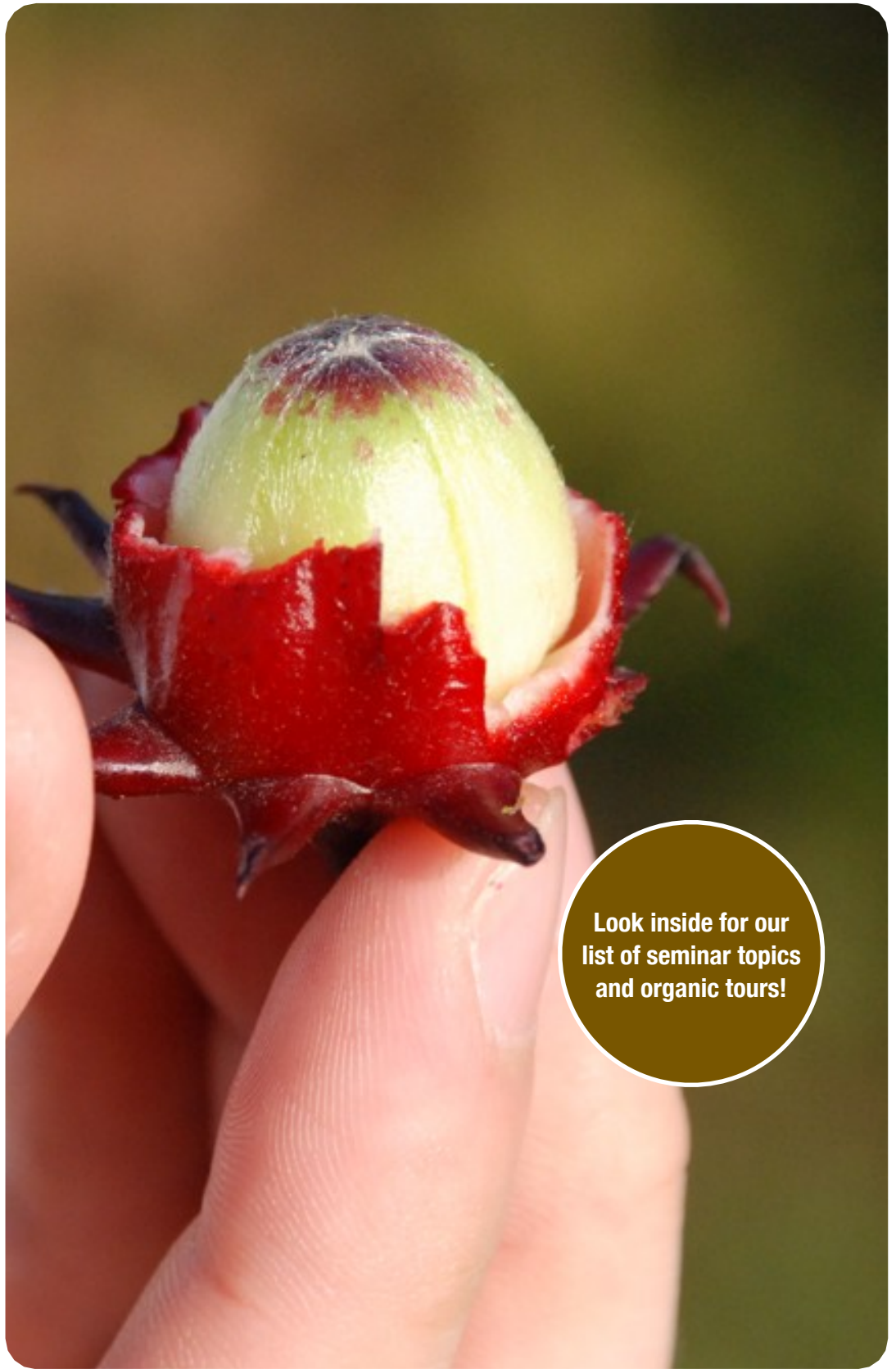


2012

# FOODS SCIENCE VEG EVA EARTH



Look inside for our list of seminar topics and organic tours!

