

<p>16.02.19 星期六/Sat 2pm-4pm</p> <p><b>Fees: \$88</b> <b>Offer: \$38</b> (限首 10 位 报名者)</p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>元宵佳肴 (新)</u></b></p> <ol style="list-style-type: none"> <li>日本金瓜八宝糯米饭 (用两种米混合, 馅有 8 种材料: 干贝、冬菇、腊肠、菜脯、樱花虾、蚝豉、白果等)</li> <li>港式鲜人参鸡汤</li> <li>金银蛋汤浸芥菜</li> </ol> <p><b>人参:</b></p> <ul style="list-style-type: none"> <li>√ 补气救脱</li> <li>√ 益血复脉</li> <li>√ 养心安神</li> <li>√ 生津止渴</li> <li>√ 补肺定喘</li> <li>√ 健脾止泻</li> </ul>	<p><b><u>Lantern Festival Delicacies (New)</u></b></p> <ol style="list-style-type: none"> <li>Japanese Eight-Treasure Rice with Pumpkin (mixed with two kinds of rice, filled with 8 kinds of ingredients: dried scallop, mushrooms, sausages, preserved vegetables, Sakura prawns, dried oyster, ginkgo)</li> <li>Hong Kong Style Fresh Ginseng Chicken Soup</li> <li>Golden Silver Egg Soup with Mustard</li> </ol> <p><b>Ginseng:</b></p> <ul style="list-style-type: none"> <li>√ Tonify energy</li> <li>√ Nourish blood</li> <li>√ Nourish the heart</li> <li>√ Quench thirst</li> <li>√ Tonify lung and relieve Asthma</li> <li>√ Invigorate spleen, relieve diarrhea</li> </ul>
<p>20.02.19 星期三/Wed 2pm-4pm</p> <p><b>Fees: \$80</b> <b>Offer: \$38</b></p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>一周两天轻断食 (三个月内减去 9kg)</u></b></p> <p><b>第一天:</b></p> <p><b>早餐: 补充体力蔬果汁</b> (抗老化, 保护眼睛, 使肌肤保持年轻, 帮助新陈代谢)</p> <p><b>午餐: 杏仁酱拌彩蔬荞麦面</b> (肠道清道夫)</p> <p><b>晚餐: 萝卜野菇味增汤</b> (改善便秘、腹泻, 预防高血压、癌症罹患率)</p>	<p><b><u>Light Fasting Two Days One Week (helps weight loss 9 kg within three months)</u></b></p> <p><b>First day:</b></p> <p><b>Breakfast: Energy Vegetable Juice</b> (anti-aging, protects eyes, keep skin young, helps metabolism)</p> <p><b>Lunch: Almond Sauce Color Vegetable Soba</b> (clean intestines)</p> <p><b>Dinner: Radish Mushroom Miso Soup</b> (prevent constipation and diarrhoea, prevent high blood pressure, helps reduce cancer risks.)</p>

<p>23.02.19 星期六/Sat 2pm-4pm</p> <p><b>Fees: \$80</b> <b>Offer: \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>潘老师私房菜 (新)</u></b></p> <ol style="list-style-type: none"> <li>咸鱼鲜鲍鱼鸡粒煲饭</li> <li>虫草花花胶鸡汤 (适用于脾肾两虚引发的神经疲倦, 腰膝酸软无力, 夜尿、便秘)</li> <li>日本红豆南瓜玄米饭 (如何发酵发芽米)</li> <li>柴鱼高汤煮法</li> </ol> <p><b>发芽米:</b></p> <ul style="list-style-type: none"> <li>降血压、改善脑部血液循环</li> <li>抑制中性脂肪, 预防及改善肥胖</li> <li>含有食物纤维, 提供饱足感</li> <li>促进肠胃蠕动, 改善便秘</li> <li>促进皮肤的新陈代谢, 养颜美白</li> </ul>	<p><b><u>Chef Anna's Private Cuisine (New)</u></b></p> <ol style="list-style-type: none"> <li>Salted Fish Fresh Abalone Chicken Rice</li> <li>Cordyceps Flower Fish Maw Chicken Soup (suitable for nerve fatigue caused by deficiency of spleen and Kidney, weakness of waist and knee, night-urine)</li> <li>Japanese Red Bean Pumpkin Germinate Rice (how to ferment germinate rice?)</li> <li>Dashi Stock Making</li> </ol> <p><b><u>Germinating rice:</u></b></p> <ul style="list-style-type: none"> <li>lower blood pressure, improve blood circulation of brain</li> <li>prevent neutral fat and obesity</li> <li>contain food fiber, provide feeling of fullness</li> <li>promote gastrointestinal peristalsis, improve constipation</li> <li>promote the metabolism of the skin, beauty and whitening.</li> </ul>
<p>26.02.19 星期二/Tue 2pm-4pm</p> <p><b>Fees: \$80</b> <b>Offer: \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>健康三通 (早晨第一杯黄金水)</u></b></p> <p>气通, 肠通, 血脉通</p> <p>好处: 减重, 肌肤有弹性, 精神好, 有活力</p> <ol style="list-style-type: none"> <li>净血果汁</li> <li>排宿便蔬果汁</li> <li>日式四色蔬菜汤 (帮助减肥, 祛风, 降低血糖, 血压, 皮肤发炎, 便秘)</li> <li>气通蜂蜜米浆</li> </ol>	<p><b><u>Triple Detox Series</u></b></p> <p>Good Energy flow + Digestion + Blood Circulation</p> <p>Benefits: helps weight loss, supple skin, good mental concentration, more energy</p> <ol style="list-style-type: none"> <li>Blood Detox Juice</li> <li>Cleansing Vegetable Fruit Juice</li> <li>Japanese 4-colour Vegetable Soup (help lose weight, feel guilty, lower blood sugar, blood pressure, skin inflammation, constipation)</li> <li>Honey Brown Rice Beverage</li> </ol>

