

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>06.05.16 星期五/Fri 2pm Fees: \$80 特价:\$18</p> <p>潘秀霞老师 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</p> <p>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>(可带家里水来化验)</p>	<p>Delicious Beverage & Water Therapy The Best Time To Drink Water For Detox How to drink Water To Lose Weight Six Benefits of drink before meals Correct way to wash fruits, vegetables and meat Pesticide residues of heavy metals</p> <p>Black Sugar Ginger Tea (Pale spot, anti-wrinkle) Burdock Tea Red bean Fu ling Lotus Seeds dessert, Hot / Cold lemon juices for slimming (Can Bring Drinking Water for testing)</p>
<p>7.5.16 星期六/Sat 2pm Fees:\$85 韩国老师 Mdm Lee</p>	<p>经典韩国料理 韩国泡菜汤 韩国泡菜炒饭 韩国泡菜制作</p>	<p>Classic Korean Cuisine Korea Kimchi Soup Korea Kimchi Fried Rice Korea Kimchi Method</p>
<p>10.05.16 星期二/Tue 2pm/7pm Fees: \$80 调理机会员:\$38 潘秀霞老师 Anna Phua</p>	<p>健康三通 (气通,肠通,血脉通) 好处: 减重,肌肤有弹性,精神好,有活力</p> <ul style="list-style-type: none"> • 净血果汁 • 排宿便蔬果汁 • 日式四色蔬菜汤(减肥,痰风,降低血糖,血压,皮肤发炎,便秘) • 气通蜂蜜米浆 	<p>Triple Body Detox Course Respiration + Digestion + Blood Circulation Benefits:Weight Loss, Supple Skin, Good Mental Concentration, More Energy</p> <ul style="list-style-type: none"> • Blood Detox Juice • Cleansing Vege Fruit Juice • Japanese 4-colour Vege Soup • Honey Brown Rice Beverage
<p>11.5.16 星期三/Wed 2pm 特价:\$18 嘉雯老师</p>	<p>嘉雯老师拿手好菜 健康爪哇面 虾米辣椒 黄姜烤鸡 梅酱排骨</p>	<p>Special Dishes by Chef Jiawen Healthy Jawa Mee Dried Prawn Chilli Roast Yellow Ginger Chicken Plum Sauce Pork Rib</p>

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<p>13.5.16 星期五/Fri 2pm Fees:\$75 牟荣秋老师</p>	<p>牟老师东北菜</p> <p>花卷 (猪蹄卷,绣球卷,白菜卷) 炸茄盒 凉菜-酸辣蓑衣黄瓜</p>	<p><u>Northeast Dishes by Chef Mu</u></p> <p>Flower Rolls (Trotter Roll, Ball Roll, Cabbage Roll) Fried Eggplant box Cold Dish - Sour Spicy Cucumber</p>
<p>14.05.16 星期六/Sat 2pm Fees:\$80 调理机会员:\$40 潘秀霞老师 Anna Phua</p>	<p>养生课-体内大扫除</p> <p>饮食排毒法：(1)清宿便蔬果汁 (2)超级排毒水</p> <p>身体表面排毒法： 干刷身体法，刮舌苔</p> <p>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，恢复皮肤原有弹性，增加血液循环</p> <p>十天排毒水</p> <p>油拔法：排出体内毒素/排出淋巴毒/美齿</p> <p>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，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></p> <p>1.Colon Cleansing Green 2.SmoothieSuper Detox Water</p> <p><u>Skin Brushing Detox Method</u></p> <p>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.</p> <p><u>Ten Days Liver Detox Water</u></p> <p>Oil Pulling Method-efficacy：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>

