

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>24.08.19 星期六/Sat 2pm-4pm</p> <p>原价:\$120 首 10位 特价: \$99</p> <p>潘秀霞老师 Anna Phua</p> | <p><u>潘老师私房菜</u></p> <p>1) 商业麻坡乌达 2) 台式海鲜粥 3) 虾壳上汤</p> | <p><u>Anna Classic Cooking Series</u></p> <p>1) Commercial Muar Otak 2) Taiwan Style Seafood Porridge 3) Shrimp Shell Soup</p> |
| <p>27.08.19 星期二/Tue 2pm-4pm</p> <p>原价:\$80 首 15位 特价: \$18</p> <p>潘秀霞老师 Anna Phua</p> | <p><u>活力早餐</u></p> <p>QQ 综合坚果燕麦糕 (降三高, 减重) 养生台南碗粿 (简单, 美味) 瘦下半身十谷米浆(降三高, 补钙, 清宿便) 美白薏仁浆 (浅化斑, 利尿, 消除肝火)</p> | <p><u>Energy Breakfast</u></p> <p>QQ Mixed Nuts Oat Kueh Healthy Taiwan Wa Kueh Whole Grain Drink (Easy, delicious, slimming for lower half of your body, Lower blood sugar, blood cholesterol and blood pressure, enrich calcium, help digestion) Whitening Barley Paste (helps liver, skin pigmentation and urinary tract)</p> |
| <p>28.08.19 星期三/Wed 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>1) 南乳炸肉 2) 啤酒猪手 3) 自制鱼丸 4) 马来辣椒酱 5) 咖啡冰沙</p> | <p><u>Special Dishes by Chef Ben</u></p> <p>1) Crispy Nam Yu Pork 2) Braised Pettitoes with Beer 3) Homemade fish balls 4) Malay chili sauce 5) Coffee smoothie</p> |

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|---|---|--|
| <p>30.08.19 星期五/Fri 2pm-4pm 原价:\$80 首 15位 特价 : \$18 潘秀霞老师 Anna Phua</p> | <p>活力精力汤</p> <p>黑五宝(热)(补气血, 增加抗病能力) 超级排毒豆浆(加 4 种纤维素, 含 B17 坚果, 抗癌防癌, 消除疲劳, 预防心血管疾病) 火龙果活力果汁(分解脂肪, 预防便秘, 帮助消化) 莲藕苹果汁(降血糖, 血脂, 血压)</p> | <p>Energy Soup</p> <p>Black Five Treasures(hot) (enrich blood, enhance immunity) Super Detox Soya Bean Milk (add 4 kinds Celluloses, Nuts with B17, prevent cancer, reduce tiredness, prevent heart and arteries disease) Dragon Fruit Energy Juice (breaks down fat, prevents constipation, helps digestion) Lotus Apple Juice (lower blood sugar, blood cholesterol and blood pressure)</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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邮箱: coyaku@yahoo.com.sg



新加坡国际餐饮业顾问
潘秀霞老师

吃好菌， 不如养好菌！

免疫系统的两道防线是什么？
你是否拥有过敏性疾病与皮肤不适？
直接食用好菌，是好还是坏？
因长期工作压力与环境导致便秘？
益生菌生成物对各年龄层的实际益处

示范：

- 黑枣木耳露（可促进肠胃蠕动，帮助排便）
- 高纤香蕉优格乳（可增加肠道好菌，预防便秘）

20/8/2019 星期二
2PM – 4PM

82 Lor 23 Geylang (opp Aljunied MRT),
#01-03, S388409

特价：
\$10!

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International Food & Beverage Consultant
Chef Anna Phua

IMPROVE BACTERIA IS BETTER THAN TO EAT GOOD BACTERIA!

What are the two lines defense of the immune system?
Do you have allergic diseases and skin discomfort?
Is it good or bad to eat good bacteria directly?
Constipation caused by long-term work stress and the environment?
Practical benefits of probiotics for all ages

Demonstration:

- Black Dates Fungus Syrup (promote gastrointestinal peristalsis, help defecation)
- High Fiber Banana Yogurt (increase intestinal good bacteria, prevent constipation)

20/8/2019 Tuesday
2PM – 4PM

82 Lor 23 Geylang (opp Aljunied MRT),
#01-03, S388409

Special
price:
\$10!

