

<p>4.4.2020 星期六/Sat 2pm-4pm</p> <p><b>学费: \$10</b></p> <p>名额有限, 仅限 10 位, 报名从速</p> <p><b>潘秀霞老师 Anna Phua</b></p> <p><b>报名热线: 93868783/ 90605747</b></p>	<p><b><u>一日一杯创造窈窕美姿的健康饮</u></b> 带给你奇迹 6 种水讲座</p> <ol style="list-style-type: none"> <li>1) <b>高丽菜水</b> (减肥同时守护美丽肌肤, 改善皮肤免疫力, 预防胃溃疡)</li> <li>2) <b>橘皮水</b> (强化肠胃, 有益净化器官, 降体脂, 强化净化机能)</li> <li>3) <b>雪芝桑叶茶</b> (抗癌, 改善腹部肥胖, 强化肝功能)</li> <li>4) <b>决明子茶</b> (改善视力, 排出致癌物)</li> <li>5) <b>玄米茶</b> (预制浮肿, 改善便秘)</li> <li>6) <b>柠檬梅子茶</b> (扫除疲劳, 肠胃保健)</li> </ol>	<p><b><u>A cup a day to create slender and beautiful healthy drink</u></b> Bring you wonders 6 kinds of water lecture</p> <ol style="list-style-type: none"> <li>1) <b>cabbage water</b> (Lose weight at the same time protect beautiful skin, improve skin free Pestilence, prevention of gastric ulcer)</li> <li>2) <b>orange peel water</b> (strengthen intestines and stomach, beneficial purification of organs, healthy body fat, Enhanced purification function)</li> <li>3) <b>snow mulberry leaf tea</b> (anti-cancer, improve abdominal obesity, strengthen liver function)</li> <li>4) <b>cassia seed tea</b> (to improve vision and expel carcinogens)</li> <li>5) <b>Xuanmi tea</b> (precast edema, improve constipation)</li> <li>6) <b>Lemon plum tea</b> (to sweep away fatigue and improve gastrointestinal health)</li> </ol>
<p>11.4.2020 星期六/Sat 2pm-4pm</p> <p><b>学费: \$18</b></p> <p>名额有限, 仅限 10 位, 报名从速</p> <p><b>潘秀霞老师 Anna Phua</b></p> <p><b>报名热线: 93868783/ 90605747</b></p>	<p><b><u>启动自愈力, 与病绝缘</u></b> 讲座 + 排毒蔬果汁示范</p> <ul style="list-style-type: none"> <li>- 薏仁糙米枸杞浆 (早、午餐)</li> <li>- 活力木瓜优格乳 (早餐)</li> <li>- 番茄薏仁汁 (早上空腹)</li> <li>- 香柠檬葡萄汁</li> </ul>	<p><b><u>START SELF-HEALING AND DISEASE INSULATION</u></b> Talk + Demonstration of Vegetable and Fruit Juice Detoxification</p> <ul style="list-style-type: none"> <li>- <b>Barley Brown Rice Wolfberry Paste (Breakfast, Lunch)</b></li> <li>- <b>Energy Papaya Yogurt (Breakfast)</b></li> <li>- <b>Tomato Barley Juice (Empty stomach in the morning)</b></li> <li>- <b>Lemon Grape Juice</b></li> </ul>

