

免费

# 启动身体自愈力

您有以下症状吗?

- 心血管疾病 (糖尿病、三高)
- 眼睛疾病
- 关节痛、骨质疏松
- 失智症、帕金森、记忆力减退
- 皮肤黯淡、皱纹、雀斑、湿疹、牛皮癣
- 酸、痛、肿、痒、麻



潘秀霞老师

★ 潘老师会示范两道启动身体自愈力的健康蔬果汁

## 关于潘秀霞老师

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

日期：28/03/19，星期四

时间：2pm~4pm

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

报名热线：67470069 / 90605747

名额有限，仅限30位，请预先报名!

Free

# Initiate body self-healing

Do you have the following symptoms?

- Cardiovascular disease (Diabetes, Three high)
- Eye disease
- Arthralgia, osteoporosis
- Dementia, Parkinson, memory loss
- Dull skin, wrinkles, freckles, eczema, psoriasis
- Acid, pain, swelling, itching, paralysis



Anna Phua

★ Chef Anna will demonstrate two healthy vegetable juices that activate the body's self-healing power.

## About Anna Phua

- 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

**Date: 28/03/19, Thur**

**Time: 2pm~4pm**

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

**Tel: 67470069 /90605747**

**Limited, only 30 seats!**