## WHO WE ARE

Founded by Mr Wong Kee Yew in 2011, The Veg School strives to bring positive impact in people's lives through education in a scientific and eco friendly diet.

## VISION

We dream of a world, where people live healthily, in harmony with animals and the environment.

## MISSION

We vow to improve public wellness, minimize animal cruelty, and conserve the environment via a holistic plant based diet education.



**EAT WELL, LIVE WELL.**

**1**  
in 3 Singaporeans will die from cancer



**“It is health that is real wealth, and not pieces of gold and silver.”  
- Mahatma Gandhi**

The year 2011 has been a smash. Our first run of English language courses have just concluded, with an impressive turnout of over a hundred participants from all walks of life, both young and old.

Learning is a treasure that follows its owner everywhere. We have learnt as much from our students from their feedback, as much as they have benefitted from the knowledge and practical life skills imparted to them. Reconnecting your health never felt more satisfying to us.

**Reconnecting Your Health**

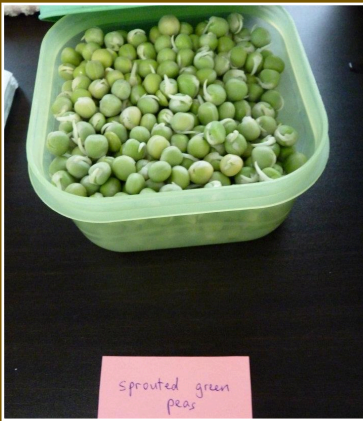
Education is of immense importance today. But if education is always to be conceived along the same antiquated lines of a mere transmission of knowledge, there is little to be hoped from it in the bettering of man's future. For what is the use of transmitting knowledge if the individual's total development lags behind?

Hence, we push on with our mission to educate the public on the benefits of a holistic plant based diet. At the end of the day, you are what you eat. And remember, health is wealth.

COURSES	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
	<p><b>The Basics of Healthy Diet</b></p> <p>Fundamentals &amp; foundations of healthy diet.</p>	<p><b>Organic Living</b></p> <p>Go fresh, ethical, and reap the rewards.</p>	<p><b>Detox &amp; Health</b></p> <p>How to cleanse your system and recharge your health.</p>	<p><b>Managing your Health Assets</b></p> <p>Secrets &amp; tips on managing your greatest asset.</p>



# LEVEL 1



## Did You Know?

Your mouth contains 10,000 taste buds, most of which are located on and around the tiny bumps on your tongue. Every taste bud detects five primary tastes:

- Sweet
- Sour
- Bitter
- Salty
- Umami

## The Basics of Healthy Diet

In every journey there is a beginning and an end. Sometimes we focus too much on a spectacular ending, but we neglect the importance of the beginning. Every traveller who embarks on a voyage must first properly pack his bags and leave his house. There can be no step two without step one.

As such, one does not become a vegetarian the day he says so. It would be akin to asking a smoker to quit instantaneously, of which failure is almost certain. The process encompasses a step by step gradual approach, with education on the basics of a healthy plant based diet as a fundamental.

This comprehensive course details all that you need to know on how to balance a nutritious plant based diet, what are the do's and don'ts, as well as the survival skills to

ensure an enjoyable journey into vegetarian lifestyle.

Learn more about the importance of water, grains, sprouting and a myriad of other healthy basic essentials. Why is brown rice good for you? And can you live on just brown rice and water? Let The Veg School take you on a paradigm shift from the normal healthy diet food pyramid, and dispel the myths behind healthy diet.

In addition, you will learn the key elements of a mindset needed to sustain your plant based diet and how to cultivate it. What happens the day you decide to become a vegetarian, and your boss asks everyone out for a meal at a famous BBQ restaurant? Learn the tips and tricks on how to manage your social life as a vegetarian.





## Organic Living

Today, we have bigger houses but smaller families, more convenience but less time, more degrees but less sense, more knowledge but less judgement, more experts but more problems, more medicines but less healthiness.

Therein lies the paradox of our age, according to the Dalai Lama.

One in three Singaporeans today die from cancer. We proclaim that we have evolved from the Agrarian Age, to the Industrial Age, and now finally the Information Age. One would have guessed that given all our knowledge, coupled with the enabling effects of the Internet, we would have learnt how to eat better and healthier.

