

<p>07.09.18 星期五/Fri 2pm-4pm</p> <p>Fees: \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>香港经典佳肴 (新)</u></p> <p>妈蜜虾 人气鸡蟹煲 章鱼鸡粒有味饭</p>	<p><u>Hong Kong Classic Dishes (New)</u></p> <p>Marmite Fried Prawn Popular Chicken Crab Pot Octopus Chicken Rice</p>
<p>19.09.18 星期三/Wed 2pm-4pm</p> <p>Fees: \$80 Offer: \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>每天一杯蔬果精力汤</u> <u>(帮助胃大扫除, 排出体内脂肪, 瘦小腹)</u></p> <p>去脂燕麦坚果奶 (可增加大肠蠕动, 帮助排便) 地瓜蔬果冷汤 (有助于消化, 并帮助排除宿便, 让小腹变平坦) 美肠水果汁 (维持肠道健康) 荷叶山楂茶 (降压、降脂、降肝火)</p> <p>报名此课程赠送: 1瓶 Dr MCT 油 (100毫升), 价值\$13.90</p>	<p><u>Everyday Fruit and Vegetable Energy Soup (helps defo without dieting, support slim stomach)</u></p> <p>Oat Nut Milk (help bowel elimination) Sweet Potato Fruit and Vegetable Cold Soup (help digestion, bowel elimination and slimming) Beauty Gut Fruit Juice (maintain intestinal health) Lotus Leaf Hawthorn Tea (lower blood pressure, fat and liver-fire)</p> <p>Free gift: One Dr MCT (100ml) oil with a value of 13.90.</p>
<p>20.09.18 星期四/Thur 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>江鱼仔辣椒 绿豆饭 泰式蒸肉饼 花生羹</p>	<p><u>Chef Jiawen's Signature Dishes</u></p> <p>Ikan Bilis Chilli Green Bean Rice Thai Steamed Pork Cake Peanut Soup</p>

Anna's Cooking Arts

诚招潘老师烹饪示范的厨房助手 (Part-time),

如果您有兴趣, 请联络我们, 谢谢

Tel: 67470069 / 62943588 / 90605747

<p>21.09.18 星期五/Fri 2pm-4pm</p> <p>Fees: \$65 材料费: \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>乳酸菌泡菜 DIY (新)</u> 10 分钟就能完成慢慢的膳食纤维和乳酸菌，整顿肠道环境，排解累积体内的毒素</p> <p>日式柚子萝卜泡菜 <u>白萝卜:</u> 1.增强免疫力 2. 促消化 3.保护肠胃 4. 降血脂</p> <p>洛神梅渍梨子 (变味渍莲藕) 腌凤梨嫩姜泡菜 <u>姜:</u> 促进血液循环、提升体温、杀菌、解毒、提高免疫力、抗氧化、抗癌 (每位可以制作 3 瓶泡菜带回家)</p>	<p><u>Fermented Probiotic Pickle DIY (New)</u> 10 minutes to complete the slow diet fiber and probiotic, rectifying the intestinal environment, relieve the accumulation of toxins in the body</p> <p>Japanese Grapefruits Radish Pickle <u>Radish:</u> 1. Enhance immunity 2. Promote digestion 3. Protect the stomach 4. Reducing blood lipids</p> <p>Roselle Preserved Plum Pear Pickle Pineapple Younger Ginger Pickle <u>Ginger:</u> promote blood circulation, raise body temperature, sterilize, detoxify, improve immunity, antioxidation, anticancer (Each person can make 3 bottles pickle and bring home.)</p>
<p>26.09.18 星期三/Wed 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>牛油蛋糕 红烧五花肉 孔雀鱼 十谷金针菇 甩油饮 养生早餐 蓝花饭 绿色森林 (奇异果汁)</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Butter Cake Braised Streaky Pork Peacock Fish Whole Grain Rice Golden Mushroom Fat Loss Drink Healthy Breakfast Blue Flower Rice Green Forest (Kiwi Juice)</p>
<p>27.09.18 星期四/Thur 2pm-4pm</p> <p>Fees: \$95 (学过第一次课程的学生, 学费: \$85)</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业卤鸭饭 (新)</u></p> <p>商业潮州卤鸭 鸭丝面干捞/面 芋头香饭 卤豆干、蛋、豆卜</p> <p><u>2 种辣椒酱:</u> 蒜茸醋辣椒酱 三峇辣椒酱</p>	<p><u>Commercial Braised Duck (New)</u></p> <p>Commercial Teochew Braised Duck Shredded Duck Noodle/ Dried Noodle Fried Fragrant Yam Rice Braised Beancurd/Egg/Tau-Pok</p> <p><u>2 kinds of Chilli Sauces:</u> Minced Garlic Vinegar Chilli Sauce Sambal Chilli Sauce</p>

