

Day 1:

06.10.17
星期五/Fri
2pm&7pm

★ Offer:

\$15

王香莉老师
Sunny Wang

來自地中海的療癒之藥

除了無法起死回生外能治百病的良藥~~

●有改善和抑制發炎症狀的特性，對呼吸道過敏有非常強大的效用，可以緩和氣管收縮所導致的氣喘及咳嗽等現象。

●具有強化免疫系統的功能，能調節自體免疫失衡，舒緩皮膚發炎時的不適，加強皮表的代謝、軟化角質，平撫濕疹、花粉熱等過敏症狀

●有深層滋潤和排毒的效果，特別是對乾癬、皮屑或神經性皮膚炎非常有效，能夠改善下半身水腫、肌肉酸痛以及關節炎。

●消除腸胃脹氣、激勵膽汁和處理腸絞痛等問題有十分顯著效果。

●有輕微刺激子宮收縮的功能，可改善經痛。

示范：

陽光療法、水果優格、南瓜濃湯、醋拌鷹嘴豆沙拉

Medicine for healing from the Mediterranean

In addition to revive foreign medicine can cure all diseases.

●Have the characteristics of improving and suppressing inflammatory symptoms, and have very powerful effect on respiratory tract allergy, which can relieve the asthma and cough caused by tracheal contraction.

●It has the function of strengthening the immune system, regulate the imbalance of autoimmunity, relieve discomfort of the skin inflammation, strengthen the metabolism of the skin table, soften cutin, heal eczema and the allergic symptoms of hay fever

●There are deep moisturizing and detoxifying effects, especially for psoriasis, dander or neuropathic dermatitis. It can reduce lower body edema, muscle soreness and arthritis

●Eliminate stomach flatulence, stimulate bile and colic

●There is a slight stimulation of uterine contraction function

Demo:

Light Therapy, Fruit Yogurt, Pumpkin Soup, Chickpeas with Vinegar Salad

Day 2:

07.10.17
星期六/Sat
10.30am

★ Offer:

\$15

王香莉老师
Sunny Wang

促進健康--運動預防醫學--

針對循環不佳、痠痛、不方便動之三大亞健康族群，提供相對輕鬆、有效率的運動與保健計畫，達成內外兼美的樂齡生活。

Healthy -- Sports Preventive Medicine

Promote healthy circulation and ease common body aches with easy exercise lifestyle for health & wellbeing.

<p>Day 2: 07.10.17 星期六/Sat 10.30am</p> <p>★ Offer: \$15</p> <p>王香莉老师 Sunny Wang</p>	<p>神奇的遠紅外線療法</p> <p>又稱「生命之光」，因為人體所產生波長為 8 μm ~14μm，體內會產生共振效果，將電磁能轉換為熱能，使皮下組織的溫度微升，產生微血管擴張與血液循環加快的現象，可減少心臟的壓力，達到促進新陳代謝的功效。</p>	<p>Magic Far Infrared Therapy</p> <p>Also known as the "light of life", because the human body generated by the wavelength of 8 μm ~14 μm, the body will produce resonance effect, the electromagnetic energy is converted into heat, the temperature rose slightly in the subcutaneous tissue, micro vascular dilatation and accelerate blood circulation phenomenon, can reduce the pressure of the heart to promote the metabolism</p>
	<p>示范/Demo:</p>	
	<p>甜菜根植物奶 (黃梨/香蕉/蘋果)</p> <p>能促進腸道蠕動，預防便秘，降低膽固醇，還能增加飽足感。不少民眾相信甜菜根富含維生素 B12 及鐵質，是婦女及素食者最佳的天然補血食材</p>	<p>Beetroot Vegetable Milk (Apple / Banana / Pear)</p> <p>Promotes bowel movement, prevents constipation, lowers cholesterol, and increases satiety. Many people believe that beetroot is rich in vitamin B12 and iron. It's the best natural blood tonic for women and vegetarians.</p>
	<p>十穀腰果地瓜奶</p> <p>「抗炎」是避免身體產生病變的第一關，養生專家建議，從「食養」著手抗炎，可以抗百病，增強抵抗力</p>	<p>The Whole Grain Rice Cashew Sweet Potato Milk</p> <p>"Anti-inflammation" is the first to avoid body disease, health experts suggest, from the "food" with anti-inflammation, anti-diseases, enhanced resistance.</p>
	<p>藜麥十穀飯拌香菇拌醬</p> <p>有機藜麥有超級食物的美稱，原來其中不僅富含豐富含豐富的完全蛋白質(即賦有人體所需的必需胺基酸)、膳食纖維、不飽和脂肪酸、維生素及礦物質，並且不含有礙腸胃的麩質，卻有高達 7% 的膳食纖維，其中葉酸含量更為穀物之最</p>	<p>Quinoa Whole Grain Rice Mixed with Mushroom Sauce</p> <p>Organic quinoa is a super food, rich in protein (i.e. with essential amino acids required in the human body), dietary fiber, unsaturated fatty acids, vitamins and minerals, and does not irritate the digestive system, because it is gluten-free. It has up to 7% dietary fiber, including folic acid.</p>

