **可之前到潘老师学校购买特价验血券 **每次课程内容不同	<p><u>Blood and Health--(about erythrocyte,Anemia, lack of oxygen)</u></p> Analyze blood test report indicators Analyze your physical conditions bring your own report for analyzing **Can purchase the blood test coupon before training.** Course content is new
25/08/15 星期二/Tue 2pm Fees: \$ 95 沈稀师傅	<p><u>卤味全科</u></p> <ul style="list-style-type: none"> • 潮州卤鸭全科 (卤水材料 15 种, 卤制方法, 时间, 详细说明) • 各种猪杂料的卤制 • 粿汁全套 	<p><u>Stew Whole Set</u></p> <ul style="list-style-type: none"> • Chaozhou Stew Duck Whole Set (15 kinds of stew ingredients, stew method,time,detailed description) • Stew Pig's internal parts • Kueh Chap Whole Set
26/08/15 星期三/Wed 2pm Fees. \$120 学过(1)(2). \$80 潘秀霞老师(Anna)	<p><u>经典巴东咖喱 3</u></p> <ul style="list-style-type: none"> • 黄姜饭 • 三峇虾 • 三峇蛋 • 椰子鸡 	<p><u>Nasi Padang 3</u></p> <ul style="list-style-type: none"> • Nasi Kuningit • Sambal Prawns • Sambal Telok • Kelapa Ayam
27/08/15 星期四/Thur 2pm Fees.\$70 Chef Sharman	<p><u>中国汉堡包 (肉夹馍)</u></p> 肉夹馍的意思是肉馅的汉堡包, 或者叫肉馅的三明治, 是源于陕西省的街头小吃, 现在流行于中国各省 <ul style="list-style-type: none"> • 制作面包 • 肉粒和五花肉馅料 • 海鲜馅料 	<p><u>Delicious Chinese Hamburger(aka Rou Jia Mo)</u></p> Rou Jia Mo (Roujiamo) meaning "meat burger" or "meat sandwich," is a street food originated from Shanxi Province and widely consumed all over China <ul style="list-style-type: none"> • Making of the Pancake/ Bread • Diced Pork and Pork Belly stuffing • Seafood Mo Stuffing
29/08/15 星期六/Sat 2pm Fees:\$80 Mdm Chee	<p><u>中秋月饼</u></p> 烘脆皮叁峇莲蓉月饼 煮叁峇馅 梅香月饼 上海鬆酥月饼(白莲蓉, 咸蛋)	<p><u>Mid-Autumn Festival Moon Cake</u></p> Baked Crispy Sambal Mooncake Cook Sambal Paste Mei Xiang Moon Cake Shanghai Crisp Moon Cake (white lotus/salted egg)

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31/08/15 星期一/Tue 2pm Fees:\$80 潘秀霞老师(Anna)	<u>商业红龟粿全套</u> 失传马六甲'黑龟粿' 蕃薯皮红龟粿 班兰汁龟粿 兰花龟粿 (馅:绿豆沙,榴槤,花生,椰子)	<u>Ku Kueh Whole Set Commercial Class</u> Secret Malacca Nonya 'Black Ku Kueh' Malacca Nonya Sweet Potato Ang Ku Kueh (peanut paste) Lilac Ku Kueh (Coconut filling) Pandan Ku Kueh (Green bean paste) Durian Ku Kueh (Durian paste)
05/09/15 星期六/Sat 特价: \$300 首十位: \$250 Jenny Chew 老师 Anna 潘秀霞老师	<u>1 天断食排毒营</u> 您想排出身体毒素, 获得一身轻松吗? 快来跟 Jenny 老师和潘老师一同享受一天 断食排毒吧! **细节见后面	<u>1 Day Fasting Detox Camp</u> Do you want to have good detox to achieve a healthy and light body? Join us at the detox's camp with two teachers Jenny Chew and Anna Phua **Look at the details at last page

提前三天报名者享有\$5折扣 (特价除外) Enjoy\$5 discount for early booking (not for discounted fees) Book your course early . As our phone line can be busy, please email or SMS to book the course Call 6747 0069 or 6294 3588 SMS or What's app 90605747
Email. coyaku@yahoo.com.sg (pl write your handphone no.)

把健康知识分享给朋友——越来越多的学员已经感受到调理机带来的益处, 为了把健康知识分享给更多的人, 潘老师鼓励学员:

- 调理机会员, 带一位新学员, 前来学习应用调理机的课程, 只需要还学费 \$15(材料费), 新学员第一节课免费!
- 介绍新学生购买调理机或者律动机, 和新学员一样赠送 2 堂免费课程! (潘老师的养生调理课程)

Share Healthy Knowledge with Others—Many students have enjoyed the benefits from the Juice blender and courses by Anna . To help more people, teacher encourages

- Blender members who introduces a First timer new student to learn Juice Class by teacher Anna will pay \$15 (ingredient fees)for the **class. The new student wil enjoy one free course.
- Students who introduce a new student to buy blender or bodygreen, enjoy 2 free classes (**Only Juice class by Anna)

The above benefits are by no means intended as a self-guide. Always require a physician to establish their cause and to help in deciding on the right treatmentAll Rights Reserved .