上课地址: Atrix Blg 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)

远离失智，喝出强大自愈力

——潘秀霞老师

早、午、晚餐：

姜黄抗氧化南瓜浓汤（抗发炎，减轻关节炎，抗氧化）

玉米烟熏三文鱼生菜船（提高脑细胞的代谢机能）

花青素蔬菜汁（高纤、全营养、抗老化、抗癌）

凤梨香柚汁（分解肉类、蛋白质及油脂）

- √ 现任“潘秀霞烹饪剧场”院长
- √ 365 防癌教育协会特约讲师/委员
- √ 主办肝胆排毒营，果汁断食排毒营
- √ 9 天瘦身饮食调理法食疗师
- √ 972 & 958 新传媒电台主讲美食、养生
- √ 在各大报章、杂志和电台 100.3，分享美食
- √ 担任一对一食疗顾问



名额有限，仅限 20 人，报名从速！

报名此课程赠送：1 瓶 Dr MCT 油（100 毫升），价值\$13.90

上课日期：14/09/2018 星期五 2pm-4pm

学费：\$18

报名热线：67470069/62943588/90605747

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

Prevent Dementia, Self-Healing Power

—Anna Phua

Breakfast/Lunch/Dinner:

Turmeric Antioxidant Pumpkin Soup (anti-inflammation, easing the pain of arthritis, anti-aging)

Corn Smoked Salmon Lettuce Boat (improve brain cell metabolism)

Anthocyanin Vegetables Juice (high fibre, high fiber, whole nutrition, anti-aging, anticancer)

Pineapple Grapefruits Juice (decompose meat, protein and grease)

- √ Anna's Cooking Arts Culinary School
- √ 365 Cancer Prevention Society Food Therapy Speaker
- / Committee Member
- √ Liver & Gallstone Detox, Juice Fasting Programs
- √ 9 days Sliming Program
- √ Food Therapy Speaker for 97.2 & 95.8 Popular Radio Program
- √ Food Tasting Panellist in Established Food Directories
- √ Personal Food Therapist and coach



Limit 20 seats, register now!

Free gift: One Dr MCT (100ml) oil with a value of 13.90.

Date: 14/09/2018 Fri 2pm-4pm

Fees: \$18

Tel: 67470069/62943588/90605747

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

早上断食，90%的毛病都会消失！

——潘秀霞老师

容易疲劳、肩颈酸痛、便秘、代谢症候群、高血压、慢性过敏等，不合时宜的营养观念、错误的饮食习惯，让你顽疾难消，反复生病。

超级简单断食法促进酵素活性化、提升免疫力，从此不生病！

★为什么早上断食是最佳断食法？

★为什么「早上断食」可以解决身体不适？

★为什么「断食」有益健康？

★保养肠内环境，健康又长寿！

- ✓现任“潘秀霞烹饪剧场”院长
- ✓365 防癌教育协会特约讲师/委员
- ✓主办肝胆排毒营，果汁断食排毒营
- ✓9 天瘦身饮食调理法食疗师
- ✓972 & 958 新传媒电台主讲美食、养生
- ✓在各大报章、杂志和电台 100.3，分享美食
- ✓担任一对一食疗顾问



养生达人潘秀霞

免费参加，名额有限，仅限 20 人，报名从速！

报名此课程赠送：1 瓶 Dr MCT 油（100 毫升），价值\$13.90

日期：22/09/2018 星期六 11am-12:30pm 报名热线：67348711/83820653

上课地址：Atrix Bldg (opp Aljunied MRT) 82 Lorong 23 Geylang #05-01 S 388409



Light Fasting in the Morning, 90% of The Problems are Going to Get Better!

—Anna Phua

Easy to fatigue, shoulder and neck pain, constipation, metabolic syndrome, hypertension, chronic allergies, inappropriate nutritional concepts, bad eating habits, make you stubborn illness, repeatedly sick.

- ★ Why is it the best way to “light fasting in the morning” ?
- ★ Why can "light fasting in the morning" solve physical discomfort?
- ★ Why is “light fasting” good for health?
- ★ Help the intestinal environment, health and longevity!

- ✓ Anna's Cooking Arts Culinary School
- ✓ 365 Cancer Prevention Society Food Therapy Speaker
/ Committee Member
- ✓ Liver & Gallstone Detox, Juice Fasting Programs
- ✓ 9 days Sliming Program
- ✓ Food Therapy Speaker for 97.2 & 95.8 Popular Radio Program
- ✓ Food Tasting Panellist in Established Food Directories
- ✓ Personal Food Therapist and coach



Cooking Celebrity Anna Phua

Free! Limit 20 seats, register now!

Free gift: One Dr MCT (100ml) oil with a value of 13.90.