Instead we have opted for the notion of a pill for every ill.

As such, we eat, drink, make merry, and more often than not wait till disaster strikes our health before we take the appropriate measures to

treat our illnesses. A lucky few recover after numerous hospital admissions and expensive drug treatments, only to repeat the cycle and find themselves trapped in deteriorating health. Others, let's just say they weren't so lucky.

Therefore, are we content in believing that this is "Life"? Or are we going to take responsibility back into our hands and claim back our health with a healthy organic diet? The term "Organic" is associated with "Life". Learn and understand the benefits of organic food, how to identify organic food, and how to harness the power of it to achieve a life full of vitality. In addition, dispel the myths behind certain notions of organic food.

Let your food be your medicine, and let your medicine be your food. Hippocrates was right and it could very well be the answer to the paradox of our age. Get educated. Get organic.

## LEVEL 2



### Healthy Class Discussions!

### Did You Know?

- In the United States, 940 million pounds of chemical pesticides were used in the year 2000. That's more than 3 pounds for every person in the country.

- United States consumers experience up to 70 daily exposures to residues from persistent organic pollutants through their diets.



# LEVEL 3



## Did You Know?

The human body accumulates heavy metals in toxic doses (in fat cells, central nervous system, bones, brains, glands, and hair) when exposed to high levels of the same, and this may have negative health effects. This is largely due to industrial leakages and agricultural runoff.

## Detox and Health

Every day, we are exposed to a myriad of toxins, be it from the air we breathe, the water we drink, or the food we eat. Just as we take a shower to get rid of all the externally accumulated sweat and dirt on our bodies at the end of a day, we detox to get rid of all toxins accumulated internally over a period of time.

From 30 day Cleansing detoxes to Herbal detoxes, fruit and lemon detoxes to water detoxes, one might ask- Do they work? And another question of immense importance is- Are they safe? Pick up the education that is necessary for you to make an informed decision on how to properly detox in this class.

This is a compact workshop comprising two complementing modules: Purification and Rejuvenation. In this workshop, you will learn the safe and effective way

to remove toxins from the body and bring back life force to it via raw diet.

You will learn the three major approaches to detox, the criteria for successful detoxification, its benefits, and how to apply a Detox regime properly. You will understand the importance and benefits of eating raw foods, and how biogenic living can aid your health by introducing "Life Force" into your diet. In addition, you will learn the acidity and alkalinity of various food groups, and how it can affect your detox regime.

Overall, you will learn the expert approach for a sleek body and radiant health that detoxification can offer, and return your body to balance and harmony. Life gets better only by getting rid of the bad stuff and adding good stuff back in. Get started with your detox education and regime today!



## Managing your Health Assets

If your health was a balance sheet, what would it look like? How much assets would you have, and what liabilities? Are we making a profit every year, or are we doing a losing business? To most of us, income and cash flow are everything. But then, what is the currency of health in this sense?

While people nowadays are generally conscious about the need for proper financial planning, very few people actually pay close attention to their bodily well being via proper management of their health assets.

The rampant incidences of degenerative diseases in today's modern society is one vivid indication of under-comprehension of our body system and the lack of education on wellness management.

In this course, your learning culminates with a discussion on how

these health assets (i.e. vital organs) play essential roles in our overall wellbeing, the crises these organs are facing, and the scientific reasons behind and how they are related to degenerative diseases such as cancer, diabetes, heart diseases etc.

Most importantly, Kee Yew will be sharing the strategies and techniques (such as dietetic nutrition, recipes and exercises) that would properly manage these precious health assets to prevent diseases and, even better, to achieve a vibrant healthy living!

Start today by learning how to get your balance sheet in health together by increasing your assets and decreasing your liabilities. Just as you can be financially free, you too can be liberated with good health all your life.

## LEVEL 4



### Did You Know?

Jeanne Louise Calment was a French supercentenarian who had the longest confirmed human life span, living to the age of 122 years and 164 days. She credited her long life to a healthy diet, olive oil (which she said she poured on all her food and rubbed onto her skin), port wine, and one kilogram of chocolate every week.



