

<p>05.08.16 星期五/Fri 2pm/7pm <b>Fees: \$75</b> <b>调理机会员:\$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>日本寒天高纤养生布丁</u></b></p> <p>黑/白芝麻布丁 东京杏仁豆腐 DIY 现磨芝麻/杏仁浆 寒天奶酪 (绿茶口味)</p>	<p><b><u>Japan' s Katen High Fiber Health Budding</u></b></p> <p>Black /White Sesame JBudding Tokyo Almond Tofu DIY Freshly Sesame/Almond Paste Katen Green Tea Budding</p>
<p>06.08.16 星期六/Sat 2pm <b>Fees:\$60</b> <b>调理机会员:\$30</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>日本最 In 排毒法</u></b></p> <p>·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。</p> <p>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><b><u>Latest Japan Detoxification Series</u></b></p> <ul style="list-style-type: none"> <li>•Detoxification Vegetable Soup</li> <li>•Antioxidant Vegetable Fruit Smoothie</li> <li>•Protect Liver Vegetable Fruit Smoothie</li> <li>•How to wash fruits &amp; vegetables &amp; meat correctly</li> </ul> <p>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>12.08.16 星期五/Fri 2pm/7pm <b>Fees : \$80</b> <b>offer:\$18</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>这样吃降尿酸，排痰风</u></b></p> <p>尿酸是生命代谢活动的残渣，如果在身体累积太多，就会引发痰风。痰风的并发症有：肥胖，三高，糖尿病等 一天喝多少水？ 什么食材可以有效控制尿酸值？ 避免摄取哪些高普林的食材？ 如何正确食用三餐？ 治好痰风的简单方法 早餐：五青蔬菜汁 午餐：五行全麦汤面 晚餐：蒟蒻糙米饭           蛤蜊味噌汤 全日喝椰水青木瓜茶</p>	<p><b><u>Lower Uric Acid and Expel Gout Diet</u></b></p> <p>Uric acid is the residue of metabolism. If accumulated too much, will cause gout. Resulted in: obesity , high blood pressure, high blood sugar, high cholesterol How much water to drink everyday Food which can control uric acid effectively. What kind of food to avoid ? How to eat your daily correctly? The easy way to treat gout. <b>Breakfast:</b> Five Green Vegetables Juice <b>Lunch:</b>Multi Benefits Whole Wheat Noodle in soup. <b>Dinner:</b>Konjac Brown Rice ,Clam Miso Soup Drink Coconut Water Green Papaya Tea Whole Day</p>

<p>17.08.16 星期三/Wed 2pm <b>Fees : \$80</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>马来经典点心</u></b> 商业隆冬套餐</p> <ol style="list-style-type: none"> <li>1. 香蕉叶筒饭</li> <li>2. 咖哩什菜</li> <li>3. 西刀鱼肉上汤</li> <li>4. 三峇辣椒</li> <li>5. 炒椰香</li> </ol>	<p><b><u>Malay Delicacies</u></b> Commercial Longtong Whole Set</p> <ol style="list-style-type: none"> <li>1. Banana Leaf Rice</li> <li>2. Curry Chap Chye</li> <li>3. Ikan Parang Soup</li> <li>4. Sambal Chilli</li> <li>5. Fried Coconut Crisp</li> </ol>
<p>18.08.16 星期四/Thur 2pm/7pm <b>学费 : \$120</b> <b>调理机会员 : \$60</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>果汁轻断排毒法 (1)</u></b> 你了解果汁断食净化吗？ 果汁净化可健康瘦身，净化血液，美容， 能量，改善癌病 排出体内毒素，改善健康，减重 <b>强化排毒一日课程：</b></p> <ol style="list-style-type: none"> <li>1.排毒汤</li> <li>2.每日超级排毒果汁</li> <li>3.清肠果汁</li> <li>4.柠檬青汁</li> <li>5.胡萝卜哈密瓜青汁</li> </ol> <p><b><u>*(1)(2)两堂课一起学，</u></b> <b>学费\$160,调理机会员\$90</b></p>	<p><b><u>Juice Light fasting and Detoxification</u></b> Understanding juice fasting can cleanse inner body ? Juice cleanse can help immune system, slimming,cleanses blood,beautiful skin,energy, recover cancer. Remove toxins,improve health and weight loss.</p> <p><b><u>Detoxification One day course :</u></b></p> <ol style="list-style-type: none"> <li>1.Detoxification Soup</li> <li>2.Daily Super Detoxification Juice</li> <li>3.Bowel Juice</li> <li>4.Lemon Green Juice</li> <li>5.Cantaloupe Carrot Green Juice</li> </ol> <p><b><u>*Learn (1)(2) together .</u></b> <b><u>Fees:\$160,Member:\$90</u></b></p>
<p>20.08.16 星期六/Sat 2pm <b>特价:\$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>糖尿病饮食疗法</u></b> 不用一生打针吃药 预防糖尿病要喝怎样的水 可以吃和避免吃的食材 早午晚餐如何吃 <b><u>糖尿病者食谱：</u></b> 黄瓜草莓果昔 红萝卜蔬果汁 牛油果豆浆 枸杞麦冬茶 牛蒡枸杞茶</p>	<p><b><u>Diabetes Diet (Prevention and Cure )</u></b> No need for injection and medicine What kind of water to drink ? What kind of food to eat or abstain ? How to prepare everyday meals <b><u>Diet for Diabetics</u></b> Cucumber Strawberry Smoothie Carrot Vegetable Fruit Juice Avocado soya milk Wolfberry Ophiopogon Tea Burdock Wolfberry Tea</p>

