

<p>09.05.18 星期三/Wed 2pm-4pm</p> <p>Fees : \$120 Offer : \$99</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>香港商业盅仔饭</u></p> <p>豉汁排骨盅仔饭 秘制淋饭豉油汁 软 Q 饭蒸法 咸鱼咸蛋肉饼马蹄饭 冬菇腊肠鸡盅仔饭 腊味油菜</p>	<p><u>HK Commercial Mini Bowl Rice</u></p> <p>Mini Bowl Steamed Rice with Salted Black Bean and Pork Ribs Secret Seasoning Sauce for Mini Bowl Steamed Rice Steam Soft Q Mini Claypot Rice Mini Bowl Steamed Water Chestnut Rice with Minced Pork, Salted Fish/Salted Egg Yolk Mini Bowl Steamed Rice with Mushroom, Sausage and Chicken You Chye Method</p>
<p>15.05.18 星期二/Tue 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>酱爆五花肉 花枝招展 (苏东) 蒜香烧鸡腿 金瓜薏米 特级辣椒酱 香茅姜王茶</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Fry Streaky Pork with Sauce Flower Branches Shake (Sotong) Fragrant Garlic Baked Chicken Thigh Pumpkin Barley Special Chilli Sauce Lemongrass Ginger Tea</p>
<p>23.05.18 星期三/Wed 2pm-4pm</p> <p>Fees : \$18</p> <p>嘉雯老师 Olivia</p>	<p><u>嘉雯老师拿手好菜</u></p> <p>娘惹参巴阿参肉 中式马末油饭 杏仁糊 十谷米摩摩喳喳</p>	<p><u>Good Dishes by Chef Jiawen</u></p> <p>Nonya Sambal Assam Meat Chinese Malaysia Fried Rice Almond Paste The Whole Grain Rice Bubur Cha Cha</p>
<p>25.05.18 星期五/Fri 2pm-4pm</p> <p>Fees : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>经典好菜 (新)</u></p> <p>炒福建芋头板条 (自制芋头板条) 上汤炆干烧伊面 上汤熬法 翡翠云吞伴滑鸡</p>	<p><u>Classic Delicious Dish (New)</u></p> <p>Fried Hokkien Yam Kway Teow (Homemade Yam Kway Teow) Stock Stew Dried Noodle Stock Making Jade Wonton Chicken</p>

= 何氏经络疗法 =

头部经络拔筋按摩课程



游子老师

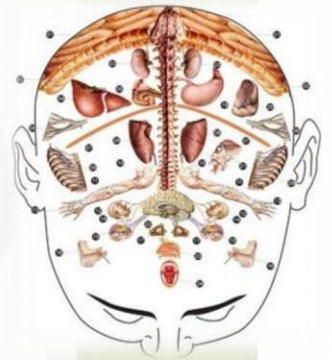
头为十二经络的诸阳经聚会之处，百脉所通，系一身之主宰，对控制和调节人体的生命活动起着极其重要的主导作用。经常按摩头皮能刺激头皮上的毛细血管，扩张变粗，血液循环旺盛，供给大脑组织更多的养料和氧气。通过经穴按摩能改善头毛囊下末梢血管血液回流，可使头发得到滋养，头发乌黑，防止脱落。

何氏经络头部按摩疗法：

- ✓ 柔和、舒缓..
- ✓ 理疗区域主要集中在头部和肩颈区域，利用草本精华液，能够有效的释放压力和紧张情绪，对人体的诸阳之会——头部具有深层、全面的滋养作用。

功效：

- ✓ 促进清阳上升，百脉调和
- ✓ 提高大脑的摄氧量
- ✓ 健脑安神，聪耳明目
- ✓ 提高睡眠质量，为身心带来深层放松效果。
- ✓ 改善失眠、耳鸣、目眩等有立效的治疗作用。
- ✓ 防治神经衰弱、高血压、面神经麻痹、感冒及神经性头痛等疾病。
- ✓ 改善脑部的血液回流
- ✓ 有益于大脑皮质的功能调节
- ✓ 增强记忆、缓解疲劳



