

<p>21.3.2020 星期六/Sat 2pm-4pm</p> <p>Fees: \$80 调理机会员: \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>健康三通</u> (气通,肠通,血脉通)</p> <p>好处: 减重,肌肤有弹性,精神好,有活力</p> <ol style="list-style-type: none"> 1. 净血果汁 2. 排宿便蔬果汁 3. 日式四色蔬菜汤(减肥,祛风,降低血糖,血压,皮肤发炎,便秘) <p>气通蜂蜜米浆</p>	<p><u>3 Body's Detox Points course</u></p> <p>Respiration + Digestion + Blood Circulation</p> <p>Benefits:Weight Loss, Supple Skin, Good Mental Concentration, More Energy</p> <ol style="list-style-type: none"> 1. Blood Detox Juice 2. Cleansing Vege Fruit Juice 3. Japanese 4-colour Vege Soup <p>Honey Brown Rice Beverage</p>
<p>26.3.2020 星期四/Thu 2pm-4pm</p> <p>学费: \$200 特价: \$50 (首 20 位)</p> <p>曹光裕教授 - 医学博士</p> <p>潘秀霞老师 - 自然疗愈师</p>	<p><u>强大身体自愈力讲座</u> <u>宫廷秘笈</u></p> <p>护肺、润肺、强肺、提高免疫力、增强抗病力 益气养阴、润肺止咳、健脾和胃、芳香化浊、清热祛温功效, 适合全家一起吃喝。</p> <p><u>食谱强化免疫力老火汤</u> (补气、健脾胃、润肺、祛湿)</p> <ol style="list-style-type: none"> 1. 西洋参沙参鸭肉汤 2. 山药莲藕排骨汤 3. 黑豆瘦肉汤 4. 薏仁瘦肉汤 5. 黄氏陈皮排骨汤 <p><u>一道疗愈, 药膳茶水</u></p> <ol style="list-style-type: none"> (1) 紫苏红枣茶 (2) 生姜红枣普洱茶 (3) 乌梅水 (4) 荞麦荷叶绿茶 (5) 山楂消带茶 (适合 7 岁以上人群。中医说脾胃积带百病丛生) <p>送: 10道秘方食谱 示范: 2道汤水</p>	<p><u>Powerful Body Self-Healing Course</u> <u>Palace's Soup and Tea Secrets</u></p> <p>Protect lung, moisten lung, strengthen lung, improve immunity, enhance disease resistance Tonifying qi and nourishing Yin, moistens lung and relieving cough, strengthening spleen and stomach, remove body's dampness, clear heatiness which cater for the whole family</p> <p><u>Recipe Strengthens Immunity Tradition Soup</u> (Qi, spleen and stomach, lung, clearing damp)</p> <ol style="list-style-type: none"> 1. American ginseng and ginseng duck soup 2. Yam and lotus root ribs soup 3. Black bean and lean pork soup 4. Coix seed lean meat soup 5. Huang's orange peel ribs soup <p><u>A Healing, Medicinal Tea</u></p> <ol style="list-style-type: none"> (1) Red date tea with basil (2) Ginger red date Pu-erh tea (3) The original water (4) Buckwheat lotus leaf green tea (5) Hawthorn Xiaotie tea (suitable for people over 7 years old. Traditional Chinese medicine says spleen and stomach creates many sicknesses. <p>Free: 10 secret recipes</p>

Atrix Blg (opp Aljunied MRT)

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

Email: coyaku@yahoo.com.sg

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

	2道茶水	Demonstration: 2 health healing Soup 2 health healing Tea
--	------	--