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茶葉養生保健安全課綱

—— 潘秀霞老师 & 蔡师傅

讲授正确使用茶饮保健的基本知识，开拓以茶入食疗、养生健体的保健新思维。

指导内容：

- 六大茶类的基础认识及冲泡技巧简介
- 健康养生饮茶
- 健康安全识茶
- 花与茶并配制作
- 茶饮咖啡化的冲泡概念
- 茶叶知识 Q & A

示范：可品尝多种茶叶

- 降低血液里的油脂成分，解决三酸甘油酯、胆固醇等
- 降低血糖中的多杂性糖化合物，保持血液干净
- 降三高
- 抗癌，增加人体免疫系统



上课时间：20/08/2019 星期二 7PM

上课地址：Atrix Bldg 82 Lorong 23 Geylang
#01-03 S 388409

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特价：\$10

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新加坡餐饮业顾问 —— 潘秀霞老师

打开身体自愈力， 让你年轻十岁！

提高免疫力的明星食材是什么？

高蛋白，好脂肪饮食的解读

怎么让骨骼变年轻？

需补充什么才能战胜老化？

示范：

清血蔬果汁（清除胆固醇和钠、预防心脏病、
血压上升和便秘）

日期：22/08/2019 星期四

时间：2PM – 4PM

地点：82 Lor 23 Geylang (opp Aljunied MRT)

#01-03 S388409

特别来宾：梁雪梅营养师（各种症状的 Q & A）



ANNA PHUA

潘秀霞老师

新加坡新传媒电视 / 972&958 电台

座上嘉宾

餐饮顾问 / 作者

健康养生达人 / 自然疗法师

365 防癌教育协会食疗顾问及委员



TANNIE LEONG

梁雪梅营养师

RBCLIFE GOLD DIRECTOR

RBC LIFE ACADEMY TRAINER

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



免费！



Coyaku Food Products Pte Ltd 82 Lor 23 Geylang(opp Aljunied MRT) #01-03 Singapore 388409

International Food & Beverage Consultant

— **Chef Anna Phua**

Open the body's self-healing power, Let you be 10 years younger!

What is the famous food that improves immunity?

Interpretation of high protein and good fat diet

How to make bones younger?

What needs to be added to overcome aging?

Demonstration:

Cleansing Blood Vege Fruit Juice (clearing cholesterol and sodium, preventing heart disease, blood pressure rise and constipation)

Date: 22/08/2019 Thursday

Time: 2PM – 4PM

Address: 82 Lor 23 Geylang (opp Aljunied MRT)
#01-03 S 388409

Special Guest: Ms Tannie Leong (Q & A of various illnesses)



ANNA PHUA

Singapore Mediacorp / 972 & 958
radio station guest
Catering consultant / Author
Health Preservative / Diet
Therapist
365 Anti-Cancer Education
Association Dietary Consultant
and Committee



TANNIE LEONG

RBCLIFE GOLD DIRECTOR
RBC LIFE ACADEMY TRAINER
Nutritionist, Malaysian Chinese
Natural Medicine Association
Malaysian Radio "Abacus
Woman"
Show guest lecturer



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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

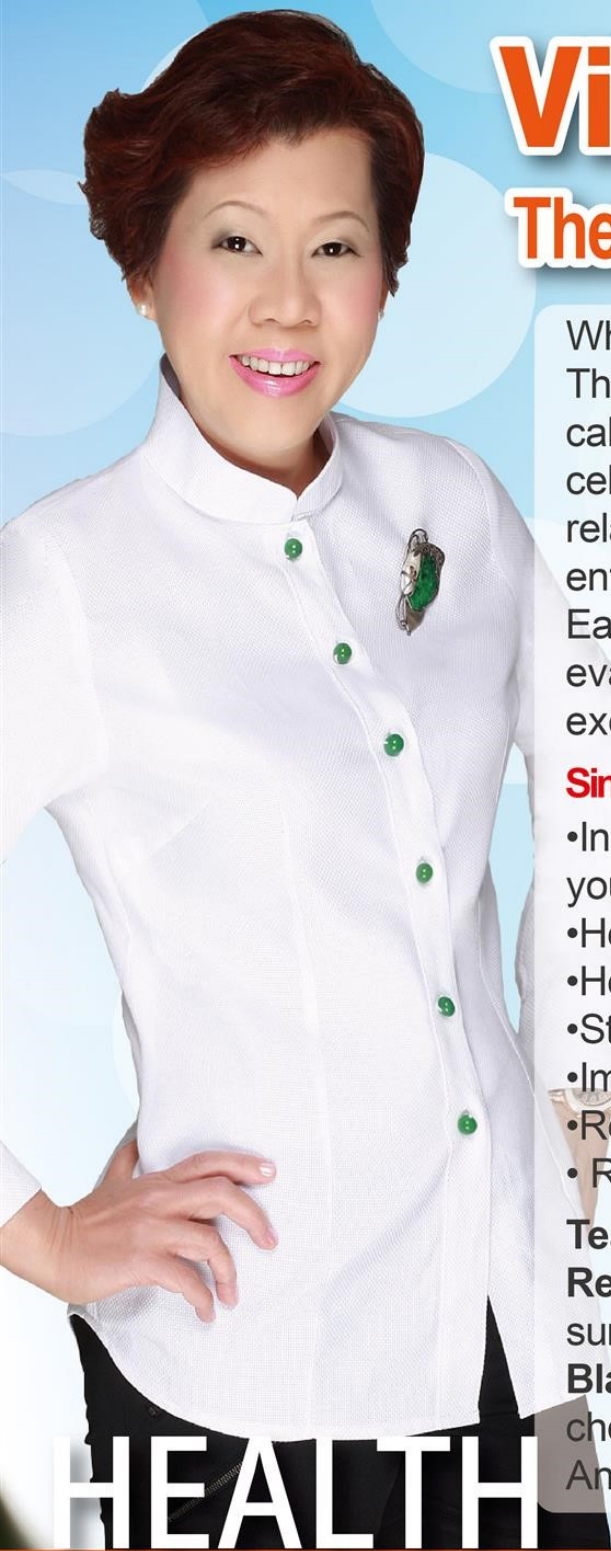
• 学费: \$10 • 上课时间: 31/08/2019 星期六, 2PM - 4PM

