

<p>12.10.16 星期三/Wed 2pm Fees: \$65</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>泰式佳肴</u></p> <p>商业冬央海鲜米粉/火锅 特别泰式火锅辣椒沾酱 (2 种) 上汤煲法</p>	<p><u>Thai Restaurant Cooking</u></p> <p>Tom Yam Seafood Bee Hoon / Steamboat Special Thai Style Chilli Sauce (2 types) The Soup Boiling Method</p>
<p>13.10.16 星期四/Thur 2pm 学费 : \$28 特价 : \$18</p> <p>彬师傅</p>	<p><u>彬师傅拿手好菜</u></p> <p>娘惹鸡饭 黑椒三文鱼 百香果鸡 虾米番薯叶 核桃十谷米</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Nonya Chicken Rice Black Pepper Salmon Passion Fruit Chicken Prawn Sweet Potato Leaves Walnut Whole Grain</p>
<p>15.10.16 星期六/Sat 2pm 特价: \$15</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>有益于骨质的健康饮料</u> 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</p> <p><u>什么是高钙的食物 ?</u> 浓郁的香草杏仁奶 黑芝麻杏仁美人奶 巧克力牛油果布丁 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</u> 2 Cups a day to prevent bone loss 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.</p> <p><u>What is the high calcium food?</u> Creamy Vanilla Almond Smoothie Black Sesame Almond Smoothie Chocolate Avocado Pudding High Calcium Black Sesame Paste for Bread (slimming, increase good cholesterol)</p>
<p>19.10.16 星期三/Wed 2pm Fees : \$80</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>泰式猪脚饭/粿汁全套</u></p> <p>特制辣椒酱 卤蛋/豆干 豆干/粉肠 卤猪脚 炆咸菜</p>	<p><u>Thai Style Stewed Pig' s Trotter /Kueh Chap Whole Set</u></p> <p>Special Chili Sauce Stew Eggs / Bean curd Bean curd / Pig's Intestine Stewed Pig ' s Trotter Stewed Pickles</p>

21.10.16 星期五/Fri 2pm Fees : \$80 调理机 会员 : \$38 潘秀霞老师 Anna Phua	<u>一周两天轻断食 (三个月内减去 9kg)</u> <u>第一天 :</u> 早餐 : 补充体力蔬果汁 (抗老化, 保护眼睛, 使肌肤保持年轻, 帮助新陈代谢) 午餐 : 杏仁酱拌彩蔬 (肠道清道夫) 晚餐 : 萝卜野菇味噌汤 (改善便秘、腹泻, 预防高血压、癌症罹患率)	<u>Light Fasting Two Days One Week</u> <u>(helps weight loss 9 kg within three months)</u> <u>First day:</u> Breakfast: Replenish strength to vegetable Juice (anti-aging, protects eyes, keep skin young, helps metabolism) Lunch: Almond Sauce Color Vegetable (clean intestines) Dinner: Radish Mushroom Miso Soup (prevent constipation and diarrhoea, prevent high blood pressure, reduce cancer rate.)
22.10.16 星期六/Sat 2pm Fees : \$80 特价 : \$38 潘秀霞老师 Anna Phua	<u>这样吃一定瘦</u> (全营养丰盛饱足吃不胖) 日式三文鱼牛油果沙拉 DIY 味噌沙拉酱 增肌减脂沙拉 (促进新陈代谢) 营养满满番茄浓汤 白椰菜花浓汤	<u>Correct diet to a slimming body</u> (Nutritional rich and not fattening diet) Japanese-style Salmon Avocado Salad DIY Miso Salad Sauce Increases Muscle & Reduces Fats Salad (promote metabolism) Nutrition Tomato Soup White Cauliflower Soup
24.10.16 星期一/Mon 2pm 学费 : \$80 特价:\$18 潘秀霞老师 Anna Phua	<u>养生水疗法</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 1)西瓜煮汁 (帮助肝脏分解有害物质, 帮助肾脏扩张血管, 使血液顺畅流通, 促进尿液的生成, 有顺利排尿的功效) 2)七日消脂茶 (降压修身, 消除疲劳) 3)茼蒿薏仁绿豆甜点 (美白淡斑, 将三酸甘油酯) 4)紫苏酵素水 (提高免疫力, 抗发炎)	<u>Delicious Beverage & Water Therapy</u> Best Time to Drink Water for Detox. How to Drink Water to Lose Weight Six Benefits drinking water before meals How to wash fruits, vegetables and meat to get rid pesticide residues of heavy metals 1) Cooked Watermelon Juice (helps detoxification of liver and kidney. Promotes blood circulation and diuretic) 2) 7 days Cellulite Tea (lower blood pressure and reduce tiredness) 3) Konjac Barley Green Bean Dessert
25.10.16 星期二/Tue 2pm Fees: \$55 潘秀霞老师 Anna Phua	<u>养生包点</u> 蕃薯皮包 金瓜皮包 芋头皮包 全麦蔬菜包 (4 种很好吃馅料)	<u>Healthy Pau Making</u> Sweet Potato Pastry Pau Pumpkin Pastry Pau Yam Pastry Pau Wholemeal Vegetable Pastry Pau with 4 Delicious Fillings