<p>15.4.2020 星期三/Wed 2pm-4pm</p> <p><b>学费: \$10</b></p> <p>名额有限, 仅限 10 位, 报名从速</p> <p><b>潘秀霞老师</b> Anna Phua</p> <p><b>报名热线:</b> <b>93868783/</b> <b>90605747</b></p>	<p><b><u>律动疗法 (全世界最轻松的养生运动)</u></b></p> <p><b>每天简单的运动 15 分钟:</b></p> <ul style="list-style-type: none"> <li>• 增加骨质密度, 骨质年轻 15 岁</li> <li>• 刺激青少年长高</li> <li>• 降低脂肪堆积</li> <li>• 改善心血管功能</li> <li>• 改善糖尿病</li> <li>• 改善帕金森氏症</li> <li>• 改善身体荷尔蒙 *改善腿脚无力易于跌倒问题、慢性病问题</li> </ul> <p style="text-align: center;"><b>潘老师示范:</b></p> <p><b>红豆水</b> (利尿消肿, 稳定血压, 改善疲劳, 促进胃肠蠕动)</p> <p><b>黑豆水</b> (帮助排便, 降低胆固醇, 预防心血管疾病, 抗氧化, 改善水肿)</p> <p><b>高钙杏仁奶</b> (预防骨质疏松, 增加好的胆固醇)</p>	<p><b><u>Vibration Therapy (The easiest exercise in the world)</u></b></p> <p><b>Simple and easy exercise 15 minutes twice per day:</b></p> <ul style="list-style-type: none"> <li>• Increase bone density and have your bone 15 years younger.</li> <li>• Helps balance hormone</li> <li>• Stimulates teenagers' growth</li> <li>• Helps reduce fat accumulation</li> <li>• Improve cardiovascular functions</li> <li>• Reduces risks of Parkinson's disease</li> <li>• Reduces falls and chronic</li> </ul> <p style="text-align: center;"><b>Teacher Anna will demonstrate:</b></p> <p><b>Red Bean Drink</b> (reduce edema, lower blood pressure, reduce tired, helps for digestion)</p> <p><b>Black Bean Drink</b> (helps for constipation. Lower cholesterol. Prevent cardiovascular disease. Anti-aging and improve edema.)</p> <p><b>High Calcium Almond Milk</b> (prevents osteoporosis, increases good cholesterol)</p>
<p>18.4.2020 星期六/Sat 2pm-4pm</p> <p><b>学费: \$18</b></p> <p>名额有限, 仅限 10 位, 报名从速</p> <p><b>潘秀霞老师</b> Anna Phua</p> <p><b>报名热线:</b> <b>93868783/</b> <b>90605747</b></p>	<p><b><u>带给你奇迹 5 种水讲座</u></b></p> <p>喝水就能瘦? 再也不用尝试什么艰难的方法, 只要找到适合你的水, 然后在日常生活中自然的摄取就可以减肥。</p> <ol style="list-style-type: none"> <li>1) <b>水梨果汁</b> (帮助消化化痰, 预防大肠癌, 保护肺部)</li> <li>2) <b>苹果萝卜汁</b> (排除老废物, 改善便秘)</li> <li>3) <b>苹果山参人参山药果汁</b> (强化消化机能)</li> <li>4) <b>芹菜番茄汁</b> (排除肠内老废物, 消除疲劳)</li> <li>5) <b>桑椹香蕉果汁</b> (代餐) (预防便秘, 改善贫血)</li> </ol>	<p><b><u>Bring you wonders 5 kinds of water lecture</u></b></p> <p>Water can thin? No need to try any hard methods, just find the right water for you, and then in the daily life of natural intake can lose weight</p> <ol style="list-style-type: none"> <li>1) <b>pear juice</b> (helps to digest and dissolve phlegm, prevent colorectal cancer, and protect the lungs)</li> <li>2) <b>Apple and radish juice</b> (remove old wastes and improve constipation)</li> <li>3) <b>apple ginseng ginseng yam juice</b> (to enhance digestive function)</li> <li>4) <b>celery tomato juice</b> (remove old intestinal waste and eliminate fatigue)</li> <li>5) <b>mulberry banana juice</b> (meal replacement) (prevent constipation, improve anemia)</li> </ol>

<p>25.4.2020 星期六/Sat 2pm-4pm</p> <p><b>学费: \$18</b></p> <p><b>潘秀霞老师</b> Anna Phua</p> <p><b>报名热线:</b> <b>93868783/</b> <b>90605747</b></p>	<p><b><u>生命在于水，健康源于凉茶讲座</u></b></p> <p><b>清咽利喉:</b> <u>百部桑杏茶 (疏风清肺, 止咳化痰)</u> 功效: 适于风寒咳嗽, 百日咳, 慢性支气管炎等症</p> <p><b>防治感冒:</b> <u>伤风止咳茶</u> 功效: 解散热, 定喘止咳, 适用于伤风咳嗽、鼻塞流鼻涕。发热头疼。</p> <p><b>润肺止咳:</b> <u>鱼腥草川贝金银花茶</u> 功效: 清肺化痰、止咳平喘适用于病毒性肺炎引起的发热口渴, 痰黄。</p> <p><b>消炎解毒:</b> <u>湿疹清解茶</u> 功效: 清热解毒, 祛湿止痒</p>	<p><b><u>Life is water, health from herbal tea lectures</u></b></p> <p><b>Clear throat and sharp throat::</b> <u>Mulberry apricot tea (thin air, clear lung, cough and phlegm)</u> Efficacy: suitable for cold cough, pertussis, Chronic bronchitis</p> <p><b>Prevention and treatment of colds:</b> <u>A cold cough tea</u> Efficacy: dissolve heat, settle asthma and relieve cough, suitable for a cold, cough and runny nose. Fever and headache.</p> <p><b>Moistening lung cough:</b> <u>Houttuynia scallop honeysuckle tea</u> Efficacy: clear lung and reduce phlegm, relieve cough and relieve asthma.</p> <p><b>Anti-inflammatory and detoxification:</b> <u>Eczema clearing tea</u> Efficacy: <b>clearing away heat and toxic material, clearing damp antipruritic</b></p>
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