游子老师

- ★ 十二经络正统理疗师
- ★ ACTA 高级评估与培训师
- ★ 专业化妆造型师
- ★ 中国书画家协会 理事
- ★ SOHA 首昊学院经络养生培训师
- ★ SCHOOL PTE LTD 首席导师
- ★ 自然饮食疗法咨询师
- ★ 中医学士学位 进修中
- ★ 中国明星书画院 院士
- ★ 世界书画家协会 外联部副主任
- ★ INTERNATIONAL MANAGEMENT



课程内容：

√11am-1pm 理论 √1pm-2pm Lunch Breaking √2pm-3:30 实践

PS: 需自带浴巾，穿露肩衣服

日期：19/5/2018 星期六

学费：\$150 (学过脸部经络的学生学费 \$120)

报名热线：67470069/62943588/90605747

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

Flora Sante' May Time Table

<p>08.05.18 星期二/Tue 2pm-4pm</p> <p>学费 : \$35 材料费 : \$8</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>用好菌纤维创造健康奇迹</u></p> <p>DIY 乳酸菌泡菜 (每天摄取 50 克就能有效预防高血压、动脉硬化、胃溃疡、癌症; 可以瘦身、抗老、排毒、减缓疲劳、提升免疫力)</p> <p>示范 : 晚餐 : 炸白肉鱼佐优格高丽菜塔塔酱 早、午、晚餐 : 高丽菜大麦沙拉 (瘦身清肠)</p> <p>*每班仅限 20 位, 每位学生可以制作 1 瓶泡菜带回家 (紫色或者白色二选一)</p>	<p><u>Create Health Miracle with Good Probiotic Fiber</u></p> <p>DIY Probiotic Pickle (50gm a day to effectively prevent hypertension, arteriosclerosis, gastric ulcers, cancer; weight loss, anti-aging, detoxification, reduce fatigue and improve immunity)</p> <p>Demo: Dinner: Fried White Fish with Yogurt Cabbage Tartar Sauce Breakfast, Lunch, Dinner: Cabbage Barley Salad (Slimming, intestine)</p> <p>*Limited to 20 persons per class, each student can make 1 bottle pickle and bring home. (choose one, purple or white)</p>
<p>11.05.18 星期五/Fri 2pm-4pm &7pm-9pm</p> <p>Fees : \$80 前 20 位报名者, 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>一天轻断食代餐果昔 (新) (1)</u></p> <p>清肠减肥排毒 : 清晨葡萄柚 (调节消化、抑制饥饿、补充维生素) 牛油果盛宴 (调节气血、补充蛋白质、增强体力) 西兰花西瓜汁 (抗细菌、促进造血) 螺旋藻奶昔 (调节气血、补充蛋白质、维生素) 肉桂腰果坚果奶 (高钙、安神、控制血糖、抗发炎)</p>	<p><u>A Day of Light Food Substitute Meal Smoothie (New) (1)</u></p> <p>Clear Intestines to lose weight and detoxify: Morning Grapefruit (regulates digestion, suppresses hunger, supplements vitamins) Avocado Feast (regulate blood, replenish protein, enhancing physical strength) Broccoli Watermelon Juice (anti-bacterial, promote hematopoiesis) Spirulina Milkshake (regulate blood, supplement protein, vitamin) Cinnamon Cashew Nut Milk (high calcium, calm, blood sugar control, anti-inflammatory)</p>

