

<p>27.02.18 星期二/Tue 2pm-4pm</p> <p>Fees : \$88 Offer: \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>元宵年菜 (大家一起发) (新)</u></p> <p>荔枝烧鸭丝沙拉 (捞得风生水起) 杏香奶油大虾 (兴旺金龙) 粉皮口水鸡 (金鸡报喜)</p>	<p><u>Lantern Festival (Everyone makes a fortune together) (New)</u></p> <p>Shredded Duck Salad with Lychee Almond Flavor Cream Prawn Crystal Kueh Teow Steamed Chicken with Chilli Sauce</p>
<p>08.03.18 星期四/Thur 2pm-4pm</p> <p>Fees : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>罗 T 伯拉答全套</u></p> <p>“罗 T 伯拉答” (最新肉松、肉干、沙律酱) 乳酪香蕉煎饼 纸巾“伯拉答” 罗 T 忠 (鸡蛋比隆面包) 罗 T 伯拉答 (配香豆咖喱)</p>	<p><u>Roti Prata Whole Set</u></p> <p>Roti Prata Pan Cake (salad gau pork floss; dried sweet meat) Banana Cheese Roti Prata Tissue Prata Roti John Roti Prata (serve with dal curry)</p>
<p>15.03.18 星期四/Thur 2pm-4pm</p> <p>Fees : \$18</p> <p>彬师傅 Chef Ben</p>	<p><u>彬师傅拿手好菜</u></p> <p>蛇瓜姜花饭 青葱土豆锅 美式烤鸡 (肯德基) 十谷燕窝羹 金瓜咖哩 黄金沙冰</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Snake Melon Ginger Lily Rice Spring Potato Pot American Roast Chicken (KFC) The Whole Grain Bird's Nest Soup Pumpkin Kaya Golden Smoothie</p>
<p>21.03.18 星期三/Wed 2pm-4pm</p> <p>Fees : \$195</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业马来经典面食 (潘老师私房菜)</u></p> <p>马来卤面 (咪乐不) 米暹 (有汤汁) 炸虾饼</p>	<p><u>Classical Commercial Malay Cooking</u></p> <p>Malay Mee-Rebus Mee Siam (with Gravy) Fried Prawn Fritters</p>

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:6747 0069 or 6294 3588 or 90605747

Email: coyaku@yahoo.com.sg 欢迎登陆我们的网站: www.annascookingarts.com.sg

28.03.18 星期三/Wed 2pm-4pm Fees : \$85 潘秀霞老师 Anna Phua	Anna 私房菜 咖啡排骨 麦片虾 黑胡椒螃蟹	Anna's Secret Recipe Coffee Pork Ribs Oats Prawns Black Pepper Crab
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请预先报名，名额有限！每班仅限 30 人！

**上课地址 : Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang
#01-03 Singapore 388409**

报名热线 : 67470069 / 62943588 / 90605747

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

免费/Free

律动疗法内部训练
Vibration Therapy Internal Training

——王香莉老师/Sunny Teacher

- 律动疗法八大效益
- **Eight Benefits of Vibration Therapy**
- 垂直运动的四大好处
- **Four Benefits of Vertical Exercise**
- 垂直运动在预防及治疗疾病的研究成果
- **Research Results of Vertical Exercise in the Prevention and Treatment of Diseases**
- 律动训练指导
- **Vibration Training Guide**
- 律动养生概念馆/体验区
- **Vibration Healthy Concept Pavilion / Experience Area**



★ 此课程仅针对有兴趣代理律动机者

★ This seminar is only for distributor for body green machine

日期 (Date) : **9/3/18 星期五 (仅限 30 位/only 30 seats)**

时间 (Time) : **晚上 7 点**

地点 (Venue) : **Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409**



啟動生命自我療癒力 & 如何活出長壽無病的生命

Sunny老師學的是食品營養,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

生病了,除了吃藥還能怎麼做?在運動醫學上,最佳的運動方式就是將身體放鬆到極大化,又可誘發全身肌肉收縮伸張,進而促進全身代謝循環的運動。因身體越放鬆,血管越擴張,血流阻力趨於最低,末梢迴圈趨於最好,心肺負擔趨於最小,這樣的運動方式是最安全有效的。