Date: 22/09/2018 Sat 11am-12:30pm Tel: 67348711/83820653

Address: Atrix Bldg (opp Aljunied MRT) 82 Lorong 23 Geylang #05-01 S 388409



胸部经络拔筋 健康养生术

自古以來，傳統養生即是以疏通經絡來調理體氣達到養生保健預防疾病的作用。乳房為“宗經之所”，有多條經脈交匯，也是氣血交換的集中營。

胸部经络拔筋的功效：

- ★强化心肺功能
- ★美容美颜
- ★两性和谐
- ★改善预防乳腺疾病
- ★调节内分泌
- ★雕塑身形
- ★疏通淋巴，消除副乳
- ★改善肩颈腰酸背痛
- ★增强免疫力
- ★抗衰老，延缓衰老期

课程内容：

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

日期：01/09/2018 星期六

学费：\$150（学过卵巢经络的学生学费 \$120）

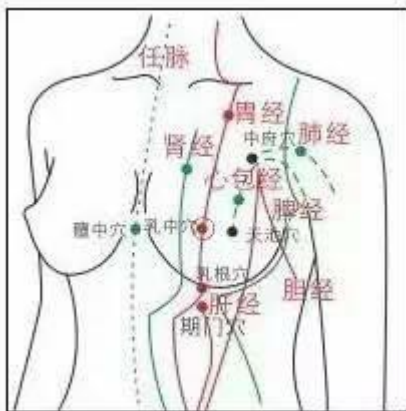
报名热线：67470069/62943588/90605747

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



游子老师

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



Sept 2018 Time Table 2018年9月 活動行程表

SUN (七)	MON (一)	TUE (二)	WED (三)	THU (四)	FRI (五)	SAT (六)
• APPRECIATION MONTH • 感恩月份						1
2	3	4 1400-1600 Dancing Exercise 舞蹈运动 1930-2030	5 1200-1400 LIMITED Vegan Mixed Rice 素-拌饭	6 1030-1900 Anna & Yuko consultation 潘秀霞老师与松岗老师、	7 1400-1600 LIMITED Japanese Yukata and Opening 日语衣&日语交誼 首日 Japanese	8 12PM FLORA SANTE LIMITED Outing with Flora Sante Japanese Event 与Flora Sante 到日本入学会活动
9 12PM FLORA SANTE LIMITED Outing with Flora Sante Japanese Event 与Flora Sante 到日本入学会活动	10	11 1400-1600 Rubber Stretching 拉筋运动 1930-2030	12 1400-1600 LIMITED Vegan Desserts- Pumpkin 素-南瓜甜点	13 1400-1600 LIMITED 養生 Special Guest from Yang Sheng 养生特别嘉宾	14 1400-1600 日本語 Flora Japanese lang. Club Flora Sante 日语交流	15
16	17	18 1030-1900 Anna & Yuko consultation 潘秀霞老师与松岗老师、	19 1500-1700 LIMITED Flora SanteMADE Vegan Flora SanteMADE Vegan 素-酸奶	20 1400-1600 養生 氣功 qi gong	21 1400-1600 日本語 Flora Sante Japanese language club Flora Sante 日语交流	22 1100-1230 LIMITED Half day Fasting /Diet 半天断食法
23	24 1400-1600 LIMITED Special Guest from Tokyo 来自东京的特别嘉宾	25 1400-1600 養生 氣功 qi gong	26 1500-1700 LIMITED Vegan Raw Snack 素生零食	27 1500-1700 LIMITED 養生 Porridge 粥	28	29
30	IMPORTANT ANNOUNCEMENT !!!!! 重要宣布 !!!!! Due to FLORA SANTE SPACE, We have to limit the seats! 因本公司空间有限, 记得, 尽快与我们预约! 2018 . OCT . 01 (Monday) & 2018 . OCT .02 (Tuesday) - OFFICE OFF 2018 . 10 . 01 (星期一) & 2018 . 10 .02 (星期二) - 休息 2018 . OCT . 03 (Wednesday) - OPEN as usual from AM 10:00-PM18:00 2018 . 10 . 03 (星期三) - 营业 上午 10:00—18:00 DUE to Oversea Working Trip.Sorry for the inconvenience .Thank You for the understanding. 非常抱歉, 因负责人出差, 若导致到各位的不方便, 请多多包涵, 感谢及感恩.					

Atrix Building, 82 Lorong 23 Geylang, #05-01, Singapore 388409

Singapore office : <http://www.florasante.com>

Tokyo Main office : <http://www.nihon-bio.co.jp/>

All Anna Class listed above will be conducted here in #05-01.
以上所有潘秀霞老师班都将在 # 05-01 教导。

Seminar Register Tel/Wassap/Line/Wechat:

Office:67348711

Mobile:83820653

Working Hours: Mon - Fri AM 10:00 - PM 18:00