

<p>11.10.18 星期四/Thur 2pm-4pm</p> <p>Fees: \$80 Offer: \$18 限首 10 位</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>健康是磨出来的 (新)</u></p> <p>台湾古早味现打现煮杨桃汁 (温润喉健脾胃, 解渴) 补血蔬果汁 (改善脸色苍白, 尤其是女性在月经期间作为营养补充) 降脂核果奶 (改善高胆固醇, 高三酸甘油酯) 黑木耳红枣薏仁露 (活血化瘀, 软化血管, 预防心血管疾病, 改善皮肤下的微血管组织, 美颜美容)</p> <p>PS: 携带新学生的老学生学费: \$5, 新学生免费</p>	<p><u>Delicious Drink for Great Health (New)</u></p> <p>Taiwanese Retro Local Flavour Star Fruits Juice (moistens the throat, strengthens the spleen and stomach, quenches thirst) Enrich Blood Vegetable Fruits Juice (beauty, especially for women during menstruation as a nutritional supplement) Lower Fat Nuts Milk (improves high cholesterol, triglyceride) Black Fungus Red Dates Barley Drink (promotes blood circulation, removes blood stasis, softens blood vessels, prevents cardiovascular diseases, improves microcirculation tissue under the skin, beauty)</p> <p>PS: Students who bring a new friend enjoy \$5 discount. New student enjoys class for free.</p>
<p>12.10.18 星期五/Fri 2pm-4pm</p> <p>Fees: \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>潘老师私房菜 (新)</u></p> <p>海南经典炸肉圆 客家炸肉 (南乳木耳香菇炆肉) 海南脆脆纸肉排</p>	<p><u>Chef Anna's Private Cuisine (New)</u></p> <p>Hainanese Classic Fried Meat Ball Hakka Fried Meat (Nan Yee Fungus Mushroom Stew Meat) Hainanese Crispy Paper Pork Chop</p>
<p>23.10.18 星期二/Tue 2pm-4pm</p> <p>Fees: \$95 材料费: \$20</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业酵素泡菜</u></p> <p>檳城娘惹阿渣 韩国泡菜 (增加肠胃有益菌, 帮助消化, 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>PS: 每人可带两瓶价值\$35 泡菜回家</p>	<p><u>Commercial Enzyme Pickles</u></p> <p>Penang Nonya Achar Korea Kimchi (increase the stomach bacteria, help digestion, effectively prevent hypertension, arteriosclerosis, gastric ulcers, cancer; weight loss, anti-aging, detoxification, reduce fatigue and improve immunity)</p> <p>PS: Each student can bring home two bottles pickles the value is \$35.</p>

<p>25.10.18 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>火爆烧肉 香蕉班兰糕 丁香蒸饭 咸鱼蒸花腩 梅菜鸡 十谷润肠饮 养肾排毒餐 养心蔬果汁</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Fried Roasted Pork Banana Pandan Cake Clove Steamed Rice Salted Fish Steamed Pork Preserved Vegetable Chicken Whole Grain Rice Moistening Intestines Drink Nourish Kidney Detoxification Meal Nourish Heart Vegetable Fruit Juice</p>
<p>31.10.18 星期三/Wed 2pm-4pm</p> <p>特价: \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>风靡全球生酮奇迹饮食法 (1) (饥饿感消失, 越吃越瘦)</u></p> <p><u>讲座&烹饪示范:</u> 降低血糖, 快速燃烧体脂肪, 体力精神都变好 什么是「生酮饮食」? 如何有效抗病防老? 3种人最适合「生酮饮食」: 1) 体脂率过高肥胖的人 2) 压力大、失眠的人 3) 有三高症状的人 「生酮饮食」的5大好处</p> <p><u>早、午、晚餐:</u> 栉瓜鸡丝凉面 (无淀粉, 高营养) 炙烤百里香蘑菇 凉拌海鲜沙拉 芭乐苹果绿拿铁</p>	<p><u>The Most Popular Ketogenesis Miracle Diet All Over the World (1) (Never starve. Eat more & lose more weight.)</u></p> <p><u>Seminar & Cooking Demo:</u> Lower blood sugar, burn fast body fat, and improve physical strength are all good. What is a ketogenic diet? How to effectively resist disease and anti-aging? Three kinds of people are most suitable for ketogenic diet: 1) body fat rate is too high and fat 2) people with high stress and lose sleep 3) people with three high symptoms 5 advantages of ketogenic diet</p> <p><u>Breakfast, Lunch, Dinner:</u> Comb Melon Chicken Shreds Cold Noodle (gluten free, high nutrition) Grilled Thyme Mushroom Cold Seafood Salad Guava Apple Green Latte</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)

绿拿铁 一日排毒营

(纤体·护肝·明目·润肤·美白·排毒瘦身)

7天做好体内环保自然养生餐讲座+示范
天天1杯,让植物力提高你的「自愈力」
让你跟三高、肥胖说拜拜

绿色食物对人体的8大益处

- ①提高营养吸收率
- ②改善便秘状况
- ③预防感冒、癌症等疾病和有助养颜美容
- ④快速排除身体毒素,延缓肠道老化
- ⑤不易水肿
- ⑥健康减重
- ⑦解决隐性饥饿
- ⑧预防身体脱水

