

<p>3.1.2020 星期五/Fri 2pm-4pm</p> <p><b>学费: \$80</b> <b>佳节促销: \$40</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>商业养生甜品</u></b></p> <p>芝麻糊 花生糊 杏仁糊 核桃糊</p> <p><b>黑芝麻的功效:</b> 改善贫血,便秘,高血压,高血脂,能使肌肤更光滑,让头发乌黑亮丽。</p> <p><b>花生的功效:</b> 有健脾润肺功效。</p> <p><b>杏仁的功效:</b> 祛痰,止咳,平喘,润肠,使肌肤光滑有弹性,预防动脉硬化,心脏病。</p> <p><b>核桃的功效:</b> 含有维生素 E, 有降血压,增加体力,失眠,抗癌及保护心脏等。</p>	<p><b><u>Commercial Health Preserving Dessert</u></b></p> <p>Sesame cream Peanut Cream Almond Cream Walnut Cream</p> <p><b>Benefits of Black Sesame Seeds:</b> Improve anemia, constipation, high blood pressure, high blood fat, can make the skin smoother, let hair black bright.</p> <p><b>Benefits of Peanut:</b> It has the effect of strengthening spleen and moistening lung.</p> <p><b>Benefits of Almond:</b> Dispel phlegm, relieve cough, relieve asthma, moisten intestines, make skin smooth and elastic, prevent arteriosclerosis and heart disease.</p> <p><b>Benefits of Walnut:</b> Contains vitamin E, which can reduce blood pressure, increase physical strength, insomnia, fight cancer and protect the heart.</p>
<p>4.1.2020 星期六/Sat 2pm-4pm</p> <p><b>学费: \$85</b> <b>材料费: \$25</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>潘老师秘制商业泡菜</u></b> (销售最受欢迎的人气泡菜)</p> <ul style="list-style-type: none"> <li>• 话梅黄梨木瓜酵素</li> </ul> <p><b>木瓜的功效:</b></p> <ul style="list-style-type: none"> <li>- 含有多种糖类、维生素、木瓜蛋白酶等营养成分。</li> <li>- 能使蛋白质与脂肪易于被人体消化、吸收,木瓜酵素有助于分解并加速蛋白质吸收。</li> <li>- 可缓解消化不良和胃炎症状,具有强健脾胃的功效。</li> </ul> <ul style="list-style-type: none"> <li>• 蜂蜜柚子白萝卜+泡菜</li> </ul> <p><b>白萝卜的功效:</b> 含有丰富的维他命,不但能清热解毒、帮助消化,还有抗癌的功效。</p>	<p><b><u>Anna's Secret Recipe of Commercial Pickles</u></b> (Promotion of favourite pickles)</p> <ul style="list-style-type: none"> <li>• Plum Candy Pineapple Papaya Enzymes</li> </ul> <p><b>Benefits of Papaya:</b> contains a variety of nutrients such as carbohydrates, vitamins, papain and so on, which can make protein and fat easy to be digested and absorbed by the human body. Papaya enzymes can help to break down and accelerate protein absorption and relieve symptoms of indigestion and gastritis. Have the effect of strengthening the spleen and stomach.</p> <ul style="list-style-type: none"> <li>• White radish with honey grapefruit and pickle</li> </ul> <p><b>Benefit of White Turnip:</b> contain rich vitamin, not only can clear heat detoxification helps digest, still have the effect that fight cancer</p>

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	<ul style="list-style-type: none"> <li>• 番石榴黄梨醋泡菜</li> </ul> <p><b>番石榴的功效:</b></p> <ul style="list-style-type: none"> <li>- 营养丰富,维生素 C 含量特高。</li> <li>- 果实具有治疗糖尿病及降血糖的药效,叶片也可以治腹泻。</li> <li>- 果实除鲜食外,还可加工成果汁,浓缩汁,果粉,果酱,浓缩浆,果冻等。</li> </ul> <p><b>醋的功效:</b></p> <ul style="list-style-type: none"> <li>- 净化血液、保持肠道健康、消除疲劳、促进消化吸收、防治心血管疾病和糖尿病、增强肝和肾功能、防治肥胖及养颜美容。</li> </ul> <p>** 每人可带三瓶回家, 价值\$50.70 😊</p>	<ul style="list-style-type: none"> <li>• Guava Pineapple Vinegar Pickles</li> </ul> <p><b>Benefits of Guava:</b> Guava is nutrient-rich and its Vitamin C content is particularly high. Fruit with a treatment of diabetes and blood glucose lowering. Efficacy, leaves can also cease diarrhea. In addition to fresh fruits, it can also be processed into juice, juice concentrate, fruit powder, jam, concentrated syrup, jelly and so on.</p> <p><b>Benefits of Vinegar:</b> Purify the blood, keep the intestinal tract healthy, eliminate fatigue, promote digestion and absorption, prevent cardiovascular disease and diabetes, and enhance liver and kidney functions, prevent obesity, and improve beauty</p> <p>** Each person can take back three bottles, worth \$50.70 😊</p>
<p>7.1.2020 星期二/Tue 2pm-4pm</p> <p><b>学费: \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>日本最新的气泡酵素水</u></b></p> <p><b>酵素的功效:</b></p> <ul style="list-style-type: none"> <li>- 发酵食品含纤维质, 维生素和矿物质, 增加肠胃有益菌。</li> <li>- 每天餐中摄取, 帮助消化, 去油脂, 促进新陈代谢, 和提升免疫力远离肥胖, 老化, 疾病。</li> </ul> <ul style="list-style-type: none"> <li>• 乌梅洛神花山楂气泡酵素 ** 山楂帮助消化</li> <li>• 综合水果酵素 (维生素 C/E、美发、美白、瘦身及强化免疫力)</li> <li>• 凤梨气泡酵素水</li> </ul> <p><b>凤梨的功效:</b> 凤梨含酵素, 能帮助消化分解蛋白质, 吃 2-3 片凤梨就能缓解胃肠消化不良。</p>	<p><b><u>Japan's Newest Bubble Enzyme Water</u></b></p> <p><b>Benefits of enzymes:</b> fermented food contains fiber, vitamins and minerals, increases the intake of healthy bacteria in the stomach every day, helps digestion, removes grease, promotes metabolism, and promotes immunity from obesity, aging, and disease.</p> <ul style="list-style-type: none"> <li>• Blotchy enzyme in hawthorn fruit ** Hawthorn helps digestion</li> <li>• Vitamin C/E fizzy water (Hairdressing, whitening, slimming and immunity strengthening)</li> <li>• Pineapple bubble enzyme water</li> </ul> <p><b>Benefits of pineapples:</b> pineapples contain enzymes that help digest and break down protein, and eating 2-3 slices of pineapples can ease gastrointestinal indigestion</p>