

<p>19.10.19 星期六/Sat 2pm-4pm</p> <p>Fees: \$38 调理机会员 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>绝对会瘦的饮食法讲座 (一)</u> 明明努力减肥却仍减不下来, 关键在于孝素不足。 以果汁取代早餐, 轻松甩掉赘肉。 简单有动每天做得到!</p> <p><u>每晨一杯高代谢孝素果汁</u> 排毒精力汤 (经典排肝配方) (预防糖尿病、肝炎、胃溃疡及贫血保健)</p> <p>强化免疫力蔬果汁 (防癌、防感冒)</p> <p>特调精力蔬果汁 (对眼睛、牙齿、骨骼、肝、肠、胃有帮助)</p> <p>红颜甜菜汁 (补血、补钙、保肝) (含维生素 C, B12 造血营养, 提供身体生成红血球的不足, 红血球可携带氧气到个细胞有助于脑部, 血气量增加帮助思绪更清晰)</p> <p>额外: 早晨第一杯补气补血茶 糙米核桃花生糊 (热) (高钙、抗压、预防便秘、补脑, 让皮肤有光泽)</p>	<p><u>Absolute Weigh Loss of Diet Method (1)</u> Trying hard to lose weight but disappointed? Your lack of enzyme may be the main problem. Juice instead of breakfast, easily get rid of cellulite. Simple exercises can be done every day</p> <p><u>One Cup of Hypermetabolism Enzyme Vegetable and Fruit Juice in Daily Morning</u> Classic Liver Detoxification, Detoxification energy Soup (health care for prevention of diabetes, hepatitis, gastric ulcer and anaemia)</p> <p>Strengthen Willpower (prevent cancer and cold)</p> <p>Special blend of energy vegetable juice (good for eyes, teeth, bones, liver, intestines and stomach)</p> <p>Beauty Beet Juice (enrich the blood, calcium supplement, liver protection) (contains vitamin C, B12 hematopoietic nutrition, provides the body with enough red blood cells to carry oxygen to each cell, which helps the brain, and increases blood flow to help clear the mind.)</p> <p>Bonus: The first morning cup of blood regulating tea Brown Rice Walnut Peanut Dessert (hot) (high calcium, anti-stress, prevent constipation, nourish the brain and make the skin shiny)</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)

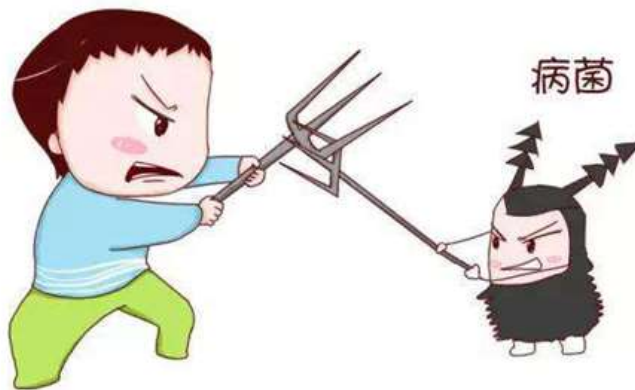
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Ebook: <http://bit.ly/2kMUJ3a>

启动自愈力，与病绝缘

START SELF-HEALING AND DISEASE INSULATION



Date & Time : 16/10/2019 (Wednesday) 2PM – 4PM

日期 & 时间 : 2019 年 10 月 16 日 (星期三) 下午 2 点至 4 点

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



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Consultant Chef Anna Phua

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Talk + Demonstration of Vegetable and Fruit Juice
Detoxification

- 薏仁糙米枸杞浆 (早、午餐)

Barley Brown Rice Wolfberry Paste (Breakfast, Lunch)

- 活力木瓜优格乳 (早餐)

Energy Papaya Yogurt (Breakfast)

- 番茄薏仁汁 (早上空腹)

Tomato Barley Juice (Empty stomach in the morning)

- 香柠葡萄汁

Lemon Grape Juice

(示范 2 道 / Demo for 2 recipes)

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ANNA PHUA
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radio station guest
Catering consultant / Author
Health Preservative / Diet
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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: 22/10/2019
TUESDAY 星期二
TIME 时间: 2PM
VENUE 地点:
Atrix Big (OPP Aljunied MRT)
82 Lorong 23 Geylang
#01-03 Singapore 3888409