

Anna's Cooking Arts  
learn create enjoy



# 绝对会瘦的饮食法讲座



明明努力减肥却仍减不下来，关键在于酵素不足。

以果汁取代早餐，轻松甩掉赘肉。

简单有效每天做得到！

日期：12/11/2019（星期二）

入场免费

时间：2pm-4pm

只限 20 位

报名热线：67470069/62943588/90605747

地址：Atrix Building 82 Lorong 23 Geylang #01-03,

Singapore 388409（阿裕尼地铁站对面）

潘老师示范：

- 燃烧脂肪果汁
- 美白快瘦果汁

自然疗愈师：潘秀霞

特别来宾：

梁雪梅营养师

（各种症状的营养师）



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

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

梁雪梅老师

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



# Absolute Weight Loss of Diet Method



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

**Date: 12/11/2019 (Tuesday)**

**Free Entrance**

**Time: 2pm-4pm**

**Limit 20 seats**

**Hotline: 67470069/62943588/90605747**

**Address: Atrix Building 82 Lorong 23 Geylang #01-03, Singapore 388409 (Opposite Aljunied MRT)**

Demonstration:

- Burn Fat Fruit Juice
- Whiten & Slimming Juice

Natural Healer:

Chef Anna Phua

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

RBC LIFE GOLD DIRECTOR

RBC LIFE ACADEMY TRAINER

Nutritionist, Malaysian Chinese

Natural Medicine Association

Malaysian Radio "Abacus Woman"

Show guest lecturer

# 自制纯天然精油香水

讲师：Belinda (dōTERRA 健康倡导者会员)



日期：16/11/2019 (星期六)

时间：1PM-3PM

地址：ATRIX BUILDING 82 LORONG 23 GEYLANG #01-03,  
SINGAPORE 388409 (阿裕尼地铁站对面)

报名热线：67470069 / 62943588 / 90605747

会员价：\$35 + 讲义 (请自带 10 大精油+ 椰子精油)

非会员价：\$48 + 讲义

以下是课程内容 + 带回的东西：

- 1) 自制纯天然精油香水      2) 芳香腋窝膏      3) 身体磨砂膏

# Healthy & Natural Making DIY Workshop

**Speaker: Belinda** (dōTERRA wellness advocate member)



**DATE: 16/11/2019 (SATURDAY)**

**TIME: 1PM-3PM**

**ADDRESS: ATRIX BUILDING 82 LORONG 23 GEYLANG #01-03  
SINGAPORE 388409 (OPPOSITE ALJUNIED MRT STATION)**

**HOTLINE: 67470069 / 62943588 / 90605747**

**Member Price S\$35 (with Materials)**

**(Pls bring your 10 Essential Oils + Coconut Essential Oil)**

**Non-Member Price S\$48 (with Materials)**

**Bring Home your hand-made:**

**Aroma Blends**

**1) Pure & Natural Essential oil Perfume 2) Natural Deodorant**

**3) Body Scrub with Himalayan Salt & or Brown Sugar**

每天 5 分钟

学费半价：\$18

# DIY 头部刮痧与淋巴排毒 经络按摩

日期：23/11/2019 星期六

时间：2PM-4PM

报名热线：

67470069/62943588/90605747

地址：Atrix Building 82 Lorong 23 Geylang #01-03,  
Singapore 388409 (阿裕尼地铁站对面)

## 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
- \* 预防中风及失智症



自然疗愈师：  
潘秀霞老师

**Fees (half price) : \$18**

5 minutes a day

# DIY Head Scraping and Lymphatic Detoxification Meridian Massage

**DATE: 23/11/2019 SAT**

**TIME: 2PM-4PM**

**Hotline:**

**67470069/62943588/90605747**

Address: Atrix Building 82 Lorong 23 Geylang #01-03,  
Singapore 388409 (Opposite Aljunied MRT Station)

## **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
- Prevent stroke and dementia



**Natural Healing Coach —  
Ms. Anna Phua**

入场免费  
只限 20 位

# 律动改变我的人生

## 久坐带来的危机

您知道“久坐”会给你带来重大危机吗？

我们一直以为久坐只会让下半身臃肿或腰酸背痛，  
现在最新的研究发现，坐太久是人类新杀手。  
多坐 1 小时，剪寿 22 分钟，相当于抽 2 根烟的危害。  
只要坐着，你就让自己陷入重大疾病的危机。

来宾讲师：  
自然疗愈健康大师  
Sunny 王香莉 老师



自然疗法师  
Anna 潘秀霞 老师



日期：25/11/2019（星期一）

时间：7pm-9pm

报名热线：67470069 / 62943588 / 90605747

地址：Atrix Building 82 Lorong 23 Geylang #01-03  
Singapore 388409 (阿裕尼地铁站对面)



Free  
Entrance  
Limit 20  
seats

# Vibration Therapy Changes My Life

## The Dangers of Long Sitting

Did you know that sitting too long can cause major health crisis?  
We always think that it just causes big belly or back ache,  
However a new study has found that it is a new killer --  
An extra hour of sitting will shorten 22 minutes of your life  
or equivalent of smoking two cigarettes.

