

<p>15.06.19 星期六/Sat 2pm-4pm</p> <p><b>学费: \$18</b></p> <p><b>彬师傅 Chef Ben</b></p>	<p><b><u>彬师傅拿手好菜</u></b></p> <p>冰镇咕噜肉 咖啡叉烧 红烧狮子头 养眼果汁 香蕉菠菜椰子汁 (四肢水肿)</p>	<p><b><u>Special Dishes by Chef Ben</u></b></p> <p>Iced Sweet and Sour Pork Coffee Roasted Pork Braised Pork Ball in Brown Sauce Eye-nourishing Juice Banana Spinach Coconut Juice (Limb edema)</p>
<p>25.06.19 星期二/Tue 2pm-4pm</p> <p><b>原价: \$60</b> <b>特价: \$18</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>有益于骨质的健康饮料</u></b></p> <p><b><u>每天摄取 2 杯不让骨质流失</u></b> 每天简单的运动 15 分钟, 让你的骨质年轻 15 岁。 钙不够, 骨骼支撑力不够, 脸部、颈部会产生很多皱纹, 骨质疏松。 <b><u>什么是高钙的食物?</u></b> 浓郁的香草杏仁奶 黑芝麻杏仁美人奶 巧克力牛肉果布丁 很好吃的高钙黑芝麻面包抹酱 (瘦身, 增加好胆固醇)</p>	<p><b><u>Healthy Beverages for Bone</u></b></p> <p><b><u>2 Cups a Day to prevent bone loss</u></b> Simple exercises 15 minutes a day, let your bone 15 years younger Lack of calcium will cause bone support, face, neck with wrinkles and osteoporosis <b><u>What is the high calcium food?</u></b> Creamy Vanilla Almond Milk Black Sesame Almond Smoothie Chocolate Avocado Pudding High Calcium Black Sesame paste for Bread</p>
<p>29.06.19 星期六/Sat 2pm-4pm</p> <p><b>学费: \$350</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>商业鸡饭</u></b></p> <p>白切鸡 秘制鸡淋酱 蒜香饭 特制辣椒酱 咸菜泡菜</p>	<p><b><u>Commercial Popular Delight-Chicken Rice</u></b></p> <p>Poached Chicken Special Chicken Sauce Garlic Fragrant Rice Special Chilli Sauce Pickled Salted Vegetable</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)**

**网站: [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)**

**邮箱: [coyaku@yahoo.com.sg](mailto:coyaku@yahoo.com.sg)**

# 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

# HEALTH

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

讲师资历

## Anna

潘秀霞老师

- 学费: \$150, 特价: \$75 • 上课时间: 22/6/2019 星期六
- 报名热线: 67470069/62943588/90605747 (请预先报名, 每班限10人)
- 上课地址: AtrixBlg (oppAljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409

# Green Latte One Day Detox Camp

**Slimming, liver protection, improve eyesight, moisturizing,  
whitening, detoxification and slimming**

7 days to do in vivo environmental protection natural health lecture + demonstration.  
A cup of tea every day, let the plant power improve your "self-healing power"  
Say goodbye to your three-hyper and fatness.

## **8 benefits of green food for the human body**

- Improve nutrient absorption rate
- Improve constipation
- Prevent colds, cancers and other diseases and help to improve beauty
- Quickly eliminate toxins from the body and delay bowel to aging
- Not easy to edema
- Healthy weight loss
- Addressing hidden hunger
- Prevent body dehydration

## **10 green latte formulas**

- Demonstrate 5 kinds of green latte, and how to prepare the ingredients
- Precautions for cleaning vegetables
- How to drink on the healthy way?
- The method of green vegetable and fruit juice detoxification and loss 5kg in 10 days.
- 13 Q&A about green latte



讲师资历

**Anna**

潘秀霞老师

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

- Fees: \$150 **Offer: \$75** • Time: 22/6/2019 Sat
- Tel : 67470069 / 62943588 / 90605747 (Only 10 seats, register now)
- Address : 82 Lorong 23 Geylang #01-03 S 388409

# 早上断食, 90%的毛病都会消失!

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!



潘秀霞老师

✓现任“潘秀霞烹饪剧场”院长

✓365防癌教育协会特约讲师/委员, 养生达人潘秀霞

✓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! \*请拨打电话预先报名**

**日期: 28/06/2019 星期五2pm-4pm**

**原价: \$80, 特价: \$15**

**报名热线: 67470069/90605747**

**上课地址: Atrix Bldg**

**(阿裕尼地铁站对面) 82 Lor 23 Geylang #01-03 S 388409**



**示范:** 五汁饮 (预防高血压、糖尿病、大肠癌)  
黑糖姜茶 (提高免疫力、促进解毒, 净化体内)

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

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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 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

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**Limit 20 seats, register now! \*\*Please call us to register first.**

**Date: 28/06/2019 Fri 2pm-4pm**

**Course Fees: \$80, Offer: \$15**

**Tel: 67470069/90605747**

**Address: Atrix Bldg (opp Aljunied MRT)**

**82 Lor 23 Geylang #01-03 S 388409**



**DEMO :**

Five Juices Drink (Prevention of Hypertension, Diabetes, Colorectal Cancer)

Black sugar ginger tea (to improve immunity, promote detoxification, purify the body)

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