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<p>17.05.16 星期二/Tue 2pm / 7pm</p> <p>特价:\$10</p> <p>潘秀霞老师 Anna Phua</p>	<p>律动疗法—全世界最轻松的养生运动!</p> <p>你需要运动吗?你懒得运动吗?有一种轻松的方式,既不需要消耗力气,又可以使全身60兆细胞都活动起来。并且可以哪里痛,动哪里,简单运动15分钟,获得整身轻松,缓解疼痛</p> <p>课上大家可以针对自身的健康状况,向潘老师咨询如何通过律动改善症状。为您量身打造适合您的运动方式及解决疼痛问题。</p> <p>每天简单的运动15分钟:</p> <ul style="list-style-type: none"> • 增加骨质密度,骨质年轻15岁 • 降低脂肪堆积 • 改善糖尿病 • 改善身体荷尔蒙 • 刺激青少年长高 • 改善心血管功能 • 改善帕金森氏症 • 改善腿脚无力易于跌倒问题、慢性病问题 <p>潘老师示范:</p> <ul style="list-style-type: none"> • 红豆水 (利尿消肿,稳定血压,改善疲劳,促进胃肠蠕动) • 黑豆水 (帮助排便,降低胆固醇,预防心血管疾病,抗氧化,改善水肿) <p>欢迎新老学生前来学习!</p>	<p><u>Vibration Therapy-The Easiest Exercise in The World!</u></p> <p>Why we need to exercise? Are we lazy to exercise? There is an effective method which don't need physical exertion and yet able to activate the 60 trillion cells in your body. It can eliminate the pain area, relax your whole body. Results may vary with different person. Each student health condition will be accessed and evaluated by teacher Anna. Then will customise exercises that are beneficial to the student.</p> <p>Simple and easy exercises 15 minutes twice per day:</p> <ul style="list-style-type: none"> • Increase bone density and have your bone 15 years younger. • Helps reduce fat accumulation • Helps balance hormone • Stimulates teenagers' growth • Improves cardiovascular functions • Reduces risks of Parkinson' s disease • Reduces falls and chronic <p>Teacher Anna will demonstrate:</p> <p>Red Bean Drink (reduce edema, lower blood pressure, reduce tired, helps for digestion)</p> <p>Black Bean Drink (helps for constipation. Lower cholesterol. Prevent cardiovascular disease. Anti-aging and improve edema)</p> <p>Welcome to all students come to learn!</p>
<p>19.05.16 星期四/Thu 2pm</p> <p>特价:\$10</p> <p>詹玉珍老师</p>	<p>解读验血报告培训</p> <p>自然营养如何恢复细胞健康 教您如何看验血报告数字指</p> <p>*如果有验血报告,请带来分析 *也可之前到潘老师学校买特价验血券</p>	<p><u>Learn how to read Blood Test</u></p> <p>How to recover the health of cells by Natural Nutrition.</p> <p>Analysize blood test report indicators</p> <p>*Can bring your own report for analyzing *Can purchase of blood analysis test voucher at Anna's Cooking Arts</p>

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<p>20.05.16 星期五/Fri 2pm</p> <p>特价学费:\$65 材料费:\$20</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>手做酵素 (每人制作 3 瓶)</u> 帮助消化, 避免胃胀, 胃痛 -咸柠檬 (感冒, 喉咙痰饮品) -酸梅金桔 (清热, 降火气, 利咽, 健胃, 消脂) -咸桔仔 -金桔柠檬汁 -咸柠檬苏打水 -蜂蜜咸桔仔水 *保存期 10 年</p>	<p><u>DIY Enzyme (Everyone make 3 bottles)</u> (helps digestion, prevent bloating, stomach pain) Salted Lemon (a cold, throat effect drinks) Plum Kumquat (heat, anger, pharynx, stomach, disappear fat) Salted Orange Kumquat Lemon Juice Salted Lemon Soda Juice Honey Salted Orange Juice *can keep for 10 years</p>
<p>24.05.16 星期二/Tue 2pm Fees: \$65 Jenny 老师</p>	<p><u>自己动手做-减油版盐可颂奶香面包</u> 盐之花淡淡的咸味 带出奶油的香味 用简单的方式做出可颂的口感 减少了很多的奶油</p> <p><u>不用油炸, 金灿灿黄澄澄的健康香酥脆螺旋咖哩角</u> 看著一層層的酥皮, 心情也跟著美麗</p>	<p><u>DIY - Butter Roll Bread</u> Light salty and fragrant has very delicious bread with simple and easy method Reduces a lot of butter</p> <p><u>Healthy Golden Crispy Spiral Curry Puff</u> Make you feel happy by looking at crispy layers!!!</p>
<p>25.05.16 星期三/Wed 2pm Fees:\$120 特价:\$99</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>香港商业盅仔饭</u></p> <p>豉汁排骨盅仔饭 秘制淋饭豉油汁 软Q蒸饭法 咸鱼咸蛋肉饼马蹄饭 冬菇腊肠鸡盅仔饭 油菜做法</p>	<p><u>HK Commercial Mini Bowl Rice</u></p> <p>Mini Bowl Steamed Rice with Salted Black Bean and Pork Ribs Secret Seasoning Sauce for Mini Bowl Steamed Rice Steam Soft Q Mini Claypot Rice Mini Bowl Steamed Water Chestnut Rice with Minced Pork, Salted Fish/Salted Egg Yolk Mini Bowl Steamed Rice with Mushroom, Sausage and Chicken You Chye Method</p>
<p>27.05.16 星期五/Fri 2pm Fees:\$80 潘秀霞老师 Anna Phua</p>	<p><u>娘惹经典下午茶点</u> 炒“米暹” 亚榜峇勒 (榴莲馅) 香蕉叶肉粿</p>	<p><u>Nonya “Classic Hotel” Hi-Tea Delicacies</u> Fried Mee-Siam Ampong Balek Nonya PanCake (Durian Filling) Malacca Banana ‘Bak Kueh’</p>