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Jenny Chew 简介

毕业于英国 Loughborough University of Technology (LUT) 胶料科技硕士；
因工作的需要，必须到世界各地出差办事。因此让她时刻了解保持身体在最佳状况的重要。也因爱好自然，经常到各地收集自然医疗的资料。研发自己的食谱。

2010年，父亲患癌对她的打击极深，也把她向来要专修自然疗法的意念给确定。随着父，母与兄因癌而逝，她开始踏入自然疗法之路。之后开始钻研学习自然食疗的方法，亲自参与断食，转入多生少熟的饮食，改变自己的体质。之后，好学的她还考取了加拿大的自然疗法营养学文凭。

目前，在新加坡国立防癌中心担任讲师，举办排毒营。

坚信身体是最好的医生，食物是最好的药，厨房是最好的医院。只有细胞健康，身体才会健康。

Jenny Chew was graduated from UK University of Technology with a Master of Science in Polymer/plastics materials science and technology.

Due to her job requirements, she was travelling intensively worldwide for business. Hence, she known that to maintain her health is very important. With her love for nature, she always was collecting and gathered holistic healing information whenever she travelled. This also provided her the basic to develop her own diet menu.

In year 2010, losing her beloved father to cancer given her the deepest impact in life, this also woke her up and tuned her toward the path of holistic healing world. With her father, mother and eldest brother passing on due to cancer within 3 years time frame, she started to research and took up courses in holistic and nature healing. Took part in various detox fasting retreats, switching her diet from vegetarian to a raw foodies. With her passion and determination, she obtained her holistic nutritionist certification from Cananda.

Currently she is giving nature food courses and nutrition talk in Singapore Cancer Society and others set up both local and oversea.

Our Body is the best doctor, eating the right food is the best medicines, kitchen is the best hospital. ONLY WITH HEALTH BODY CELLS, THEN BODY IS HEALTHY !

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1 Day Fasting Detox Camp

Are you having following symptoms :

- Whole body discomfort
- No strength
- Easy tiredness
- Restless
- Quick temper
- Indigestion
- Appetite problem
- Hormone imbalance
- Sliming failure.....

Come and join us in our 1day fasting Detox experience camp. Through professional guidance detailing fasting principles, methods, preparation, food pairing, and breakfast procedure and care ...

Allow you to quickly learn how to do fasting, knowing

which method is best for you to do at home fasting.

Through professional instruction allows you to truly fasting without stomach discomfort, cleanse body wastes, to get the real health and physical and mental liberation. And achieving slim body, strengthen immunity, delay aging and other effects.

Benefits of Fasting detox

- improve metabolism rate, improve hand & feet circulation
- reduce water retention, and achieve sliming body
- improve blood circulation, be a clean beauty and fleckless
- cleanse the colon reduce constipation

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Program details :

10am – 530pm

930am : registration

10am : colon flush smoothies (Demo & explanation by ANNA)

1030am : 1, What is fasting ?

2, 10 restoration by fasting

3, Tummy massage skill

1230pm : Lunch: RED energy drink (By ANNA)

1pm : 4, Various fasting methods explanation

5, Who is not suitable for fasting

- Under what condition, fasting is not allowed
- DO & Don't during fasting
- Pre-fasting preparation
- detox symptoms
- Mental adjustment

3pm : Rest-Coconut water benefits

3:30pm : 6, Detox exercise

7,How to wash & clean vegetables and fruits effectively

8, Smoothies ingredients combination and selection

9, Break fast is more important than fasting. How to break fast

515pm : break fast multigrain rice milk

**•Anna shall provide pre-fasting diet plan, 1 day (3 meals) fasting menu
and 2 days after fasting menu (6 recipes gift)**

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断食排毒 1 日体验营

你是否有下列症状：

- 全身不舒服
- 无力
- 易疲劳
- 无精打采
- 易怒, 爱发脾气
- 消化不良
- 食欲不振
- 内分泌失调
- 肥胖, 减肥失败...

快来参加我们的断食排毒 1 日体验营. 通过专业指导, 详细说明断食原则, 方法, 前期准备工作, 食物的搭配, 过程与禁忌, 复食调养...

让您最快速了解怎样断食, 哪种方法最适合您在家做断食.

通过专业指导, 能让您真正做到断食不伤胃, 不伤身, 排掉宿便及身体老废物, 获得真正的健康和身心解放. 并到达瘦身, 增强免疫力, 延缓衰老等效果.

断食带来的身体变化：

- 提升新陈代谢, 改善手脚冰冷
- 消除水肿, 瘦身
- 改善血液循环, 成为活血美人, 斑点皱纹减少
- 排便顺畅, 成为肠道美人

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节目内容:

10am – 5.30pm

9.30am : 报到

10am : 早餐: 清肠排毒青汁 (Anna 老师讲解&示范)

10.30am : 1, 何谓断食

2, 断食的十大修复

3, 腹部按摩

12.30pm : 午餐 : 红色能量汁 (Anna 配方, 讲解, 示范)

1pm : 4, 名种断食法, 总有一种适合你

5, 不能想断就断 : - 谁不能断食

- 什么情况不能断食
- 断食过程禁忌
- 事前准备
- 好转反应
- 心理调适

3pm : 休息- 青椰水, 讲解青椰水的功能

3.30pm : 6, 排毒运动

7, 如何清洗蔬菜

8, 蔬菜的搭配

9, 复食比断食重要

5.15pm : 五谷米奶

••潘老师提供断食前 1 天饮食内容, 1 天 3 餐断食菜单, 2 天复食菜单(送 6 张食谱)

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:6747 0069 or 6294 3588 or 90605747
coyaku@yahoo.com.sg 欢迎登陆我们的网站：www.annascookingarts.com.sg

Chinese Hamburger (aka Rou Jia Mo) 27/8/15 2pm