# 12-15

million hectares of forest are lost each year.



**ONE EARTH, ONE SHOT**



**“The greatest of follies is to sacrifice health for any other kind of happiness.”**  
 - Arthur Schopenhauer

“The whole vital process of the earth takes place so gradually and in periods of time which are so immense compared with the length of our life, that these changes are not observed, and before their course can be recorded from beginning to end, whole nations perish and are destroyed,” said Aristotle.

We are without doubt near a peak of our civilization. We build skyscrapers over 2,000 feet tall, jet from country to country in a matter of hours thanks to modern aviation technology, and reach millions of people

all over the world with advanced telecommunications technology and the Internet. All these would undoubtedly fill the Pharaohs of ancient times with much jealousy.

But at what cost? If scientific data holds true, we might have already passed Peak Oil. If so, what's next? Can we create a sustainable future for generations to come, so that our children may reap the rewards that we have sown today? There is one thing each and everyone of us can do right now- taking responsibility for our diet.

**Taking Responsibility**

SEMINARS	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
	<p><b>Diet for Hectic Lifestyles</b></p> <p>Counter stress at work with a plant based diet.</p>	<p><b>Preventive Medicine</b></p> <p>Prevention is better than cure. Find out what works.</p>	<p><b>Nutrition for Parenthood</b></p> <p>A plant based diet for that next big step in your life.</p>	<p><b>Diet &amp; Earth</b></p> <p>One earth, and what it takes to eat responsibly.</p>



# LEVEL 1



## Did You Know?

A condition called stress cardiomyopathy occurs when intense emotional or physical stress causes severe but reversible heart dysfunction. The patient experiences chest pain, and EKGs and echocardiograms indicate a heart attack, but further tests show no underlying obstructive coronary artery disease.

## Diet for Hectic Lifestyles

In today's society, employees work constantly to climb the corporate ladder while business owners stress over how to stay in business. Our lifestyles have become more hectic as we tend to overwork ourselves by working 10-12 hour workdays, which does not include burning the midnight oil during crunch time when projects rain in.

As such, this has largely resulted in the proliferation of fast food chains such as McDonald's, KFC, and Burger King around the globe. As we begin to sink under never ending piles of work and its resultant stress, we turn to convenience and fast foods that are poor in nutrition. This results in a spiral effect where our health begins to deteriorate given the increasing amounts of stress and decreasing amounts of nutrition from our food.

As a result, we find ourselves often in a bad mood, which affects our relationships with our family and friends. Therefore, a hectic lifestyle not properly managed can prove to be disastrous. One remedy to this form of hectic lifestyle is to return to loving and respecting the food that we eat.

We will share with you the dietetic consequences of a hectic lifestyle in a scientific manner, as well as provide the strategies and dietetic remedies for a hectic lifestyle. Learn more about indigestivity, why it is bad for you, and how you can reverse it completely.

Let your busy life be one that is full of satisfaction and holistic well being, by learning how to manage a hectic lifestyle, and implementing a diet to complement it so that you can bring out your fullest potential.



Eat well, Work well! :)



## Preventive Medicine

Nutritional supplementation is becoming a trend nowadays, be it for general wellness maintenance, anti-aging purposes, or even as a form of preventive medicine. This naturally attracts a lot of concerns and opinions on why, what, how and when should supplements be taken.

In Singapore, 12 people here die from cancer every day, while 24 people are diagnosed with it every day. As healthcare costs continue to rise, it is time for us to take responsibility for our own health, and not to wait till calamity strikes, to see a doctor, and find ourselves being hospitalized.

Therefore prevention is the key. In this aspect we have a plethora of herbs, herbal medicines, diets and nutritional supplements. From calcium pills to triple strength fish oils, and Acai to vitamins A-Z, we are bombarded today with an entire fleet

of nutritional supplements. Some tout to be the best vitamins and the utmost essential minerals, while some claim to be the universal all in one mega pill. But do taking all these pills really work?