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<p>28.5.16 星期六/Sat 1pm-4pm Fees:\$120 调理机会员:\$60 潘秀霞老师 Anna Phua</p>	<p><u>一天血液解毒生活</u> 3周排毒法祛除慢性病,美肤,消除疲劳 降三高蔬果汁 红萝卜凤梨小黄瓜果汁 (身体发热,消水肿) 抗癌, 防癌蔬果汁 清血蔬果汁 纳豆小黄瓜豆腐凉拌</p>	<p><u>One Day Blood Detox Life</u> 3 Weeks Detox to Improve Chronic Disease, Help for Beauty, Reduce Tiredness Vegetable & Fruit Juice(lower blood pressure, blood sugar and cholesterol) Carrot Pineapple Cucumber Juice (Warm body and eliminate edema) Vegetable & Fruit Juice(helps prevent cancer) Blood Detox Juice Natto Cucumber Tofu Salad</p>
<p>30.05.16 星期一/Mon 2pm / 7pm Fees:\$80 调理机会员:\$38 潘秀霞老师 Anna Phua</p>	<p><u>活力生食早餐(新)</u> 山药红柿优格 糙米精力汤 苹果香蕉果昔 红宝石果昔 (红石榴草莓) 夏威夷雪泥 (降低胆固醇)</p>	<p><u>Energy Row Food Breakfast(New)</u> Yam Tomato Yougurt Brown Rice Energy Soup Apple Banana Smoothie Ruby Smoothie (Red Pomegranate, Strawberry) Hawaii Smoothie (Lower Cholesterol)</p>
<p>31.05.16 星期二/Tue 2pm Fees:\$75 潘秀霞老师 Anna Phua</p>	<p><u>香港养生甜品</u> 冰花炖蛋 杏仁茶撞蛋白 椰汁炖蛋白 姜汁炖鲜奶 瘦身美白早餐, 加快新陈代谢</p>	<p><u>Healthy H.K Dessert</u> Steamed Rock Sugar Egg Pudding Almond Tea with Egg White Coconut Egg White Pudding Steamed Ginger Milk Pudding Slimming Beauty Breakfast, enhance metabolism</p>

以上课程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 so that teacher got enough time to prepare the ingredients.

As our phone line can be busy, please email or SMS to book the course

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2 天断毒净食营

日期：2 July - 3 July

时间：10:30 am – 5 pm

地点：潘秀霞烹饪剧场/Anna's Cooking Arts

收费：\$580 (18 Jun 之前交款，享受 **特价 \$480**)

