

2014 年素食学院与海印学佛会联办
《素食营养课程》

日期	简述
3 月 16 日, 23 日 星期日	<p>第一级：健康饮食基础（两讲）</p> <p>这项包罗广泛知识的基础课程将描述如何从植物摄取均衡的营养，概括健康素食方法的要领与误区。课程中也传授素食入门必备的善巧技术与心态，以便初学者能愉悦地、渐进地将素食实践于日常生活中。</p>
4 月 27 日 星期日	<p>第二级：有机人生（一讲）</p> <p>“有机人生”将让您对健康素食有更深入的理解。内容涵盖了解有机食品的益处，如何辨认有机食品，认识现代食品危机，以及如何透过正确有机饮食法，让生活充满活力。</p>
5 月 25 日 星期日	<p>第三级：排毒与活力饮食（一讲）</p> <p>这是个紧凑的课程,主要由两个互补的主题组成—净化与活力复原。课程将教导学生如何运用安全与有效的方法把体内的毒素排出体外，以及通过生食让我们的身体重新寻回生命力。</p>
6 月 15 日, 22 日 星期日	<p>第四级：素食养生（两讲）</p> <p>这项高级课程将阐述以素食作为基础的养生原则与技术。再从科学的角度，深入分析不同阶段的素食养生法如何促进心灵整体健康。</p>

时间：下午 1 点半至 5 点半

地点：海印学佛会 号芽笼 29 巷 新加坡邮区 388060

学费：新币 250 元（海印学佛会会员新币 150 元）

讲师：黄其铄先生

报名：请将姓名、电话、电邮、海印学佛会会员证号码（若有）和开课日期，发送至 91175756 或
info@TheVegSchool.net

素食学院(TheVegSchool.net) 是新加坡唯一采取系统化、渐进授课**新式**来提供公众健康饮食教育的机构。其课程概括广泛的素食健康知识与养生哲理、实用的生活化技巧传授和简易烹饪窍门等素食者受用的一切健康科学资讯。素食学校独特之处在于其循循善诱、身体力行的方式来熏陶素食新生以正确观念体会健康素食，秉持公益、护生、环保的理念来改善个人、公众与环境的健康。

讲师简介

黄其铄先生是一名生物工艺学士(Bach of Biotechnology)。毕业于澳洲弗林德斯大学(Flinders University of Adelaide)；从事生物医学研究十年。过去曾在 国立癌症中心研究胃癌;后期在基因组研究院任研究助理,专研干细胞。黄先生因此对医药保健颇有认知；尤其对预防医学保健特别关注。近年来，黄先生为了推广保健意识，曾担任新加坡素食协会委员；也积极给多个慈善福利团体办健康讲座、健康烹饪班和有机旅游；多次参与本地电台、电视健康饮食节目和访问。更多关于黄先生的资料：<http://tinyurl.com/WongCV>

[Vegetarian Nutrition Course]

co-organised by The Veg School and Sagaramudra Buddhist Society in 2014

Date	Description
Sep 21, 28 Sunday	<p style="text-align: center;">Level 1: The Basics of Healthy Diet (2 lessons)</p> <p>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 survival skills to ensure an enjoyable journey into vegetarian lifestyle.</p>
Oct 26 Sunday	<p style="text-align: center;">Level 2: Organic Living (1 lesson)</p> <p>This will bring you to the next level from healthy vegetarian, by understanding the benefits of organic food, learn how to identify organic food, and how to harness the power organic food to achieve a life full of vitality.</p>
Nov 16 Sunday	<p style="text-align: center;">Level 3: Detoxification & Biogenic Living (1 lesson)</p> <p>This is compact workshop comprising two complementing modules: Purification and Rejuvenation. In this workshop you will learn the safe and effective way to expulse toxins from the body and bring back life force to our body via raw diet.</p>
Nov 23, 30 Sunday	<p style="text-align: center;">Level 4: Vegetarian Healing (2 lessons)</p> <p>This is an advanced course, illustrating the core principles and techniques of healing via vegetarian diet. There will be in-depth and scientific analyses of different stages of vegetarian diet in relation to healing efficacy.</p>

This is Singapore's first comprehensive vegan nutrition and wellness education course.

At The Veg School, we teach you how to adopt a healthy and balanced vegetarian diet, with step-by-step guidance and personal follow-ups.

After you have attended enrichment courses at The Veg School, you will have a solid foundation on vegetarian nutrition and be able to customize a specific diet suitable for your own background.

Time : 1.30pm-5.30pm

Venue : Sagaramudra Buddhist Society, 5 Lorong 29 Geylang Singapore 388060.

Fee : S\$250 (S\$150 for Sagaramudra members)

Speaker : Wong Kee Yew

Registration : Kindly forward your Fullname, Email, Mobile number, Sagaramudra membership number (if applicable) and Course commence date to 91175756 or info@TheVegSchool.net

Speaker profile

The Veg School (TVS) is set up by Mr Wong Kee Yew, who is the director and principal speaker of the course. Kee Yew has a bachelor degree in Biotech (Hons.) from Australia and has worked in life science research sector for 10 years.

He became a vegetarian in 2002 and volunteered in various charity organization such as Vegetarian Society and Kampung Senang. Since 2003, he has been providing public vegetarian educations via seminars, workshops and organic tours for various organizations such as Civil Service College, ABB, Onaka, Awareness Place and many Buddhist temples.

Besides TVS, Kee Yew also run an organic education company Cielo Sereno. Kee Yew's full CV is available at <http://tinyurl.com/WongCV>