We will be analyzing the topic of nutritional supplements in multiple perspectives. We will be analysing topics from the necessity of supplementation to the quality of supplementation, from the evolution of nutritionals supplement to technologies improvement. Also, we will discuss the general concerns of the proper administration of nutritional supplements, as well as the risks of supplementation.

Give your body the tools it needs to heal itself, and it will. Prevention is better than cure. Learn what it takes to be a true master of preventive medicine, and you will probably never have to see a doctor ever again.



## LEVEL 2



### Did You Know?

Did you know that all your fat cells are made by the age of 20? Beyond that age your body continues to store fat in existing cells, but it stops making new fat cells. This is why childhood obesity is an issue. The amount of fat cells we make during childhood set's our body's reference point for the number of fat cells for the rest of our lives.



## LEVEL 3



### Did You Know?

All women of child bearing age need to make sure they are getting enough folic acid. Folic Acid prevents birth defects by aiding with development of the nervous system of the fetus during the first few weeks of pregnancy. By the time women learn they are pregnant, this critical time of embryonic development has passed and folic acid will no longer help.

## Nutrition for Parenthood

When we talk about nutrition for well being nowadays, we naturally reflect that it is an issue of disease prevention. Although most people would agree that nutrition is important for all stages of life, few people take it to their hearts when it comes to family planning.

Today, childhood obesity is becoming a global epidemic. Take the UK for example. 1 in 4 UK kids are already overweight or obese by the age of 4. By 11 years old, this will have risen to 1 in 3. The UK has the highest childhood obesity rate in Europe.

But the problem does not just lie in a child's diet in his or her early years. What about the nutrition that a mother is getting for her baby during her pregnancy period? What foods should she be consuming in order for her to provide her child with optimum nutrition and give him or her the best

head start in life? These are but some of the dilemmas surrounding the topic on nutrition for parenthood.

At "Nutrition for Parenthood", we will be sharing some insights into parenthood planning from the perspectives of nutritional science, covering a spectrum of topics on,

- diet for vitality and fertility,
  - appropriate nutritional supplementation
  - detoxification
  - organic lifestyle
- all for a better generation to come.

Also, at the sharing session, we will also be pointing out the nutritional and dietary pitfalls that young couples often face, as well as touch on the key foods and ingredients for healthy parents and healthy babies!



Love, Life, Food



## Diet & Earth

Food makes the world go round. It is energy that sustains all of life's activities, and to many, it lies at the core of their cultures. Indeed, food is an amazing facet of different people's lives, and connects us all to our universal understanding that everything comes from this one Earth that we inhabit.

However, few people know that that our food choices are closely related to the environment and our Earth's ecological balance. Current global warming and heavy environmental pollution is largely related to people's uncontrolled diets.

Adopting a healthy plant based diet will point out how to protect our fragile Earth. One by one, we will reveal the consequences of excessive meat consumption on the environment. Our lecture will also clarify the truth behind the persistence of our organic farming

instinct inherent in people since ancient times. We will also discuss food self-sufficiency, population boom corrections, and the current biochemical transformation of our food industry.

This final lecture provides a scientific point of view from a macro-ecological perspective through modern life, the importance of environmental protection via a holistic plant based diet, as well as unlock major doubts and build confidence in people on the road towards greater health and well being.

Together, we can make a difference to our lives and our Earth by first going back to basics. We need to go back to understanding and loving our food. Only then can we begin to appreciate it more, and give both our food and the Earth the respect it deserves.

## LEVEL 4



Earth  
Conscious



### Did You Know?

It takes more than 25,000 litres of water to produce 1 kg of beef?

It takes 200 times more water to produce 1 kg of beef than to produce 1 kg of potatoes.

The grains and soybeans that are fed to US livestock could feed 1.3 billion people.

# TOURS



**12** people here die from cancer every day.

**24** people are diagnosed every day.



**“A vacation is what you take when you can no longer take what you have been taking.” - Earl Wilson**

From the magnificence of Rome to the bustling streets of Tokyo, the Pyramids of Giza to the Big Apple in New York, and then what? Tour holidays these days are becoming more and more generic, from long bus rides to group picture taking sessions at scenic sights to mega buffets where we stuff ourselves to the limit. And the cycle repeats itself.