<p>22.08.16 星期一/Mon 2pm <b>Special offer: \$10</b></p> <p><b>嘉雯老师</b></p>	<p><b><u>嘉雯老师拿手好菜</u></b></p> <p>香口杏鲍菇 香Q三色糙米饭 马豆蔬菜咖喱 眉豆腰豆羹</p>	<p><b><u>Good Dishes by Chef Jiawen</u></b></p> <p>Delicious Mushroom Chewing Q Tricolor Brown Rice Salsula Vegetable Curry Eye Peas Bean Soup</p>
<p>23.08.16 星期二/Tue 2pm <b>Fees:\$80</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>失传马来经典面</u></b></p> <p>梭多亚艳汤面 印尼梭多马都拉配饭 榜鹅香蕉叶海鲜马来炒面</p>	<p><b><u>Lost Malay Classic Noodles</u></b></p> <p>Mee Soto Ayam Soto Matura with Rice Banana Leaf Seafood Fried Mee Goreng</p>
<p>25.08.16 星期四/Thur 2pm/7pm <b>Fees: \$120</b> <b>调理机</b> <b>会员：\$60</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>净化復食蔬果汁 (2)</u></b></p> <p>什么是復食？ 1.早安果昔 2.水蜜桃果昔 3.绿茶净化果汁 4.沙拉，竹笼清蒸蔬菜沙拉 自家制沙拉酱</p>	<p><b><u>Cleanse Recovery diet Vegetable Juice</u></b></p> <p>What is recovery diet? 1.Good morning Juice 2.Peach Juice 3.Green tea juice cleanse 4.Salad Bamboo cages steamed vegetable salad Homemade Salad Sauce</p>
<p>29.08.16 星期一/Mon 2pm/7pm <b>学费:\$80</b> <b>调理机</b> <b>会员：\$40</b> <b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>香港商业养生甜品</u></b> (抗老化,让您皮肤有光泽,亮丽)</p> <ul style="list-style-type: none"> <li>• 杏仁糊</li> <li>• 合桃糊</li> <li>• 花生糊</li> <li>• 芝麻糊</li> </ul>	<p><b><u>Popular H.K Healthy Dessert</u></b> (Anti-Aging &amp; Skin-Brightening)</p> <ul style="list-style-type: none"> <li>• Almond Paste</li> <li>• Walnut Paste</li> <li>• Peanut Paste</li> <li>• Black Sesame Paste</li> </ul>

<p>30.08.16 星期二/Tue 2pm <b>Fees:\$80</b> 调理机 会员：\$40  潘秀霞老师 Anna Phua</p>	<p><b>美国最In 排毒蔬果汁</b>  苹果奶昔(抗氧化, 预防心血管疾病) 维他命能量奶昔(瘦身, 助消化, 抗癌, 预防感冒) 25天降三高早晨第一杯水 红枣舞菇木耳 消炎薏莲浆(排出体内酸毒废水)</p>	<p><b><u>Latest American Detox Vegetable Fruit Juice</u></b> <b>Apple Smoothie</b> (Anti-aging, Prevent Cardiovascular disease ) <b>Vitamin Energy Smoothie</b> (Slimming, Help for digestion, Prevent cancer and cold) <b>The First Cup of Water in The Morning to Lower 3 High in 25 Days</b> dates, mushroom, fungus <b>Barley Lotus Seeds Drink</b>(water detox)</p>
<p>31.08.16 星期三/Wed 2pm <b>Special offer: \$10</b>  嘉雯老师</p>	<p><b>嘉雯老师拿手好菜</b>  娘惹 Pongteh 鸡 咸蛋菜胆 萝卜饭 粟米鸡粒汤</p>	<p><b><u>Good Dishes by Chef Jiawen</u></b>  Nonya Pongteh Chicken Salted vegetables Gall Radish Rice Corn Chicken Meat Soup</p>

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