

<p>11.04.19 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>卤肉饭 香料烤鸡 南乳炸肉 木瓜豆浆 芹菜苹果汁</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Braised Meat Rice Roasted Chicken with Spices Fried Pork with Red Bean Papaya Soy Bean Milk Celery Apple Juice</p>
<p>13.04.19 星期六/Sat 2pm-4pm</p> <p>个人班学费: \$800</p> <p>Offer: \$125</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业甜品</u></p> <p>秘制绿豆椰浆糖水 乳白腐竹白果薏仁</p>	<p><u>Commercial Dessert</u></p> <p>Secret Mung Bean Coconut Milk Sugar Water Milky White Bean Curd Ginkgo Barley</p>
<p>16.04.19 星期二/Tue 2pm-4pm Or 7pm-9pm</p> <p>Fees: \$80</p> <p>Offer: \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>美肌抗老 (轻松养出好气色, 打造弹性美肌 6 大明星食材大公开)</u></p> <p>美肌蛋蜜汁 美颜山药薏仁浆 黑木耳薏仁露 黄金抗氧蔬果汁</p>	<p><u>Beauty Anti-aging (easy to keep a good look, create a 6-star high elastic skin ingredient)</u></p> <p>Beauty Egg Honey Juice Beauty Yam Barley Puree Black Fungus Barley Puree Gold Antioxidant Vegetable Juice</p>
<p>27.04.19 星期六/Sat 2pm-4pm</p> <p>Fees: \$125</p> <p>方老师 Chef Patrick</p>	<p><u>日式人气天妇罗全套</u></p> <p>粉浆调法 炸虾和各种蔬菜 蔬菜饼 天妇罗盖饭 炒牛蒡丝 萝卜干</p>	<p><u>Japanese Popular Tempura Set</u></p> <p>Batter Making Fried Prawn and Various Vegetable Kakiage Tendon Stir Fried Burdock Strip Simmer Dried Raddish</p>

常常生病？健康指数下降？

你想知道如何让自己更健康吗？

诚意邀请您参加

健康的重要性研讨会



12 APRIL 2019 7PM - 9PM

主办单位: RBC Life

地址: ATRIX BIG
(OPP Aljunied MRT)
82 Lorong 23
Geylang #01-03
Singapore 3888409

报名电话:

67470069/90605747

皇冠董事

Tang Siau Nam

吹风筒与律动疗法

穴位找不到怎么办?

全身那么多穴位, 按哪个才是最好的?

每次只要身体一有什么小病小痛, 第一个想到的就是吃药, 吃药的副作用很大, 影响肝脏健康, 其实人体中的穴位才是祛病的有效“大药”。经络穴位是疏通五脏六腑的通道, 通过按摩、吹风筒等方法将人体的通道疏通, 很多病症也就随之减轻或者消失, 按照症状, 学习忌吃、宜吃的方法

- | | |
|---------|-------|
| ★失眠 | ★祛斑美容 |
| ★平坦小腹 | ★腰酸背痛 |
| ★膝盖病 | ★骨质疏松 |
| ★肥胖 | ★老化 |
| ★耳鸣 | ★高血压 |
| ★心脑血管疾病 | ★便秘 |
| ★糖尿病 | |



养生达人潘秀霞

教导对症饮料 (示范 3 个食谱, 4 个免费食谱)

- 1) 小米枣仁蜜 (失眠)
- 2) 芝麻核桃糊 (骨质疏松)
- 3) 薏仁浆 (美白祛斑)
- 4) 荷叶山楂茶 (除脂减肥瘦小腹)
- 5) 亮眼枸杞子黄耆粥 (减少眼睛疾病)
- 6) 顺肠果汁 (便秘)
- 7) 枸杞豆浆

日期: 17/04/19, 星期三

时间: 2pm-4pm or 7pm-9pm

学费: \$120, 特价: \$38 (携带一位新同学, 新同学免费)

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

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

Hair Dryer & Vibration Therapy

What if you can't find the acupoint?

So many acupuncture points, which is the best?

Every time as long as the body has any small disease and small pain, the first thought is to take the medicine, the side effect of taking the medicine is large, can make the liver unhealthy, and the acupuncture point in the human body is the effective "medicine" of the disease. The meridian point is a channel for dredging the viscera of the five viscera, and the channels of the human body are dredged by a method such as a massage and a blowing barrel, so that a plurality of conditions can be reduced or disappeared, according to symptoms, learn the avoid eating, suitable to eat the method.

- ★ Insomnia
- ★ Flat abdomen
- ★ Knee disease
- ★ Obesity
- ★ Tinnitus
- ★ Heart and brain disease
- ★ Diabetes
- ★ Freckle, beauty
- ★ Back pain
- ★ Osteoporosis
- ★ Aging
- ★ Hypertension
- ★ Constipation



Food consultant

Teaching symptomatic drinks

(demonstration 3 recipes, 4 free recipes)

- 1) Millet Red Date Seeds Honey (insomnia)
- 2) Sesame Walnut Paste (osteoporosis)
- 3) Barley Paste (whitening and freckling)
- 4) Lotus Leaf Hawthorn Tea (remove fat, weight loss, slimming)
- 5) Bright Eyes Wolfberry Astragalus Hoangtchy Porridge (reduce eye disease)
- 6) Clear Intestines Juice (constipation)
- 7) Wolfberry Soy Bean Milk

Date: 17/04/19, Wed

Time: 2pm-4pm or 7pm-9pm

Fees: \$120, offer: \$38 (come with a new student, the new student is free)

Address: Atrix Blg 82 Lorong 23 Geylang #01-03 Singapore 388409

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



导师：游子老师

【肩颈.芳疗精油调配DIY】

- 了解肩颈经络穴位
- 了解配方调配精油
- 治疗手法（学习及实操）

报名热线:67470069
62943588/90605747

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

日期： 20/4/19

时间： 1-3pm

\$48 (赠DIY精油10ml)

预防慢性病的新世纪饮食法

——潘秀霞老师

美国哈佛大学针对现代人常有的现代文明病（肥胖、心血管疾病等），设计出预防现代文明病的新世纪饮食观。以现代医学观点而言，若能遵循「新的金字塔饮食」，加上保持理想体重和每日适量的运动，便能有效地减少罹患你慢性疾病的机会，尤其是心血管疾病，女性可降低到 30%、男性降低到 40%



潘秀霞/Anna Phua

日期 (Date): 25/04/19, 星期四 (Thur)

时间 (Time): 2pm-4pm or 7pm-9pm

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

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

A New Century Food method for Prevention of chronic Diseases

——Anna Phua

In view of modern civilized diseases (obesity, cardiovascular disease, etc.), Harvard University has designed a new century food concept to prevent modern civilized diseases. In modern medicine, following the "New Pyramid Diet", coupled with the ideal weight and proper daily exercise, can effectively reduce your chances of developing chronic diseases, especially cardiovascular disease, to 30% for women. Men down to 40%.

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
- 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
- 365 防癌教育协会特约讲师/委员

About Anna Phua

- Anna's Cooking Arts Culinary School
- 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
- 365 Cancer Prevention Society Food Therapy Speaker/ Committee Member

免费
(Free)