Our tours offer an entirely new approach to conventional tours. Welcome to the new age of medical

## Green Holiday

tourism. Stay in eco friendly luxurious accomodation, eat the best organic healthy foods ever, indulge in rejuvenating spas, and live a holiday full of vibrant health where you feel better charged with each passing day. Live among the mountains and forests, reconnect with nature, and indulge in a luxurious new experience bringing yourself back into balance and harmony with the environment. Have the best holiday ever!

TOURS	TITI ECO FARM	AENON CENTRE	BORNEO HIGHLANDS	ZENXIN ORGANIC FARM
	<b>Back to Nature</b>	<b>Natural Medicine</b>	<b>Paradise on Earth</b>	<b>Food with Love</b>



# TITI ECO FARM



## Did You Know?

According to estimates by the Environmental Working Group, the agency that developed the "Dirty Dozen" list, you can reduce your pesticide exposure by 80 percent simply by choosing organic versions of these 12 fruits and vegetables: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears.

## Back to Nature

The organic and sustainable agricultural movement is spreading rapidly worldwide because of health and environmental reasons. At Titi Eco Farm Resort in Malaysia, you can be part of this worldwide trend in consuming organic vegetables and fruits. At the farm, all crops are grown completely free of chemicals pesticides and chemical fertilizers.

Titi Eco Farm places great emphasis on building up fertile soil, and at the same time, maintaining a healthy and harmonious environment. They do so by making their own compost and organic fertilizers within the farm to ensure that the fruits and vegetables are of the highest quality. The farm also practices crop rotation, mixed planting, and use predators for natural pest and disease control.

Initially, the owners Mr. and Mrs. Lim Mok Lai started the organic farm because of their enthusiasm in

countryside lifestyles and their love for the tranquility of nature. However, after receiving lots of courage and invitation from friends, they decided to expand their farm to promote the idea of environmental preservation to the public and to offer everyone an opportunity to protect our degrading global environment.

Now the quiet, comfortable, and chemical free farm is a perfect place for you to relax and enjoy the fresh organic food experience immersed in nature. Within the 40 acres land is a long house and several semi-detached chalets to accommodate up to 100 people at one time and a multipurpose hall to accommodate up to 100 people. Around the farm comprises an organic vegetable farm, an organic fruits farm, a poultry farm, fish ponds, lotus ponds, an ostrich and rabbit farm, a recreational centre and more.



Organic  
Tranquility



## Natural Medicine

Aenon Health Care operates a Lifestyle Center located about half an hour from Melaka town. The Lifestyle Center has the concept of a home-style live-in environment for interaction among the guests, as well as the freedom of space for those who want quiet time to themselves.

Established in 1999, the Lifestyle Center offers lifestyle programs that renew the body, mind and spirit. It provides guests with comfortable accommodation as well as health package programs to restore health through lifestyle medicine; incorporating health education, preventive medicine and simple natural remedies.

Today, many people suffer from degenerative diseases such as atherosclerotic heart disease, diabetes, obesity, high blood pressure, and various autoimmune diseases. Aenon offers a specially

designed and supervised health treatment program to restore health from many of these diseases. There is remarkable success or improvement in the following areas:

- Diabetes control
- Weight reduction and control
- High blood pressure control
- Heart disease reversal
- Stop smoking
- Arthritis
- Some autoimmune diseases
- Early cancer

Aenon treats primarily with nutrition (well balanced special diets, juicing, herbal teas, supplements), daily exercises, Swedish massages and various treatment modalities such as hydrotherapy, including the use of heated temperature controlled hot baths, fomentations, hot foot baths and Russian steam bath. Far infra-ray treatments and also colonic irrigation or enema cleansing may be recommended.

## AENON CENTRE



### Did You Know?

Organic foods, especially raw or non-processed, contain higher levels of beta carotene, vitamins C, D and E, health-promoting polyphenols, cancer-fighting antioxidants, flavonoids that help ward off heart disease, essential fatty acids, and essential minerals.