***仅限 40 位报名！**

特邀台湾著名生机饮食专家 – **欧阳英老师**，拥有 30 多年的食疗辅导经验，教您如何改善体质，净化断毒，提高自愈能力。如何对症排毒饮食，有效防癌和抗病。

早晨第一杯黄金水

200 毫升 60°C 温水

2 汤匙 (30cc) 日本冲绳果汁

1 茶匙 黄姜粉

½ 汤匙 蜂蜜

*用木勺或塑料勺搅匀，不要用铁匙

好处：抗发炎，减轻关节炎，抗氧化，抗溃疡，对肝脏排毒，发炎，降三高，瘦身，高免疫力有很好的功效。

*日本冲绳果汁和黄姜粉可到潘秀霞烹饪剧场购买。



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活動主題：食養淨化排毒營

活動日期：July 2-3

※淨身排毒的重要課程：

- ◎如何喚醒內在的醫生 ◎如何提升自癒力、抗病力、免疫力？
- ◎如何自我判斷體質？（熱性、溫性、實性、虛性、燥性、濕性）
- ◎如何針對自己體質，選擇短期見效的對症食物？
- ◎認識人體排毒系統，啟動排毒尋回健康。
- ◎習得 " 斷毒淨化的方法，便可以為全家大小，親朋好友開正確飲食，徹底改善體質，遠離疾病，讓你凍齡回春抗老化。

※誰要參加 " 食養淨化排毒營 "

- ◎全身有無明的腫瘤；小肉瘤；奇異的黑斑以及酸、痛、腫、癢……的人
- ◎經醫生診斷有三高（高血壓、高血脂、高血糖）過敏體質、胃病、肝病、心臟病、癌症……等的病友
- ◎有口臭、體臭、大便異常惡臭，體內充滿毒素，累積宿便的人
- ◎臉色無血色、黯淡無光、精神萎靡、四肢無力、未老先衰的人
- ◎經常失眠、便秘、頭痛、痠痛等…嚴重亞健康的人

※誰不能參加 " 食養淨化排毒營 "

- ◎糖尿病患者；經常要施打胰島素的人 ◎嚴重癌症患者
- ◎腎功能異常、尿毒、洗腎患者 ◎已懷孕的孕婦
- ◎過度虛弱的病人

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2016 年 “TBDIY 你是自己最好的醫生” 食養淨化排毒營活動流程

日期	時間	課程名稱	時數	導師
2/7	9:30AM	報到 開場 至感恩歡迎詞	0.5H	潘秀霞老師
2/7	10:00-11:30 AM	如何判斷體質與選擇對的食物 ● 學習自我判斷體質 根據自己的體質，如何選擇食養對症方法改善現況 ● 如何喚醒內在的醫生 ● 如何提升自癒力	1.5	歐陽英老師
2/7	11:00-12:00PM	養生運動新觀念	0.5 H	王香莉老師
2/7	12:00-1:00 PM	午餐 (遠紅外線吹風機/綠動機體驗)	1.H	
2/7	1:00-1:20PM	順勢經絡疏導教學	0.5H	歐陽英老師
2/7	12:20-2:20PM	常見疾病的對症食療	1 H	歐陽英老師
2/7	2:20-2:50PM	潘老師精力湯教學	0.5 H	潘秀霞老師
2/7	2:50-3:00 PM	Break	10 min	
2/7	3:00-5:00PM	斷毒淨化之實踐要訣與方法 教你會開量身對症開容易實踐的養生食譜	2 H	歐陽英老師
2/7	5:00-6:00 PM	養生運動新觀念-律動療法	1 H	王香莉老師

日期	時間	課程名稱	時數	導師
3/7	9:00-09:30AM	乐活长寿操	0.5 H	欧阳英老师
3/7	09:30-11:00AM	“排毒淨化”的实务教学 ● 对症饮料 ● 对症果菜汁	1.5 H	欧阳英老师
3/7	11:00-12:00PM	量身对症开食谱的技巧探讨	1 H	欧阳英老师
3/7	12:00-12:30AM	潘老师烹饪教学(精力湯)	0.5	潘秀霞老师
3/7	12:30-1:30	午餐 (遠紅外線吹風機/綠動機體驗)	1	
3/7	1:30-2:00PM	正念之道-靜坐冥想/律動	0.5 H	王香莉老师
3/7	2:00-3:00PM	2日淨化營全方位飲食介紹運用	1	欧阳英老师
3/7	3:00-3:10 PM	Break	10min	
3/7	3:00-5:00PM	個性化的食譜介紹	2	欧阳英老师
3/7	5:00-6:00 PM	全方位飲食運用	1 H	王香莉老師

**** 每天提供5餐，及全天供应的茶水**

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 treatment .All Rights Reserved .