10种绿拿铁配方

- 示范5种绿拿铁,准备食材用哪些?
- 清洗蔬菜的注意事项
- 怎样喝才健康?
- 绿色蔬果昔10日排毒法瘦5kg方法
- 13个绿拿铁Q&A

· 潘秀霞老师,生达人兼餐饮顾问,拥有超过四十年的授课经验。同时也是一位果汁断食疗法、肝胆肠排毒和研发健康食谱的专家。现任的“潘秀霞烹饪剧场”院长、365抗癌教育协会委员与特约自然疗法讲师、日本乳酸菌Flora公司养生理理烹饪老师(Flora Sante' Pte Ltd)和中国真记连锁(China Chin)美食顾问,并活跃于新传媒电视(Mediacorp)电台(FM Radio 972 & 958),各大报章,杂志及大型活动烹饪示范会与讲座。

· 著有多本畅销书:《节日糕点》《东南亚味道》《爱吃醋》《活力蔬果酵素1&2》《日式健康美颜餐》《这样煮,宝宝才爱吃》《这样煮,小孩才爱吃》

讲师资历

Anna

潘秀霞老师

• 学费: \$150, 调理机会员\$75 • 上课时间: **13/10/18 Sat, 12noon -4pm**

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

• 上课地址: AtrixBlg (oppAljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409

脸部经络拨筋健康养生术

——游子老师

「拨筋」以中医理论为基础，按照经络原理，从点线面、由内而外，透过辅助工具深入肌肉周围的穴道和经络疏通，帮助五脏六腑气血循环通畅，找回身体自我修复力，自然容光焕发、健康美丽！

脸部经络拨筋的效果

- 👉 增强抵抗力，预防敏感
- 👉 创造平衡肤质
- 👉 改善眼周小细纹
- 👉 改善耳鸣&晕眩
- 👉 调节心脏供血功能
- 👉 活化气血、代谢毒素
- 👉 重塑 V 型小脸蛋，唤回美白基因
- 👉 改善顽固斑点
- 👉 改善水肿面包脸
- 👉 活化脑细胞、纾解压力、缓和情绪
- 👉 改善血液循环、四肢冰冷
- 👉 减轻皮肤负担

课程内容：

- 👉 经络基础理论+实践
- 👉 脸部七大经络的走向
- 👉 脸部穴位美容驻颜功效及对身体的调理功能

日期：20/10/2018 星期六

时间：11am-3:30pm

学费：\$150 (学过经络课程的学生学费 \$120)

报名热线：67470069/62943588/90605747

上课地址：Atrix B1g (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409





商业 Malay 传统经典面食（米罗布（马来卤面）/"米暹"）

——潘秀霞老师（养生达人）

- ★ 食材采购
- ★ 准备、储存
- ★ 清洗方法（如何去掉蔬菜农药残留？）
- ★ 如何掌控煮蛋的温度、时间与方法，保存优质的油脂及蛋白质
- ★ 三峇预拌酱食材配制黄金比例（保存3个月）
- ★ 拌炒出与众不同的香气十足汤汁三峇酱及辣椒配酱

About Anna Phua:

潘老师 1994~2003 年在食阁经营巴东咖喱及米罗布（马来卤面）/"米暹"的生意——Anna's Nasi Padang。她将 44 年餐饮业经营经验、服务品质、品质控管及食谱的秘方不私囊传授给大家。她著有 8 本畅销美食书。

可以使用您的\$500
技能培训津贴来参
加我们的课程!

日期：27/10/2018 星期六 时间：9am-7pm 学费：\$250

上课地址：Atrix Bldg（阿裕尼地铁站对面）82 Lorong 23 Geylang #01-03 S 388409

报名热线：67470069 / 62943588 / 90605747（每班仅限 10 位）

网站：www.annascookingarts.com.sg 邮箱：coyaku@yahoo.com.sg



Commercial Malay Traditional Classic Noodles (Mee Rebus/ Mee Siam)

— Anna Phua (Cooking Celebrity)

Course Outline:

- ★ Where to Purchase ingredients
- ★ Preparation and storage
- ★ Washing Methods (how to remove pesticide residues from vegetable?)
- ★ How to control the temperature, timing and method of egg cooking, and to preserve high quality oil and protein?
- ★ Sambal mixed sauce Golden Proportion (can keep for 3 months)
- ★ Stir-fry to different fragrant, sambal sauce and chilli sauce.

About Anna Phua:

Chef Anna operated Padang Curry and Mee Rebus/ Mee Siam business in the Food Court from 1994 to 2003 — Anna's Nasi Padang, a money-making business. She has 44 years of experience in teaching, business management, quality of service, quality control and creation of recipes. She is an author of 8 cook books.

Can use your
SKILLSFUTURE
(\$500 credit) to enroll
for the course!

Date: 27/10/2018 Sat Time: 9am-7pm Fees: \$250

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

Tel: 67470069 / 62943588 / 90605747 (limited 10 seats)

Website: www.annascookingarts.com.sg

Email: coyaku@yahoo.com.sg