

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>24.09.19 星期二/Tue 2pm-4pm</p> <p>Fees: \$80 特价: \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>每天一杯蔬果精力汤</u> <u>(帮助胃大扫除, 排出体内脂肪, 瘦小腹)</u></p> <p>去脂燕麦坚果奶 (可增加大肠蠕动, 帮助排便) 地瓜蔬果冷汤 (有助于消化, 并帮助排除宿便, 让小腹变平坦) 美肠水果汁 (维持肠道健康) 荷叶山楂茶 (降压、降脂、降肝火)</p>	<p><u>Everyday Fruit and Vegetable Energy Soup (helps defo without dieting, support slim stomach)</u></p> <p>Oat Nut Milk (help bowel elimination) Sweet Potato Fruit and Vegetable Cold Soup (help digestion, bowel elimination and slimming) Beauty Gut Fruit Juice (maintain intestinal health) Lotus Leaf Hawthorn Tea (lower blood pressure, fat and liver-fire)</p>
<p>27.09.19 星期五/Fri 2pm-4pm</p> <p>Fees: \$80 特价: \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>最强发酵乳酸菌高丽菜 (新)</u> <u>(变美、变瘦不容易生病)</u></p> <p>10 分钟就能完成慢慢的膳食纤维和乳酸菌, 整顿肠道环境, 排解累积体内的毒素 DIY 乳酸高丽菜泡菜 柴鱼酱油乳酸高丽菜 乳酸高丽菜酸辣汤 韩式拌饭 (玄米南瓜饭、韩式辣肉酱、凉拌豆芽、凉拌乳酸高丽菜)</p>	<p><u>The Most Fermented Probiotic Cabbage (New) (become beauty & thin, not easy to fall ill)</u></p> <p>10 minutes to complete the slow diet fiber and probiotic, rectifying the intestinal environment, relieve the accumulation of toxins in the body DIY Probiotic Cabbage Pickles Katsuo Fish Soy Sauce Probiotic Cabbage Probiotic Cabbage Sour Chilli Soup Bibimbap (Brown Rice with Pumpkin, Korean Spicy Meat Sauce, Cold Mix Sprouts, Cold Mix Probiotic Cabbage)</p>
<p>28.09.19 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) 人气鸡蟹煲 2) 台式脆瓜卤蛋蒸肉圆 3) 软 Q 杏仁豆腐 (新)</p>	<p><u>Anna Classic Cooking Series</u></p> <p>1) Popular Chicken Crab Pot 2) Taiwan Pickled Cucumber Marinated Egg Steamed Meatballs 3) Soft Q Almond Tofu (New)</p>

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<p>30.09.19 星期一/Mon</p> <p>2pm-4pm</p> <p>Fees: \$80</p> <p>Offer: \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p>三天断糖排毒法</p> <p>不挨饿、不断食、轻松达到延缓老化, 改善高血压、糖尿病、痛风、活化脑部, 消除忧郁, 预防失智症、瘦身、美肌</p> <p>怎样吃最有效? 外食者如何选择三餐? 哪一餐断糖最有效?</p> <p>早餐: 排毒精力汤 午餐: 味增关东煮根茎蔬菜汤 晚餐: 和风凉拌鸡丝沙拉</p>	<p>3 Days No Sugar Detoxification Method</p> <p>No Hunger, no food fasting, Relax anti- aging Prevent 3 highs, diabetes, gout Mental alertness, calm mood, prevent dementia, slimming, improves skin</p> <p>How to eat the most effective? How to choose 3 meals for people who eat out? Which meal that fast sugar is the most effective?</p> <p>Breakfast: Detoxification energy Soup Lunch: Miso Oden Root Vegetable soup Dinner: Wafu Shredded Chicken Salad</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)

网站: www.annascookingarts.com.sg

邮箱: coyaku@yahoo.com.sg

NATURAL · HEALTH

如何延缓老化 预防三高的 养生工法

精彩内容

退化是影响银发族
生活品质的关键因素!?