<p>09.03.19 星期六/Sat</p> <p>2pm-4pm /7pm-9pm</p> <p>Fees: \$80 <b>Offer: \$28</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>三天断糖排毒法</u></b></p> <p>不挨饿、不断食、轻松达到延缓老化, 改善高血压、糖尿病、痛风、活化脑部, 消除忧郁, 预防失智症、瘦身、美肌</p> <p>怎样吃最有效? 外食者如何选择三餐? 哪一餐断糖最有效?</p> <p><b>早餐:</b> 排毒精力汤 <b>午餐:</b> 味增关东煮根茎蔬菜汤 <b>晚餐:</b> 和风凉拌鸡丝沙拉</p>	<p><b><u>3 Days No Sugar Detoxification Method</u></b></p> <p>No Hunger, no food fasting, Relax anti- aging Prevent 3 highs, diabetes, gout Mental alertness, calm mood, prevent dementia, slimming, improves skin</p> <p>How to eat the most effective? How to choose 3 meals for people who eat out? Which meal that fast sugar is the most effective?</p> <p><b>Breakfast:</b> Detoxification energy Soup <b>Lunch:</b> Miso Oden Root Vegetable soup <b>Dinner:</b> Wafu Shredded Chicken Salad</p>
<p>13.03.19 星期三/Wed</p> <p>2pm-4pm</p> <p>Fees: \$80 <b>Offer: \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>汤水疗法 (1)</u></b></p> <p><b>四神抗癌汤</b> (补肾补血) <b>黄耆红枣枸杞人参汤</b> (强化免疫) <b>杭菊甘草金银汤</b> (清热解毒) <b>赤扁薏仁黑豆汤</b> (加强肠道排毒, 利尿除湿)</p>	<p><b><u>Soup Therapy (1)</u></b></p> <p><b>Sishen Anti-Cancer Soup</b> (nourishes kidney and blood) <b>Astragalus Red Dates Wolfberry Ginseng Soup</b> (Strengthens Immune System) <b>Hang Ju Licorice Honeysuckle Soup</b> (detoxification) <b>Red Flat Barley Black Bean Soup</b> (cleanse the intestines detoxification, diuretic)</p>
<p>14.03.19 星期四/Thur</p> <p>2pm-4pm</p> <p>Fees: <b>\$18</b></p> <p><b>彬师傅</b> <b>Chef Ben</b></p>	<p><b><u>彬师傅拿手好菜</u></b></p> <p>酱爆排骨王 姜丝红烧鱼 法国郎酒鸡 火烧茄子 红薯加央 芒果沙拉酱</p>	<p><b><u>Special Dishes by Chef Ben</u></b></p> <p>Sauted Ribs King with Sauce Ginger Shred Braised Fish French Lang Wine Chicken Roasted Eggplant Sweet Potato Kaya Mango Salad Sauce</p>
<p>16.03.19 星期六/Sat</p> <p>2pm-4pm</p> <p>Fees: <b>\$65</b></p> <p><b>方老师</b> <b>Chef Patrick</b></p>	<p><b><u>初级寿司做法</u></b></p> <p>基本软 Q 寿司饭煮法 DIY 寿司醋调汁 寿司蛋卷 &amp; 虾 黄瓜寿司卷 鳗鱼寿司卷 蛋&amp;蟹柳寿司卷</p>	<p><b><u>Simple Sushi Class</u></b></p> <p>Basic Soft Q Sushi Rice Making DIY Sushi Vinegar Mixed Sauce Sushi Egg Omelette Roll &amp; Prawn Cucumber Sushi Maki Roll Unagi Sushi Maki Roll Egg &amp; Crab Stick Sushi Maki Roll</p>

