

Flora Sante' December Time Table

<p>03.12.16 星期六/Sat 11am-1pm</p> <p>Fees : \$80 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p>最新：超赞的蔬果汁减肥法 潘老师分享怎么营养的“喝瘦”自己： 【5天蔬果汁喝法----早晨一杯就搞定！】</p> <ol style="list-style-type: none"> 1.排毒蔬果汁-清除体内的“负担”。 2.消水肿蔬果汁-排出体内的“积水”状况。 3.分散“坏”脂肪蔬果汁-缩小体内脂肪细胞积累。 4.修补消化系统蔬果汁-恢复最佳消化功能。 5.修复提升新层代谢蔬果汁-培养健康的苗条体质。 	<p>Healthy Slimming- Fruit & Vegetable Juicing</p> <p>Anna shares how you can juice yourself slim with the key of drinking the right juice at the right time: [The 5 Day 1 Breakfast Juice Method]</p> <ol style="list-style-type: none"> 1.Detox - clear the toxins that clog up your digestive system 2.Solve Water Retention - expel excess water weight 3.Blast Fat - increase fat metabolism and reduce stubborn cellulite 4.Recover Digestive System - restore optimum digestive abilities of your body 5.Strengthen Metabolism - cultivate a body that is weight-gain-resistant
<p>06.12.16 星期二/Tue 2pm</p> <p>原价 : \$80 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p>养生课：健康养生餐（午餐）</p> <ul style="list-style-type: none"> ·芝麻酱凉面 ·自制花生味豆腐 ·自制芝麻酱 ·山药地瓜浓汤 	<p>Delicious Healthy Lunch Meal Course</p> <p>Sesame Sauce Cold Noodle Home-made Peanut Paste Tofu Home-made Sesame Paste Mountain Yam Sweet Potato Chowder</p>
<p>09.12.16 星期五/Fri 2pm</p> <p>原价 : \$80 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p>这样吃降尿酸，排痰风 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：茼蒿糙米饭 蛤蜊味噌汤 全日喝椰水青木瓜茶</p>	<p>Lower Uric Acid and Expel Gout Diet 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. Breakfast: Five Green Vegetables Juice Lunch: Multi Benefits Whole Wheat Noodle in soup. Dinner: Konjac Brown Rice ,Clam Miso Soup Drink Coconut Water Green Papaya Tea Whole Day</p>

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 .

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<p>13.12.16 星期二/Tue 2pm 原价 : \$80 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p>养生课 : 活到 100 岁不痴呆的饮食法</p> <p>什么食物触动你的长寿基因。 早餐、午餐、晚餐、该怎么吃。 在外面用餐时该怎样选择食物用餐顺序。</p> <p>葡萄蔬果汁 : 维护血管柔软并稳定血压 美肌草莓香蕉豆奶 : 补充维生素 C、B6 及类黄酮 预防失智症 : 葡萄蓝莓果汁***</p>	<p>Longevity & Anti-Dementia Workshop</p> <p>Discover the top anti-aging foods that promote long, healthy life! - Easy meals for breakfast, lunch and dinner - Golden rules of choosing anti-aging foods when eating out Grape & Greens Juice: helps healthy blood pressure Youthful Skin Strawberry Banana Soy Shake: high Vitamin C & B6 for strong immunity Grape & Blueberry Juice: boost memory</p>
<p>16.12.16 星期五/Fri 2pm 原价 : \$80 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p>台湾最 IN 地瓜祛病减肥法</p> <p>地瓜的营养成份 地瓜基本吃法 地瓜减肥法 (一个月瘦 5 公斤) 地瓜断食法 地瓜改善以下症状</p> <ol style="list-style-type: none"> 1.便秘 2.使血液循环变好 3.消除腰痛 4.促进新陈代谢 5.降血糖/血压 6.提高肝功能 7.排出体内的老旧废物 <p>日式金瓜/地瓜优格沙拉 地瓜苹果凤梨奶昔 烤地瓜 蜂蜜芝麻 黄金地瓜豆浆</p>	<p>Popular Taiwan Sweet potato lose weight</p> <p>Nutrition facts about sweet Basic Diet Method Potato Sweet Potato Diet Method Sweet Potato Fasting Method Sweet Potato Supports the Healing of These Helps in</p> <ol style="list-style-type: none"> 1.Constipation 2.Poor Blood Circulation 3.Back Pain 4.Metabolism 5.Blood Sugar/Pressure 6.Liver Detox 7.Detox <p>Japanese Pumpkin/Yogurt salad Sweet Potato Apple Pineapple smoothie Roasted Sweet Potato Honey Sesame Drink Golden Sweet Potato Soy Milk</p>

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<p>20.12.16 星期二/Tue 2pm 原价 : \$80 特价 : \$18 潘秀霞老师 Anna Phua</p>	<p>十谷米浆长寿瘦身法 十谷米浆 (抗氧化,清肠,排毒,强化骨骼,帮助消化,改善便秘) 十谷粥 三天黑豆浆减肥法 美白薏仁浆 (浅化斑,利尿,消除肝火)</p>	<p>Wholegrain Beauty & Slimming Workshop Whole Grain Paste (Anti-oxidant, cleanses intestine, regulates blood circulation, treats constipation) Whole Grain Porridge 3 day Black Soy Bean (for slimming) Whitening Barley Paste (helps liver, skin pigmentation and urinary tract)</p>
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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 (10.30am~7.30pm)