

## Flora Sante' October Time Table

|                                                                                                                        |                                                                                                      |                                                                                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>07.10.16<br/>星期五/Fri<br/>2pm<br/><b>原价 : \$60</b><br/><b>特价 : \$10</b></p> <p><b>潘秀霞老师</b><br/><b>Anna Phua</b></p> | <p><b><u>美肌美肠</u></b></p> <p>早上第一杯排毒水 (亚麻籽茶)</p> <p>好菌多多杏仁草莓汁<br/>排毒美肌蔬果汁</p>                        | <p><b><u>Beautiful Intestinal and Skin Juices</u></b></p> <p>Morning First Cup of Detoxified Drink (Flax Seed Tea)<br/>Good Bacteria Almond Strawberry Juice<br/>Detoxified Skin Vegetable Juice</p>                                  |
| <p>11.10.16<br/>星期二/Tue<br/>2pm<br/><b>Fee: \$60</b><br/><b>特价:\$10</b></p> <p><b>潘秀霞老师</b><br/><b>Anna Phua</b></p>   | <p><b><u>餐桌上必备乳酸菌发酵泡菜</u></b></p> <p>日式福神渍 (大豆芽、海带、芹菜等)</p> <p>醋酱油渍黄豆海带丝<br/>辣萝卜干泡菜</p>              | <p><b><u>Fermented Pickles with Lactic Acid Bacteria</u></b></p> <p>Japanese Assorted Vegetable (yellow bean sprout, wakame, celery etc.)<br/>Vinegar Soy Sauce Stain Soybean Wakame<br/>Spicy Dried Radish Pickle</p>                |
| <p>14.10.16<br/>星期五/Fri<br/>2pm<br/><b>Fee: \$60</b><br/><b>特价:\$10</b></p> <p><b>潘秀霞老师</b><br/><b>Anna Phua</b></p>   | <p><b><u>提升排便力</u></b><br/>(清除肠道, 排出宿便, 健康料理)</p> <p>优格寒天果冻<br/>抗氧化红酒黑枣干<br/>优格奇异果蔬菜汁<br/>根菜豆浆浓汤</p> | <p><b><u>Promote Defecation</u></b><br/>(cleans intestines, cleanses stool, healthy food)</p> <p>Yoghurt Kanten Jelly<br/>Antioxidant Red Wine Dried Prunes<br/>Yoghurt Kiwi Vegetable Juice<br/>Root Vegetable Soybean Milk Soup</p> |
| <p>18.10.16<br/>星期二/Tue<br/>2pm<br/><b>Fee: \$80</b><br/><b>特价:\$15</b></p> <p><b>潘秀霞老师</b><br/><b>Anna Phua</b></p>   | <p><b><u>启动长寿基因饮食</u></b></p> <p>全营养彩虹鹰咀豆沙拉 (午餐、晚餐)</p> <p>高酵酪梨黄瓜凉汤</p>                              | <p><b><u>Activate Longevity Gene Diet</u></b></p> <p>Full Nutrition Rainbow Chickpea Salad (lunch, dinner)<br/>High Enzyme Avocado Cucumber Cold Soup</p>                                                                             |

**请预先报名, 每班限 30 人!**

**上课地址 : Wisma Atria, 435 Orchard #16-03 Singapore 238877**  
**( lift is on the main road, opp Lucky's Plaza)**

**报名热线 : 67470069 / 62943588 / 90605747**