◎【大自然的恩賜 - 「遠紅外線」促進萬物生長】

◎【永恆的生命之油】

示範料理

典綠拿鐵(兩道)、藜麥沙拉、蜂蜜+黑種草油、水果優格

- ★能使血液中的飽和脂肪酸變成不飽和脂肪酸。
- ★活化細胞、提昇免疫力
- ★可以活化人體細胞包含皮膚組織
- ★降低壞的膽固醇,亞麻仁油酸使血管免於硬化。
- ★有益於腦部的發展
- ★止痛

講師資歷

Sunny Wang 王香莉

- 台灣南華大學自然療癒研究所
- 英國巴哈花精 Leve II Bach International Education Programme
- 芳香療法研究
- 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：12/3/2018 星期一 2pm&7pm

上課地址：Atrix B1g (opp Aljunied MRT) 82 Lorong 23
Geylang #01-03 Singapore 388409

報名熱線：67470069 / 62943588 / 90605747

學 費：優惠價\$10, 僅限30位, 名額有限



简单有效 18 小时肝胆排毒法

18 小时轻松排出 :

- √ 胆固醇
- √ 体内化学物或药物
- √ 体内宿便
- √ 脂肪
- √ 各种纤维 (被杀死的寄生虫等)

舒缓慢性疾病 :

- 1) 胆结石
- 2) 高胆固醇
- 3) 湿疹、皮肤过敏
- 4) 癌症
- 5) 脂肪肝
- 6) 便秘
- 7) 水肿



养生达人潘秀霞

肝胆排毒是自然疗法, 只用食疗和天然矿物质来排毒素和胆石。这会对肝、胆、胰、肾和肠有很大的益处。

预防胜于治疗 :

- 1) 全面排毒
- 2) 体重控制, 2 周内让小腹平坦
- 3) 抗老化

示范 :

- 超级保肝蔬果汁
- 10 天清肝排毒水

特价学费: **\$10**

日期: **31/3/18 星期六 (仅限 30 位)**

时间: **下午 2 点-4 点**

地点: **Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409**

Easy 18 Hours Liver Gallbladder Detox

18 hours easy discharge:

- √ Cholesterol
- √ Internal Chemicals or Drugs
- √ Internal Sleeping Stool
- √ Fat
- √ Fiber (killed parasites, etc.)

Relieve chronic diseases:

- 1) Gallstone
- 2) High Cholesterol
- 3) Eczema, Skin Allergies
- 4) Cancer
- 5) Fatty Liver
- 6) Constipation
- 7) Edema



**Food Therapy Consultant, Author,
Cooking Celebrity Anna Phua**

Liver detoxification is a natural therapy which uses diet and natural minerals to discharge toxins and gallstones. The detox will enable the liver, gallbladder, pancreas, kidney and intestine for great healthy benefits.

Prevention is better than cure:

- 1) Detox Process
- 2) Weight Control, Flatten Stomach within 2 weeks
- 3) Anti-aging

Juices demo :

- Super Liver Protection
- 10 Days Liver Cleansing Detox

Offer Fees: **\$10**

Date : **31/3/18 Sat (only 30 seats)**

Time : **2pm-4pm**

Address : **Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03
Singapore 388409**

Flora Sante' March Time Table

<p>03.03.18 星期六/ Sat 2pm-4pm Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>瘦身酵素果汁</u></p> <p>(1) <u>适合松弛手臂, 柔软肥满腰围的人</u> 早晨:西柚蕃茄汁(第一杯黄金果汁(美肌/维他命) 晚上:胡萝卜橙汁(促进消化)</p> <p>(2) <u>下半身肥胖者 (水肿, 便秘)</u> 早晨:葡萄牛油果汁(抗氧化) 晚上:包菜苹果汁(去水肿果汁)</p> <p>(3) <u>体形结实, 肌肉和肌肉之间的脂肪不易减去者</u> 早上:奇异香蕉汁(消除便秘,腹胀) 晚上:西洋芹菜凤梨汁(促进代谢的果汁)</p>	<p><u>Healthy Slimming Enzyme Fruit Juice</u></p> <p>(1) <u>Morning First Golden Juice drink</u> (help to improve skin and body system and trims waist and flabby arms) Grapefruit Tomato Juice Evening Juice: Improve digestive system and Carrot Orange Juice</p> <p>(2) <u>Lower body fats people</u> (water retention, constipation) Morning: Grape Avocado Juice (anti-oxidant) Evening: Cabbage Apple Juice (water retention juice)</p> <p>(3) <u>Balance Body, Stubborn fats</u> Morning: Kiwi & Banana Juice (helps constipation) Evening: Western Vegetable Pineapple (helps blood circulation and immune system)</p>
<p>06.03.18 星期二/Tue 2pm-4pm Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>养生/瘦身套餐</u></p> <p>瘦身水果罗加 素芋头鱼片米粉汤/饭 五谷米蔬菜饭</p>	<p><u>Healthy Diet / Slimming Course</u></p> <p>Slimming Healthy Fruit 'Rojak' Yam Fish Mee Hoon Soup/Rice Vegetable Brown Rice</p>
<p>22.03.18 星期四/Thur 2pm-4pm Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>活力午餐</u></p> <p>西兰花浓汤 (改善三高) 燕麦玉米浓汤 (降胆固醇,预防心脏疾病,补脑,防癌) 全麦坚果蒸馒头 松子黑橄榄面包</p>	<p><u>Healthy Lunch</u></p> <p>Broccoli Chowder (helps prevent high blood pressure) Oats Corn Chowder (lowers cholesterol, helps prevent heart diseases and cancer) Steam Whole Meal Nuts Bun Pine Black Olive Bread</p>