Flora Sante' May Time Table

<p>24.05.18 星期四/Thur 2pm-4pm &7pm-9pm</p> <p>Fees : \$28 前 20 位报 名者，特价： \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>每日早晨喝一杯疗愈米浆 (新)</u></p> <p>30 天改善过敏、胃溃疡、气喘、扭伤、失眠、胃气虚弱造成各种不适、血糖、血压、手脚冰凉，加强代谢</p> <p>高钙健脑补脑豆浆 活力早餐香纯米浆 早晨第一杯太极米浆</p> <p>PS：三餐都可以用来代餐（早、午餐各食一碗）（改善胃食道逆流、长期膝疼痛、头晕疲累、皮肤痒）</p>	<p><u>Drink a Cup of Healing Rice Pulp Every Morning (New)</u></p> <p>30 days to help allergies, gastric ulcers, asthma, sprains, insomnia, stomach qi weakness caused by a variety of discomfort, blood sugar, blood pressure, cold hands and feet, enhance metabolism.</p> <p>High Calcium Energy Brain Soybean Milk Energy Breakfast Fragrant Pure Rice Pulp First Cup of Taiji Rice Pulp in the Morning</p> <p>PS: All three meals can be used as substitutes meal (one bowl each for breakfast, lunch) (help gastroesophageal reflux, chronic knee pain, dizziness, fatigue, itchy skin)</p>
<p>30.05.18 星期三/Wed 2pm-4pm</p> <p>Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>找回健康不生气的身体</u></p> <p>现代人饮食不正常造成体内废气过多，身体发炎，让组织器官的机能低下、老化，引起器官疾病。「红薏仁」就能解决体内废气过多问题</p> <p><u>红薏仁的神奇效果：</u></p> <ul style="list-style-type: none"> • 抑制癌细胞生长 • 缓解过敏、防止发炎 • 促进新陈代谢 • 降血脂、控制血糖 • 排除体内废气 <p><u>示范：</u> 红薏仁猪小肠四神汤 红薏仁十谷米浆 红薏仁陈皮五豆糙米甜粥 红薏仁枸杞茶</p>	<p><u>Healthy & Stress-Free Body</u></p> <p>The abnormal diet of modern people causes excessive gas and inflammation in the body. This worse function of tissues and organs, aging, and causes diseases. "Red Barley" can solve the problem of excessive gas in the body.</p> <p><u>Magic effect of Red Barley:</u></p> <ul style="list-style-type: none"> • Prevention of cancer cell growth • Relieve allergies and prevent inflammation • Promote metabolism • Lower blood fat and control blood sugar • Remove waste gas from the body <p><u>Demo:</u> Red Barley Pork Small Intestine "Si-Shen" Soup Red Barley Whole Grain Rice Pulp Red Barley Orange Peels Five Bean Brown Rice Sweet Porridge Red Barley Wolfberry Tea</p>

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

Singapore 388409

报名热线：67470069 / 62943588 / 90605747 (请预先报名，每班限 30 人)

Flora Sante Pte Ltd (Singapore)



Suzuki Mitsumasa
CEO of Nihon Bio Corp.
International Health Research Director



Special Guest: Anna Phua
Anna's Cooking Arts
Celebrity Chef & F&B Business Advisor

Discovery Beyond Probiotics in Flora Sante

Conducted by Suzuki Mitsumasa
Researching On Intestinal Flora Since University.

Special Guest: Anna Phua

Topic: How to Conduct an "Intestinal Cleanup".

Benefits: Aids weight loss, detox, delays aging, anti-cancer and beautifying complexion.

Cooking Demo: Carrot Apple Juice, Tomato Strawberry Juice

Free Admission.
Registration Required. Limited To 20 Seats Only

Please call us at 6734871 / 83820653

**Address: Atrix Building, 82 Lor 23 Geylang,
#05-01, Singapore 388409**

5th May 2018 (Saturday) - 2.00pm
(Snacks will be Provided)

Flora Sante Pte Ltd

(新加坡)



Suzuki Mitsumasa
Nihon Bio Corp 总裁
国际健康研究主任



特别嘉宾: 潘秀霞
Anna's Cooking Arts
名厨和烹饪顾问

Flora Sante: 超越益生菌的奥妙

演讲者: **Suzuki Mitsumasa**

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特别嘉宾: 潘秀霞

标题: “体内大扫除”

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请播电: **6734871/83820653**

地址: Atrix Building, 82 Lor 23 Geylang,
#05-01, Singapore 388409

2018年5月5日 (星期六) - 2.00pm
(将提供小吃)