<p>20.03.19 星期三/Wed 2pm-4pm</p> <p><b>Fees: \$80</b> <b>Offer: \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>汤水疗法 (2) (排湿气、补气、养润脏腑)</u></b></p> <ol style="list-style-type: none"> <li>1. 莲藕绿豆八爪鱼汤 (清热降火、补血、健脾补气)</li> <li>2. 薏米三豆汤 (清热祛湿、利水消肿、健脾)</li> <li>3. 决明子茶 (清肝火、除脂降血压、祛水消滞)</li> <li>4. 凉茶: 竹蔗茅根马蹄水 (利尿祛湿、促进新陈代谢, 防感冒)</li> </ol>	<p><b><u>Soup Therapy (2) (expel moisture, nourishing)</u></b></p> <ol style="list-style-type: none"> <li>1. Lotus Mung Bean Octopus Soup (purge fire, enrich blood, strength spleen)</li> <li>2. Barley Three Bean Soup (clean damp, inducing diuresis to alleviate edema, strength spleen)</li> <li>3. Cassia Seed Tea (clear liver, lower blood pressure, remove water and eliminating stagnation)</li> <li>4. Herbal Tea: Bamboocane Couchgrass Root Chinese Water Chestnut Juice (diuresis dampness, promoting the process of metabolism, anti-cold)</li> </ol>
<p>22.03.19 星期五/Fri</p> <p>2pm-4pm /7pm-9pm</p> <p>Fees: \$80 <b>Offer: \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>风靡全球生酮奇迹饮食法 (饥饿感消失, 越吃越瘦)</u></b></p> <p><b><u>讲座&amp;烹饪示范:</u></b> 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><b><u>早、午、晚餐:</u></b> 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><b><u>The Most Popular Ketogenesis Miracle Diet All Over the World (Never starve. Eat more &amp; lose more weight.)</u></b></p> <p><b><u>Seminar &amp; Cooking Demo:</u></b> 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><b><u>Breakfast, Lunch, Dinner:</u></b> Comb Melon Chicken Shreds Cold Noodle (gluten free, high nutrition) Grilled Thyme Mushroom Cold Seafood Salad Guava Apple Green Latte</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](mailto:coyaku@yahoo.com.sg) 欢迎登陆我们的网站: [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)

<p>27.03.19 星期三/Wed 2pm-4pm</p> <p><b>Fees: \$68</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>潘老师私房菜 (新)</u></b></p> <p>香酥九制陈皮排骨 豆花玉露海鲜羹 蚝豉焗饭团 (中式寿司)</p>	<p><b><u>Chef Anna's Private Cuisine (New)</u></b></p> <p>Crispy Special Making Orange Peel Ribs Seafood Thick Soup with Smooth Beancurd Dried Oyster Baked Rice Roll (Chinese Sushi)</p>
<p>29.03.19 星期五/Fri 2pm-4pm</p> <p><b>Fees: \$80</b> <b>Offer: \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>体内环保抗老瘦身餐</u></b></p> <p>7天瘦身蔬菜汤 烙饼生菜卷 (DIY 山药南瓜做成薄饼皮) 梅子姜汤 (祛斑,瘦身,抗老化) 活力早餐蔬果汁</p>	<p><b><u>Anti-Aging and Slimming Healthy Meal</u></b></p> <p>7 Days Slimming Vegetable Soup DIY Green Vegetables Po Piah Roll (using Wai San and Pumpkin) Plum Ginger (Skin lightening, slimming and anti-aging) Vitality Breakfast Vegetable Juice</p>

**上课地址: Atrix Blg 82 Lorong 23 Geylang #01-03 Singapore 388409**

**报名热线: 62943588/67470069/90605747 (10:30am~6pm)**

免费/Free

**律动疗法内部训练+台湾体操授课**  
**Vibration Therapy Internal Training**  
**+ Taiwan Gymnastics Teaching**

——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 body green machine distributors