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欢迎登陆我们的网站: www.annascookingarts.com.sg

<p>Day 2: 07.10.17 星期六/Sat 10.30am</p> <p>★ Offer: \$15</p> <p>王香莉老师 Sunny Wang</p>	<p>DIY 黑豆水</p> <p>1、黑豆能降低膽固醇。黑豆富含的亞油酸、食物纖維、卵磷脂等，能對血液中的膽固醇得以有效抑制，從而預防肥胖和一些慢性病症。</p> <p>2、黑豆能補充雌激素。黑豆含有大量的異黃酮可以克服雌激素不足所引起的多種問題。對於女性來說，不妨多吃黑豆有益於健康。</p> <p>3、黑豆有助於提高腎臟功能。據中醫認為，五臟與食物的顏色是有很密切聯繫的，黑豆能夠有效促進腎臟的功能及提高水分代謝和血液循環的功效。</p> <p>4、黑豆能維持血壓平穩。黑豆中含有的皂甙和黑豆特有的黑色素，能夠有效預防氧化脂肪，具有強化血管，並增強血管的彈性的作用。</p> <p>5、黑豆還能美容養顏。黑豆富含大量的果膠、低聚糖、粗纖維等，具有美化肌膚、保持肌膚的作用。另外，黑豆還能增強人體中腎臟系統的功能。</p>	<p>DIY Black Bean Water</p> <p>1, Black beans can reduce cholesterol. Black beans are rich in linoleic acid, food fiber, lecithin and so on, can effectively inhibit cholesterol in the blood, thereby preventing obesity and some chronic diseases</p> <p>2, Black beans can supplement estrogen. Black beans contain a large amount of isoflavones. They can overcome many problems caused by estrogen deficiency. For women, it may be better to eat more black beans, which is good for your health</p> <p>3, Black beans help improve kidney function. According to Chinese medicine, the five internal organs are closely related to the color of food. Black beans can effectively promote the function of kidney and improve the function of water metabolism and blood circulation.</p> <p>4, Black beans can maintain a stable blood pressure. The beans contain special soap Ningbo Dai and black beans melanin, can effectively prevent the oxidation of fat, can strengthen the blood vessels, and enhance the elasticity of blood vessel function.</p> <p>5, Black beans can also beautify the skin. Black beans are rich in large amounts of pectin, oligosaccharides, crude fiber and so on, with beautifying the skin, and maintain the role of the skin. In addition, black beans can also enhance the body's kidney system functions.</p>
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名額有限！每班仅限 30 人！報名從速！謝謝！

上課地址：Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409

報名熱線：67470069 / 62943588 / 90605747

Open hours: Mon~Fri 10.30am~7pm Sat 10.30am~5pm

The above benefits and method 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. Results may be varied from different body's condition. All Rights Reserved.



啟動生命之自我療癒

DIY 蔬食料理教學

ACTIVATE SELF-HEALING OF LIVES

許多研究發現，「地中海飲食」對人體有諸多益處，地中海飲食為一種健康的飲食習慣，其中包含了大量多樣的蔬果、葉菜類、多穀類等，通過搭配地中海飲食方式，人們就不會有過多的卡路里。

講師資歷

Sunny Wang 王香莉

學的是食品營養,專長以簡單方式烹飪料理並熱衷養生觀念分享,近年來更致力自然療癒研究,佐以科學方法來推廣自然療法,讓大家認識學習並運用於料理及生活

- 台灣南華大學自然生物科技學系自然療癒碩士
Master of Science in Natural Biotechnology
- 中國職業資格營養師合格
- 英國巴哈花精 Level II Bach International Education Programme
- 加拿大CFA聯邦芳療保健師協會香薰健康專業認證 (CAHP)
- 生機飲食料理教學15年
- 在台灣、香港、新加坡、馬來西亞、中國大陸多場
- 生機飲食健康指導與講座



課程日期 6/10/2017 2pm&7pm、7/10/2017 10:30am



上課地點

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