• 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)

ABOUT ANNA PHUA

Anna

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 : \$10
- Time: 31/08/2019 Saturday, 2PM - 4PM
- Tel : 67470069 / 62943588 / 90605747
- Address : 82 Lorong 23 Geylang #01-03 S 388409

Anna's Cooking Arts
learn create enjoy



一对一 食疗指导 (健康又美丽)

新加坡著名养生达人 —— 潘秀霞老师



预约热线: 67470069 /
62943588 / 90605747



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

地址:

潘秀霞烹饪剧场 /
Anna's Cooking
Arts

Arix Building
(opp Aljunied
MRT) 82 Lor 23
Geylang #01-03,
S388409

指导优势:

结合潘老师 45 年丰富知识与经验

指导内容:

体质检测 (凉
性、热性等)

身高体重比例检
测

症状分析

健康小知识:

红灯食物 (避免吃)、
黄灯食物 (少吃)、绿
灯食物 (放心吃)

科学排餐 (有食谱)

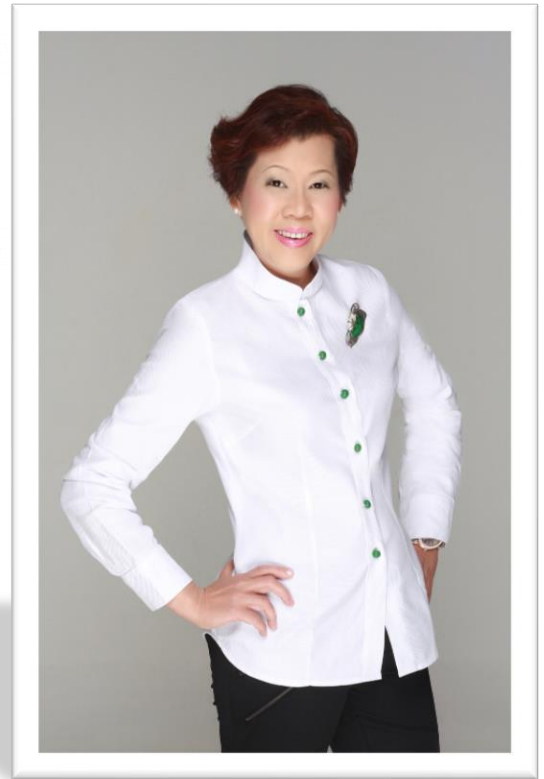
潘老师针对性辅导, 建
议

学费: \$100 /1.5hr

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1 TO 1 DIET THERAPY

(HEALTHY AND BEAUTIFUL)

SINGAPORE'S FAMOUS HEALTH CARE CONSULTANT — CHEF ANNA PHUA



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Arts

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(opp Aljunied
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S388409

Guiding advantage: Combining Chef
Anna's 45 years of knowledge and
experience

CONTENT:

Physical
examination

Height and
weight ratio
test

Symptom
analysis

TIPS:

Red light food (avoid),
yellow light food
(less), green light food
(safe)

Scientific meal (with
recipes)

Counseling and
advice

Fees: \$100 /1.5hr

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