日期 (Date): 28/2/19 星期四 晚上 7 点

1/3/19 星期五 下午 2 点 (仅限 30 位/only 30 seats)

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

报名热线: 62943588/67470069/90605747 (10:30am~6pm)

# 律动疗法

## 全世界最轻松的养生运动



你需要运动吗?你懒得运动吗?有一种轻松的方式，既不需要消耗力气，又可以使全身60兆细胞都活动起来，并且可以**哪里痛，动哪里**，简单运动15分钟，获得整身轻松，缓解疼痛。

课上大家可以针对自身的健康状况，向潘老师咨询如何通过律动改善症状。为您量身打造适合您的运动方式及解决疼痛问题。

### 每天简单的运动15分钟:

- 增加骨质密度，骨质年轻15岁
- 降低脂肪堆积 • 改善糖尿病
- 改善身体荷尔蒙 • 刺激青少年长高
- 改善心血管功能 • 改善帕金森氏症
- 改善腿脚无力易于跌倒问题、慢性病问题

### 潘老师示范:

红豆水(利尿消肿，稳定血压，改善疲劳，促进胃肠蠕动)

黑豆水(帮助排便，降低胆固醇，预防心血管疾病，抗氧化，改善水肿)

高钙杏仁奶(预防骨质疏松，增加好的胆固醇)

### 讲师资历

## Anna

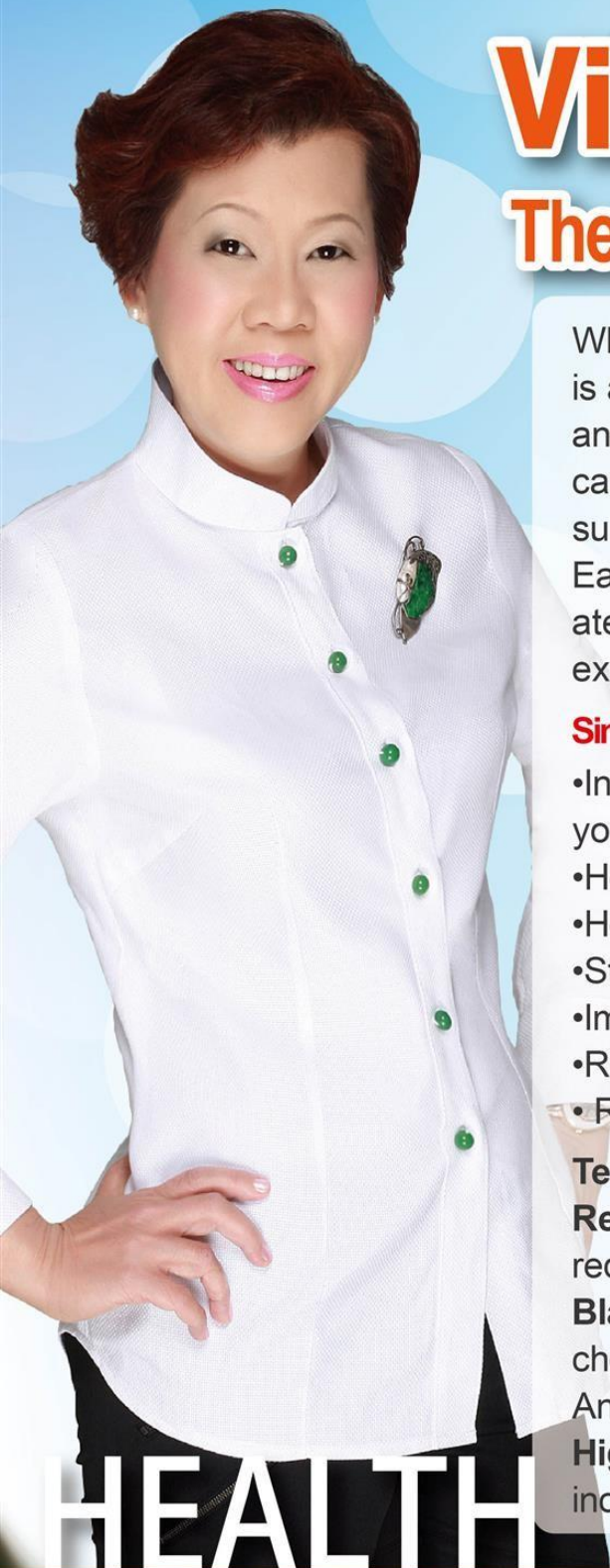
潘秀霞老师

潘秀霞老师, 养生达人兼餐饮顾问, 拥有超过四十年的授课经验。

现任:

- “潘秀霞烹饪剧场” 院长
- 365防癌教育协会委员与特约自然疗法讲师
- 日本乳酸菌Flora公司养生料理烹饪老师
- 她活跃于新传媒电视 (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

- 学费: \$10 • 上课时间: 23/3/19, 星期六, 2pm-4pm • 附注: 课后 可一对一个别教导
- 报名热线: 67470069/62943588/90605747 • 名额有限, 仅限20位, 报名从速, 谢谢
- 上课地址: 82 Lorong 23 Geylang #01-03 S 388409



# Vibration Therapy

## The Easiest Exercise in The World

Why we need to exercise? Are we lazy to exercise? There is an effective method which don't need physical exertion and yet able to activate the 60 trillion cells in your body. It can eliminate the pain area, relax your whole body. Results may vary with different person  
Each student health condition will be accessed and evaluated by teacher Anna. Then will customise exercises that are beneficial to the student.

### **Simple and easy exercises 15 minutes twice per day:**

- Increase bone density and have your bone 15 years younger.
- Helps reduce fat accumulation
- Helps balance hormone
- Stimulates teenagers' growth
- Improves cardiovascular functions
- Reduces risks of Parkinson's disease
- Reduces falls and chronic

### **Teacher Anna will demonstrate:**

**Red Bean Drink** (reduce edema, lower blood pressure, reduce tired, helps for digestion)

**Black Bean Drink** (helps for constipation. Lower cholesterol. Prevent cardiovascular disease.

Anti-aging and improve edema)

**High Calcium Almond Milk** (Prevent osteoporosis and increase good cholesterol)

Anna Phua, a nutrition expert and food & beverage consultant, is the principal of Anna's Cooking Arts. With more than 40 years of culinary experience under her belt.

Anna currently holds the following positions:

- Anna's Cooking Arts Culinary School
- 365 Cancer Prevention Society Food Therapy Speaker/ Committee Member
- Cooking Instructor at Flora Sante' Pte Ltd

She actively appears on Mediacorp TV programs, various newspapers, and magazines.

She also participates in large-scale cooking workshops.

Author of 8 best-selling books

### ABOUT ANNA PHUA

# Anna

- Fees : \$10 • Time: 23/3/19, Sat , 2pm-4pm • Tel : 67470069 / 62943588 / 90605747
- PS : After class, you can take one to one Individual teaching.
- Address : 82 Lorong 23 Geylang #01-03 S 388409



# 为身体大扫除

## 最有效的每周 1 日**排毒净化餐**

对于慢性病和癌症患者来说，唯有血液干净才能让身体的 60 兆细胞重生，找回健康与活力，帮助身体康复，清除体内的有害物质，美化肌肤，让身体重新充满活力，使体重减少

净化餐的饮食内容及功效	
净化综合谷浆	清肠 清血 加强肝脏排毒 提升免疫力 修复细胞
烤地瓜	
高纤水果优格乳	
清血黑木耳露	
三宝胡萝卜汁	
活力南瓜燕麦汤	
修复银耳露	



潘秀霞老师

日期：13/04/19，星期六

时间：12pm-5pm

学费：\$99

上课地址：Atrix B1g 82 Lorong 23 Geylang #01-03

Singapore 388409

报名热线：62943588/67470069/90605747 (10:30am~6pm)



# BODY CLEANING

## THE MOST EFFECTIVE WEEKLY DETOX PURIFICATION MEAL

For patients with chronic diseases and cancer, only a clean blood can regenerate 60 trillion cells of the body, recover health and vitality, help the body recover, clear away harmful substances in the body, beautify the skin, rejuvenate the body and reduce body weight.

Diet content and effect of purified meal	
Purified Mixed Pulp	Cleansing Clear Blood strengthening liver detoxification improve immunity repair cell
Baked Sweet Potato	
High Fiber Fruit Yogurt	
Clear blood Black Fungus Syrup	
Three Treasure Carrot Juice	
Energy Pumpkin Oat Soup	
White Fungus Syrup	



**Anna Phua**

Class Date: 13/04/19, Sat

Class Time: 12pm-5pm

Class Fees: \$99

Class Location: Atrix Bldg 82 Lorong 23 Geylang #01-03 Singapore  
388409

Hotline: 62943588/67470069/90605747 (10:30am~6pm)