Flora Sante' March Time Table

<p>27.03.18 星期二/Tue 2pm-4pm Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>什么血型,怎么吃</u> 您的血是 A,B,O,AB 型? 怎么吃最健康 最应避免的食物 不同的血型有不同的饮食宜忌 吃对食物可以为健康加分 吃错了不利营养吸收,消化,甚至有害</p> <p><u>超强排毒,降血糖,瘦身果汁示范:</u> 抗氧化甜菜根火龙果汁 百香奇异果汁 瘦身西柚青瓜汁</p>	<p><u>Correct eating to your Blood Type</u> Is your blood type A, B, O, AB? To explore the correct foods, you should eat and to avoid in order to enhance your health to the top. We will discuss the pros and cons of food absorption according to different blood type.</p> <p><u>Super Detox, Lower Blood Sugar, Sliming Juice Demo:</u> Anti-oxidizing Beetroot Dragon Fruit Juice Kiwi Pasion Fruit Juice Grape Fruit Cucumber Juice</p>
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请预先报名，每班限 30 人！

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

Flora Sante' March Time Table

活络新陈代谢，从体内打造美丽

身体必需养分——神奇矿物质，为人体无法自行生成的微量元素，必须从日常饮食摄取。矿物质与维他命为营养发挥作用的小帮手，一旦摄取不足，身体机能便会衰退。神奇矿物质可以改善以下症状：

- √ 关节/骨头问题
- √ 类风湿关节炎
- √ 神经问题
- √ 调节血压
- √ 降低胆固醇
- √ 肌肉萎缩症
- √ 皮肤肤色不好
- √ 消化不良
- √ 没能量 & 活力
- √ 皮肤问题（湿疹，痤疮）
- √ 夜盲症



潘秀霞
养生达人



Jonathan Lee
营养师

示范：

早餐：美肌清肠排毒蔬果汁

午餐：彩蔬荞麦面（消除疲劳，去除身体酸痛）

晚餐：韩式豆腐锅（燃脂瘦身、丰富矿物质蛋白质）

特价学费：**\$28**

日期：**24/3/18 星期六（仅限 30 位）**

时间：**下午 2 点-4 点**

地点：***Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03
Singapore 388409***

Flora Sante' March Time Table

Activate metabolism, build beauty from inside

The body needs nutrients——miraculous minerals, a trace element that the body cannot produce on its own, which must be taken from a daily diet. Minerals and vitamins are small helpers for nutrition, once they are not enough. The body function will decline. The nourishing minerals can improve the following symptoms:

- √ Knee/Joint Bone Problems
- √ Rheumatoid Arthritis
- √ Neurological Degeneration
- √ Blood Pressure Problems
- √ High Cholesterol
- √ Muscle Disorders
- √ Poor Skin Complexion
- √ Poor Digestion
- √ Low Energy & Vitality
- √ Skin Problems (Eczema, acne)
- √ Night Blindness



Anna Phua

Food Therapy Consultant



Jonathan Lee

Nutritionist

Demo:

Breakfast: American Beauty Clear Intestine Detoxification Fruit and Vegetable Juice

Lunch: Colorful Vegetable Soba Noodles (remove fatigue, remove body aches)

Dinner: Korean Tofu Pot (burning fat, lean, rich in mineral protein)

Offer Fees: **\$28**

Date: **24/3/18 Sat (only 30 seats)**

Time: 2pm-4pm

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