26.10.16 星期三/Wed 2pm <div style="border: 1px solid black; padding: 2px; display: inline-block;">特价 : \$10</div> 嘉雯老师	<u>嘉雯老师拿手好菜</u> 芝麻叉烧鸡 冷当黄梨鸡 黑白豆浆水 快锅白米饭从	<u>Good Dishes by Chef Jiawen</u> Sesame Roasted "Cha Siew " Chicken Rendang Pineapple Chicken Black and White Soy Milk Fast Cook White Rice
27.10.16 星期四/Thur 2pm Fees: \$80 调理机 会员 : \$38 潘秀霞老师 <u>Anna Phua</u>	<u>一周两天轻断食（一天有机活力餐）</u> 第二天 : 早餐 : 高纤蔬果汁 (补肝、肾、肺, 降三高) 午餐 : 越南米纸春卷 DIY 芒果沙拉酱 晚餐 : 菇菇泡菜锅 (肠胃清道夫)	<u>Light Fasting Two Days One Week</u> <u>(one-day organic energy meal)</u> Second day: Breakfast: High Fibre Vegetable Juice (tonifying liver, kidney, lung and lower 3 high) Lunch: Vietnamese Spring Roll DIY Mango Salad Dressing Dinner: Mushroom and Kimchi Pot (clean intestines)

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报名热线 : 67470069 / 62943588 / 90605747

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Far infrared hair dryer FIR-201 熱活遠紅外線 吹風機



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超低
電磁波
Low Electromagnetic
wave

熱活
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Extra Function

樂活新功能

Extra Function

利用遠紅外線對人體可產生滲透、共振作用原理，特別研發「熱活鍵和熱活支架」，將熱活遠紅外線吹風機輕鬆裝上熱活支架上，按鍵切至熱活鍵，吹風機口對準疼痛部位，即可感受不可思議的效果。



The far infrared (FIR) hair dryer features the "heating key and the dryer holder" for applying the theory of far-infrared, which infiltrates into the human body and makes a resonance. Set the dryer at the holder and switch the button to the heating key, then aim the vent at the sore part. After a short period of time, an incredibly relieved feeling will follow.

超低電磁波

Low Electromagnetic wave

經儀器檢測，熱活遠紅外線吹風機出口電磁波僅傳統吹風機的1/10甚至更低，照顧全家人更安全更健康。

In comparison with the traditional hair dryer, the FIR hair dryer only produces 10% amount of electromagnetic wave than the traditional one. The FIR hair dryer provides a safer and healthier choice for you and your family.



品名：FIR201 熱活遠紅外線吹風機
額定電壓：220-240V
額定頻率：50Hz
重量：1kg
消耗功率：990W
安全裝置：有（高溫自動斷電）
吹風機尺寸：270x270x90mm
支架尺寸：215x215x120mm
支架材質：ABS材質
底座材質：鍍鋅鋼板
附屬品：風嘴、熱活支架 產地：台灣

Product: FIR201 Far Infrared Hair Dryer
Voltage: 220-240V
Frequency: 50Hz
Net Weight: 1kg
Power Consumption: 990W
Protection: Automatic switch off when overheated
Dryer Dimension: 270 270 90mm
Holder Dimension: 215 215 120mm
Holder Material: ABS
Holder Bottom Material: Galvanized steel
Accessory: Nuzzle, Holder
Made in Taiwan

專利技術

遠紅外線放射率達0.882

Patented

The Emission Rate of Far Infrared Reaches 0.882



遠紅外線蜂巢式陶瓷採用獨特專利配方鍍膜，可產生大量遠紅外線及超低電磁波，經工研院檢驗遠紅外線放射率高達0.882，遠比一般遠紅外線陶瓷0.5-0.6放射率高且穩定。全部內部陶瓷皆有打上「有幾園」字體，以更負責任的態度控管品質。

The far infrared ceramic in honey comb shape applies the patented ceramic coating technique, it is able to produce a large amount of far infrared with low electromagnetic wave. According to the examination from the Industrial Technology Research Institute in Taiwan, the emission rate of FIR hair dryer reaches 0.882, which is relatively higher and more stable than the ordinary far infrared ceramic.

遠紅外線的特性

The Features of Far Infrared



傳統式吹風機



熱活遠紅外線吹風機

一般傳統吹風機使用傳統鎢絲發熱，不但吹出高溫熱風，並會產生極大的電磁波，而熱活遠紅外線吹風機運用專利陶瓷鍍膜技術提高遠紅外線放射量，不但能保持恆溫，達到較量大與穩定放射率的遠紅外線，電磁波也遠比一般傳統鎢絲發熱的吹風機更低。

The traditional hair dryer produces heats from the nichrome wire, which produces an extremely high temperature of the wind with high electromagnetic wave. The FIR hair dryer owns the patent of ceramic coating technique, which is able to maintain the temperature of the wind, produce a large amount of far infrared with more stable emission rate, also the electromagnetic wave is much lower than the traditional nichrome wire hair dryer.