- 什么是退化?为何会退化?
- 退化会导致银发族面临什么问题?
- 如何轻易改善三高、膝盖疼痛等退化现象,守护健康。
- 自然疗愈老师教您最完整的养生提案:食养+动养+心养。

自然疗愈健康大师

Sunny Wang 王香莉老师

• 学费: \$10 • 上课时间: 6/9/19 fri 2pm, 7/9/19 sat 2pm

• 报名热线: 67470069/62943588/90605747

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

NATURAL · HEALTH

How to delay aging The 'Three High' of prevention

Content

Degradation is a key factor affecting the quality life of the elderly.

What is degradation? Why does it happen?

What problems can be caused by degradation?

How to resolve the problem of 'Three High', knee pain and etc.
The health advice from natural healing coach: Food, Exercise and Mentality

Naturopathy Therapist

Sunny Wang

• Fees : \$10 • Time : 6/9/19 fri 2pm, 7/9/19 sat 2pm

• Hotline : 67470069/62943588/90605747

• Address : 82 Lorong 23 Geylang #01-03 S 388409

自然疗愈师———潘秀霞老师

头部刮痧与淋巴排毒の 经络按摩

是否经常面对头晕、头痛、记忆力衰退等问题？

长期失眠，大脑供血不足？

压力过大，导致脱发问题逐渐严重？

经络按摩的功效：

- 改善头部血液供应，疏通经络、防止衰老，重塑V型小脸蛋，水嫩有弹性的肌肤，去除皱纹，活化气血、代谢毒素
- 缓解头疼，偏头痛、改善腰酸背痛
- 改善睡眠，排除肝、胆、膀胱毒素
- 预防乳癌和三高
- 活化脑细胞、纾解压力、缓和情绪



学费：\$38 上课时间：10/09/2019 星期二 / 05/10/2019 星期六

上课时间：2PM – 4PM

报名热线：67470069 / 62943588 / 90605747

地址：82 Lorong 23 Geylang #01-03, Singapore 388409

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Natural Healing Coach ——— Ms. Anna Phua

Head scraping and lymphatic detoxification Meridian massage

Do you feel dizziness, headache, memory loss and other issues?
Long-term insomnia, insufficient blood supply to the brain?
Excessive stress, leading to serious hair loss problems?

The Function of Meridian massage:

- Improve blood supply to the head, dredge meridians, prevent aging, reshape V-shaped face, leaves skin smooth and supple, remove wrinkles, activate blood, metabolize toxins
- Relieve headaches, migraine, improve back pain
- Improve sleep quality, eliminate liver, gallbladder, bladder toxins
- Prevention of breast cancer and three high
- Activate brain cells, relieve stress, and ease emotions



Fees: \$38 Date: 10/09/2019 Tuesday / 05/10/2019 Saturday

Time: 2PM – 4PM

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不老不病不胖 奇迹饮食!

老化的元凶是什么?
造成代谢衰退的原因是什么?
如何让血管保持年轻?
如何预防癌症和失智症?
早、午、晚餐的正确吃法
最轻松的减肥方法

示范:

红宝石石榴苹果香蕉奶昔



ANNA PHUA

潘秀蕤老师

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 抗癌教育协会食疗顾问及委员



免费!



上课时间: 25/9/2019 星期三 2PM - 4PM

上课地址: 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)



TANNIE LEONG

梁雪梅营养师

RBC LIFE 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

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NOT OLD, NOT SICK, NOT FAT MIRACLE DIET!

What is the culprit of aging?
What is the cause of the metabolic decline?
How to keep blood vessels young?
How to prevent cancer and dementia?
The correct way to eat breakfast, lunch, and dinner

The easiest way to lose weight
Demonstration:
Ruby Guava Banana Milkshake



FREE!



TANNIE LEONG

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

Date & Time: 25/9/2019 星期三 2PM – 4PM

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

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

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