Special Guest:  
Naturopathy Therapist  
Sunny Wang



Health Preservative /  
Diet Therapist  
Anna Phua



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**Date: 25/11/2019 (Monday)**

**Time: 7pm-9pm**

**Hotline: 67470069 / 62943588 / 90605747**

**Address: Atrix Building 82 Lorong 23 Geylang #01-03**

**Singapore 388409 (Opposite Aljunied MRT Station)**

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学费：\$18



# 100 岁不失智的饮食法

什么食物触动你的长寿基因。早餐、午餐、晚餐、该怎么吃。  
在外面用餐时该怎样选择食物用餐顺序。

**日期：26/11/2019（星期二）**

**时间：2PM-4PM**

地址：

ATRIX BUILDING 82 LORONG 23 GEYLANG #01-03, SINGAPORE 388409  
(阿裕尼地铁站对面)

**报名热线：67470069/62943588/90605747**



潘老师示范：

葡萄蔬果汁：维护血管柔软并稳定血压

美肌草莓香蕉豆奶：补充维生素 C、B6 及类黄酮

预防失智症：葡萄蓝莓果汁

**Fees: \$18**



## **LONGEVITY & ANTI-DEMENTIA WORKSHOP**

Discover the top anti-aging foods that promote long, healthy life! Easy meals for breakfast, lunch and dinner. Golden rules of choosing anti-aging foods when eating out.

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**DATE: 26/11/2019 (TUESDAY)**

**TIME: 2PM-4PM**

ADDRESS: ATRIX BUILDING 82 LORONG 23 GEYLANG #01-03, SINGAPORE 388409  
(OPPOSITE ALJUNIED MRT STATION)

**HOTLINE: 67470069/62943588/90605747**

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Teacher Anna will demonstrate

Grape & Greens Juice: helps healthy blood pressure

Youthful Skin Strawberry Banana Soy Shake: high Vitamin C & B6 for strong immunity

Boost Memory: Grape & Blueberry Juice

# 律动疗法

学费: \$10

名额有限, 仅限 20  
位, 报名从速。

全世界最轻松的养生运动



日期: 30/11/2019 (星期六)

时间: 2pm-4pm

报名热线:

67470069/62943588/90605747

地址: Atrix Building

82 Lorong 23 Geylang #01-03, Singapore 388409

讲师: 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。

## 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 \*改善腿脚无力易于跌倒问题、慢性病问题
- 刺激青少年长高
- 改善心血管功能
- 改善帕金森氏症

## 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)

# VIBRATION THERAPY

## THE EASIEST EXERCISE IN THE WORLD

**Fees: \$10**

Seats are limited, only 20 pax.  
Sign up now.



**Date: 30/11/2019 SAT**

**Time: 2pm-4pm**

**Hotline:**

**67470069/62943588/90605747**

**Address : Atrix Building**

**82 Lorong 23 Geylang #01-03, Singapore 388409**

*Anna Phua, a nutrition expert and food & beverage consultant, is the principal of Anna's Coking Arts. With more than 40 years of culinary experience under her belt.*

### **Simple and easy exercise 15 minutes twice per day:**

- Increase bone density and have your bone 15 years younger.
- Helps balance hormone
- Stimulates teenagers' growth
- Helps reduce fat accumulation
- Improve 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.)

**High Calcium Almond Milk** (prevents osteoporosis, increases good cholesterol)

# ANNA'S COOKING ART

**Address: Atrix Building 82 Lorong 23 Geylang**

**#01-03 Singapore 388409**

**(Opposite Aljunied MRT Station)**

**Website: [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)**

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

**E-book : <http://bit.ly/2kMUJ3a>**

**Hotline: 67470069/62943588/90605747 (Whatsapp)**

有兴趣报名课程的朋友们，可以通过 Whatsapp  
或拨打我们的热线。如果你希望收到每月的课程表，  
也可以信息通知我们。

谢谢! 😊