# BORNEO HIGHLANDS



## Did You Know?

Higher altitude places are linked to weight loss and longevity. Among the top countries in the US with the highest life expectancy were Colorado and Utah. Each country had an average elevation of 5,967 feet above sea level.

## Paradise on Earth

In this exclusive resort, amidst the cool temperature climate of the tropical highlands, you can get back to nature, back to basics and enjoy the healthy, invigorating lifestyle that you and your family have always wanted in an unique and exclusive setting that will revitalize your body and uplift your soul.

Located amid the untouched natural beauty of the lush tropical rainforest, this little haven is the perfect getaway from a hectic city life. Hide away in a natural surrounding teeming with unique flora and fauna and take pleasure in the relaxing serenity that is the Borneo Highlands Resort.

Sitting on the mountain plateau, 1,000 meters above sea level, on the Penrisen Range amongst the world's oldest and second largest rainforest, Borneo Highlands Resort offers a myriad of attractions, from the

enchancing Jungle Spa to the spectacular Hornbill Golf Course.

Guests can relish the cool mountain air, with temperatures between 18 and 28 degree Celsius all year round. To pamper your taste buds and satisfy your palate, Annah Rais Café (in-house restaurant) caters a range of special organic cuisine featuring fruits and vegetables from their very own organic farm. With high quality produce and tasteful culinary skills, healthy food can be surprisingly delicious.

At Borneo Highlands Resort, exclusivity and privacy is a priority. With only 30 rooms at the clubhouse and 10 rooms at the jungle cabins, the number of guests are limited and controlled to ensure a high level and exclusive standard of service towards valued guests, not to mention striving to maintain the resort as a place to relax and to be at peace with one's mind and body.





## Food with Love

Founded in 2001, Zenxin Agri-Organic Food is now the leading grower, distributor and retailer of organic produce in Malaysia and Singapore. Since its establishment, Zenxin Agri-Organic Food has been a trusted source of delicious and healthy foods grown without chemical fertilizers and pesticides.

Zenxin Organic Food is popular for its down-to-earth reputation and tasty organic vegetables and fruits. It offers about 60 varieties of vegetables and fruits grown without chemical elements. The whole operations of the company is certified organic by NASAA, Australia.

Zenxin Organic Park is the first open-to public organic farm in Malaysia, situated at Kluang, Johor, which is only one and half hour drive from Singapore. The park combines educational and recreational purposes, visitors can choose to

explore the farm on their own, on foot or by bicycle.

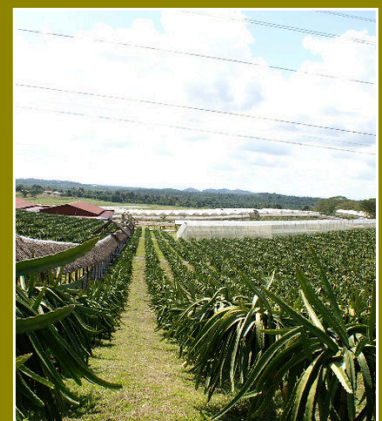
The one day tour package includes transport from Singapore to Zenxin Organic Park and back, a special guided tour in Zenxin Organic Park, organic steamboat lunch, a jungle walk at Gunung Lambak, Kluang, and dinner with set meals comprising mainly organic vegetables.

Zenxin is committed to producing organically-grown products of the highest quality by disallowing the use of chemical fertilizers and pesticides. It aims to achieve a high level of consumers satisfaction towards organic food. This one day tour is a perfect exemplification of what Zenxin does, and a great opportunity for the public to immerse themselves in the Zenxin experience and what they do on a daily basis.



# ZENXIN

## ORGANIC FARM



### Did You Know?

When it comes to organic, you know exactly what's in your food. GM crops and ingredients are banned in organic farming as are hydrogenated fats, artificial pesticides and it does not allow aspartame, tartrazine and monosodium glutamate to be used. Put simply, organic food is a more natural choice.



# AND MORE ...

**The world is a book, and those who do not travel read only one page...**

Similarly, the world is filled with many other distant scenic sites waiting for us to explore. It is filled with delicious organic foods from countries far away waiting for us to taste. Other than the previous mentioned tour locations, we also organize custom tours to Bali and Taiwan.

