

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 Tel: **6747 0069 or 6294 3588 or 90605747**

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欢迎登陆我们的网站: www.annascookingarts.com.sg

<p>7.12.19 星期六/Sat 2pm-4pm</p> <p>Fee: \$90 特价: \$45</p> <p>潘秀霞老师 Anna Phua</p>	<p>潘老师养生私房菜 最新酿造法 - 7 天酿出又香又浓红糟酒</p> <p>红糟鸡面线</p> <p>红糟排骨</p>	<p>Hock Chew Tradition Cooking Latest Brewing Method-7 Days for Wine Making</p> <p>Red Braised Chicken Mee Sua</p> <p>Fermented Red Wine Braised Pork Ribs</p>
<p>27.12.19 星期五/Fri 2pm-4pm</p> <p>Fee: \$90 特价: \$45</p> <p>潘秀霞老师 Anna Phua</p>	<p>大排档招牌菜 腐皮老福建虾枣</p> <p>老福建炒苏东面</p> <p>秘制峇拉煎辣椒</p>	<p>Top Hokkien Favourites Traditional Hokkien Beancurd Prawns Ball</p> <p>Traditional Hokkien Sotong Noodles</p> <p>Secret Balachan Chili</p>
<p>28.12.19 星期六/Sat 2pm-4pm</p> <p>学费: \$80 特价: \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p>享瘦美美过年 七天轻食乐活, 让你撒掉 2-3 公斤 早、午、晚餐料理</p> <ul style="list-style-type: none"> • 高丽菜护胃果汁(改善胃胀气,修护肠胃) • 日式彩虹沙拉(秘制好吃沙拉酱汁) • 凉拌荞麦面 • 清除淋巴毒素法(5 分钟干刷等于 30 分钟激烈运动) <p><u>好处:</u> 保持淋巴系统通畅 促进新陈代谢 清除皮肤表面的死细胞,使皮肤有弹性</p>	<p>Enjoy Feasting without Putting Weight and Fats in Chinese New Year 7 days weight loss fruit that helps to shed 2-3 kg Breakfast, Lunch and Dinner</p> <ul style="list-style-type: none"> • Cabbage Stomach Care Juice (to improve bloating and intestine repair) • Apple Red Carrot Banana Juice • Japanese Rainbow Salad (Secret Salad Sauce) • Cold Buckwheat Noodles • Clear Lymphotoxin (5 minutes of dry brush equal to 30 minutes of intensive exercise) <p>Benefits: To Keep the lymphatic system clear Promote metabolism Clear the surface of the skin of dead cells, enable skin to stay elastic</p>

上课地址: Atrix Blg 82 Lorong 23 Geylang #01-03 Singapore 388409

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

一天血液解毒法

3 週解毒计划，战胜慢性病！

入场免费，
只限 30 位



日期：2019 年 12 月 10 日（星期二）

时间：下午 2 点至 4 点

地址：82 Lor 23 Geylang #01-03 S388409（阿裕尼地铁站对面）



- 血液被污染会发生各种疾病
- 血液变干净，跳脱一辈子吃药的宿命
- 摆脱药物，才能培养免疫力

示范：

1 天 1 杯净血果汁

红萝卜+芹菜汁

降血压、胆固醇与中性脂肪

三分钟预防脑中风穴道按摩法

新加坡国际餐饮业顾问及
自然疗愈师

潘秀霞

One Day Detox Method

3 Weeks Detox Plan, Helps Chronic Diseases!

Free Entrance
Limit 30 Seats



Date: 10 December 2019 (Tuesday)

Time: 2pm-4pm

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



**International
Food & Beverage
Health Preservative
Diet Therapist**

Consultant: Anna Phua

- Blood is contaminated and various diseases occur
- Helps in cleansing blood, promotes immunity
- Break the vicious cycle of diseases and illness

DEMO :

1 Day 1 Cup of Cleansing Blood Vege Fruit Juice

Carrot +Celery Juice

Lower blood pressure cholesterol and neutral fat

Three minutes to prevent stroke point

The above benefits are by no means intended as a self-guide. Always require a physician to establish their cause and to help in deciding on the right treatment. All Rights Reserved . No part of these recipe sheets may be reproduced, stored in a retrieval system or transmitted in any form , or by any means, electronic, mechanical ,photocopying , recording or otherwise, without prior permission in writing from Coyaku Food Products Pte Ltd.