

<p>19.07.19 星期五/Fri 2pm-4pm& 7pm-9pm</p> <p>Fees: \$80 Offer: \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>一周两天轻断食 (三个月内减去 9kg)</u></p> <p>第一天: 早餐: 补充体力蔬果汁 (抗老化, 保护眼睛, 使肌肤保持年轻, 帮助新陈代谢) 午餐: 杏仁酱拌彩蔬 (肠道清道夫) 晚餐: 萝卜野菇味增汤 (改善便秘、腹泻, 预防高血压、癌症罹患率)</p>	<p><u>Light Fasting Two Days One Week</u> (helps weight loss 9 kg within three months)</p> <p>First day: Breakfast: Energy Vegetable Juice (anti-aging, protects eyes, keep skin young, helps metabolism) Lunch: Almond Sauce Color Vegetable (clean intestines) Dinner: Radish Mushroom Miso Soup (prevent constipation and diarrhoea, prevent high blood pressure, helps reduce cancer risks.)</p>
<p>23.07.19 星期五/Fri 2pm-4pm</p> <p>Fees: \$80 Offer: \$38 调理机会员: \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>喝出自愈力</u></p> <p>随便吃下肚的感冒药、止咳药、安眠药, 都可能影响你一辈子的健康!</p> <p><u>让身体不生病的排毒配方:</u></p> <p>①免疫力: 高 C 柠檬梨汁 (化痰保护气管) ②眼睛保健: 惊奇千里眼果汁 ③记忆力: 健脑核桃青汁 ④消除腹部赘肉: 减重香蕉薏仁浆 ⑤水肿、S 曲线: 薏仁黑豆浆 (热) ⑥便秘: 香蕉黑芝麻浆 ⑦高血压: 神奇马铃薯 (防止老废物堆积, 强化肠胃、血液循环顺畅)</p>	<p><u>Drink Self-healing Power</u></p> <p>Taking any cold medicine, cough medicine, sleeping pills, may affect your health throughout your life!</p> <p><u>Non-sick formula for detoxification:</u></p> <p>①Immunity: High C Lemon Pear Juice (remove phlegm protection trachea) ②Protect Eyes: Wonder Thousand Eye Juice ③Memory: Strengthen Brain Walnut Green Juice ④Eliminate Abdominal Flab: Slim Banana Barley Milk ⑤Edema, S-curve: Barley Black Soy Milk (hot) ⑥Constipation: Banana Black Sesame Milk ⑦High Blood: Magic Potato (prevent the accumulation of old waste, strengthen stomach, smooth circulation of blood)</p>
<p>27.07.19 星期六/Sat 2pm-4pm</p> <p>Fees: \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>潘老师私房菜</u></p> <p>1) 招牌药膳猪肚鸡 2) 章鱼鸡粒有味饭 3) 港式金蚝满屋 (腌蚝干)</p>	<p><u>Anna Classic Cooking Series</u></p> <p>1) Signature medicinal pork belly chicken 2) Octopus Diced Chicken Fragrant Rice 3) Hong Kong Style Marinade Dried Oyster</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 欢迎登陆我们的网站: www.annascookingarts.com.sg

<p>30.07.19 星期二/Tue 2pm-4pm</p> <p>Fees: \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业咖椰班</u></p> <p>海南焦糖咖椰 娘惹香兰咖椰 香港'法兰西'面包(夹心:香蕉,草莓) 配枫糖浆 牛油香脆咖椰面包 蒸方块面包沾热咖椰</p>	<p><u>Popular Kaya Business Class</u></p> <p>Hainanese Caramel Kaya Nonya Pandan Kaya H.K French Toast (egg & butter; Banana / Strawberry Filling) with Maple Syrup Grilled Crispy Bread with Kaya and Butter Thai Steamed Bread with Thai Kaya</p>
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上课地址: Atrix Blg 82 Lorong 23 Geylang #01-03 Singapore 388409

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

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清肠、排毒、净血、瘦身

排毒防癌

DETOX



ANNA PHUA

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TANNIE LEONG

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RBCLIFE GOLD DIRECTOR

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马来西亚中华自然医学协会营养师

人寿保险管理课程导师

马来西亚电台“算盘女子”

节目嘉宾讲师

DATE 日期: 18/07/2019 THURSDAY 星期四

TIME 时间: 2PM

VENUE 地点: Atrix Big (OPP Aljunied MRT) 82 Lorong 23 Geylang #01-03
Singapore 3888409

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

天天吃好菌，吃出肠道蠕动力

讲座&烹饪示范 —— 潘秀霞老师



示范：阳光疗法 —— 综合莓 Yogurt 早餐

可以预防：

- 1) 动脉硬化症、心律不整、心肌梗塞
- 2) 关节炎
- 3) 中风
- 4) 肝病（脂肪氧化、硬化）
- 5) 肠胃病（便秘、溃疡）
- 6) 湿症等皮肤病
- 7) 老年病及脑力退化与免疫系统疾病

示范：DIY Yogurt

- 1) 健胃整肠，改变肠内细菌的生态及平衡
- 2) 调节免疫力，提高免疫系统
- 3) 降低胆固醇，并促进肝脏排毒
- 4) 预防细菌感染
- 5) 达到口腔保健功效
- 6) 富含钙元素，可预防骨质疏松症
- 7) 可压制致癌物质的生成



日期：26/07/2019 FRIDAY 星期五

时间：2PM – 4PM

地点：Atrix Big (OPP Aljunied MRT) 82 Lorong 23 Geylang
#01-03 Singapore 3888409

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

学费：

\$18

EAT GOOD BACTERIA EVERY DAY, INCREASE INTESTINAL PERISTALSIS POWER

Lecture & Cooking Demonstration



Demonstration: Sunshine Therapy - Integrated Raspberry Yogurt Breakfast

Can prevent:

- 1) Atherosclerosis, arrhythmia, myocardial infarction
- 2) Arthritis
- 3) Stroke
- 4) Liver disease (fat oxidation, hardening)
- 5) Gastrointestinal disease (constipation, ulcer)
- 6) Skin diseases (eczema)
- 7) Geriatric diseases and mental deterioration and immune system diseases

Demonstration: DIY Yogurt

- 1) Strengthen the stomach and intestines, change the ecology and balance of bacteria in the intestine
- 2) Regulate immunity and improve immune system
- 3) Lower cholesterol and promote liver detoxification
- 4) Prevention of bacterial infections
- 5) Oral health care
- 6) It is rich in calcium and can prevent osteoporosis
- 7) Suppress the formation of carcinogens



DATE: 26/07/2019 FRIDAY 星期五

TIME: 2PM – 4PM

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Fees:

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