## Bali

On August 2010, the film version of Eat, Pray, Love starring Julia Roberts was released in theaters. It took place at Ubud and Padang- Padang Beach at Bali. You too can experience the purification and rejuvenation that Bali offers by joining us on our special tour to this wonderful place.

Engage in meditative yoga, marvel at the amazing scenery, relax in spas, and recharge with healthy organic foods. It is indeed a fabulous place to reconnect with nature and get away from a hectic city lifestyle. Do not miss this treasure of nature before it succumbs to over pollution caused by excessive tourism!

Visit Taiwan



## Taiwan

Besides super-sized fried chicken cutlets, oyster omelettes, chinese sausages and other local Taiwanese delicacies, you might be surprised to find out how delicious local organic cuisines can be as well.

The country is big on natural health and natural organic foods. Pamper yourself in natural hot springs as you sip down healthy local organic teas that reinvigorate both body and spirit.

Live in the mountains, soak in the scenery, and watch the sunset over a sumptuous organic dinner prepared by the locals. Life can't get any better than this.

Go Bali!



## Tours info

- Bali
- Taiwan
- KL Gourmet
- Janda Baik

These above mentioned tours are subject to availability and upon request from our clients who are interested. We provide customised tours to suit our guests needs.

# MIR WONG KEE YEW

Mr Wong Kee Yew is a graduate of Bachelor of Biotechnology (Hons.) from Australia. He has been working in the life science research sector for 10 years. Given his background, he pays particular interest in preventive medicine and health science.

Kee Yew became a vegetarian since 2002 and he has since been collecting data and doing research on

## Portfolio

[www.tinyurl.com/WongCV](http://www.tinyurl.com/WongCV)

[www.tinyurl.com/kyblog](http://www.tinyurl.com/kyblog)

vegetarian nutrition in his personal capacity. In 2003, he started to volunteer for the Vegetarian Society of Singapore and in 2004 became an Executive Committee member of the society for 2.5 years. During the course of volunteering for the Vegetarian Society, Kee Yew was dedicated in organizing vegetarian social dinners, vegetarian exhibitions, health talks, organic educational bus tours, and other forms of public education for various organizations including interviews and cooking demos on Radio FM 95.8, FM 93.8 and TV Channel U in Singapore.



**Eat Healthy,  
Live Healthy.**

Currently, Kee Yew focuses on giving talks to educate the public on the proper concept of healthful vegetarianism, as well as simple vegetarian cooking demo to entice people into taking more vegetables and less meat.



## THE VEG SCHOOL.

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## THE VEG SCHOOL.

**50 Chin Swee Rd, #09-04**

**Thong Chai Building, Singapore 169874**






This year, we are delighted to announce a partnership with Fudan University. We will be conducting courses both in Singapore and in Shanghai.

# 2012

COURSES	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
	<p><b>The Basics of Healthy Diet</b></p> <p>Fundamentals &amp; foundations of healthy diet.</p>	<p><b>Organic Living</b></p> <p>Go fresh, ethical, and reap the rewards.</p>	<p><b>Detox &amp; Health</b></p> <p>How to cleanse your system and recharge your health.</p>	<p><b>Managing your Health Assets</b></p> <p>Secrets &amp; tips on managing your greatest asset.</p>

SEMINARS	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
	<p><b>Diet for Hectic Lifestyles</b></p> <p>Counter stress at work with a plant based diet.</p>	<p><b>Preventive Medicine</b></p> <p>Prevention is better than cure. Find out what works.</p>	<p><b>Nutrition for Parenthood</b></p> <p>A plant based diet for that next big step in your life.</p>	<p><b>Diet &amp; Earth</b></p> <p>One earth, and what it takes to eat responsibly.</p>

TOURS	TITI ECO FARM	AENON CENTRE	BORNEO HIGHLANDS	ZENXIN ORGANIC FARM
	<p><b>Back to Nature</b></p>	<p><b>Natural Medicine</b></p>	<p><b>Paradise on Earth</b></p>	<p><b>Food with love</b></p>

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<http://www.facebook.com/TheVegSchool>