

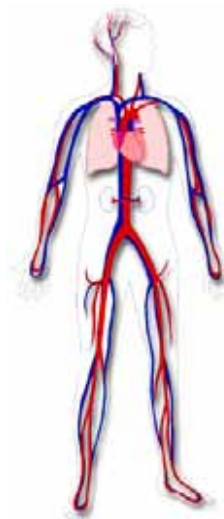
- Why are the rates of stroke, heart disease and diabetes increasing and happen so early in life?
- How should we eat to stay healthy in the 21st Century?
- How can we actually lose weight safely and effectively?
- How can we prevent heart disease, stroke, high blood pressure, high cholesterol, high triglycerides, and diabetes?
- Is it safe to take the Hormone Replacement Therapy prescribed by doctors for menopause?
- Is it beneficial or harmful to eat large amounts of fish?
- How can we win the long-term war against ever-increasing numbers of mutated viruses and super bacteria?
- What are the active ingredients and pharmacological effects of Reishi spores, mycelia, and fruitbodies?
- What shall we do if our loved ones have cancer?
- Which mushroom is more potent: Reishi, Yunzhi, Maitake, Shiitake, Agaricus, or Cordyceps?
- What documentary proofs and testimonials can we see for answers to these questions?

- 爲甚麼腦中風、心臟病、和糖尿病有年輕化的趨勢？
- 活在廿一世紀該怎樣吃最健康？
- 怎樣才可以真正安全有效地減肥？
- 怎樣預防心臟病、腦中風、高血壓、高膽固醇、高血脂、和糖尿病？
- 更年期醫生處方荷爾蒙補充劑安全嗎？
- 多吃魚有益還是有害？
- 怎樣在對付變種病毒和超級細菌的持久戰中得勝？
- 靈芝孢子、菌絲體和子實體有那些有效成分和藥理作用？
- 親友患上癌症怎麼辦？
- 那種真菌較強：靈芝、雲芝、舞茸、花菇、巴西蘑菇、冬蟲草？
- 以上的問題有甚麼文獻和見證作爲真憑實據？

Too Young to Get Stroke, Heart Disease and Diabetes?? What causes them and how to prevent them from happening to you?

By Dr. Gilbert Ng

TORONTO(Cantonese)



多倫多(廣東話)

「腦中風、心臟病及糖尿病 年輕化之成因及預防方法」

吳磐基 博士主講

Date: Saturday, October 16, 2004
10:00 a.m. to 1:00 p.m. (in Cantonese)

Place: Century Palace Chinese Restaurant
398 Ferrier Street (Warden/Steeles)
Markham, Ontario L3R 2Z5

Contents:

- Safe and effective new ways to lose weight
- The 21st Century balanced diet
- The differences between Reishi spores, fruitbody, and mycelia
- Going through menopause safely and comfortably
- New findings about our Immune System
- How to prevent viral diseases like Avian Flu?
- Questions and Answers
- Lucky draw

Speaker: Dr. Gilbert Ng received his Ph.D. degree in Chemistry at Columbia University in 1979. He specialized in drug design, with emphasis on the relationship between molecular structure and pharmacological effect. He has published the results of his research on professional journals of chemistry. In particular, his research focused on the causes of immune disorders and how to turn an antigen into a toleragen. He is familiar with natural foods and is highly knowledgeable with allergic reactions. Dr. Ng often gives seminars in Hong Kong.

Ticket: \$10 per person including lunch. Please buy tickets at the Century Palace Chinese Restaurant.

Information: Catherine at 416-222-5442 Email: info@kwalala.com

Remarks: The same seminar will also be held in other cities:
Toronto: Sunday, Oct. 17, 2004 English 2:30am-6pm
Vancouver: Saturday, October 23, 2004 Cantonese 7-9p.m.
Reservation & info: (604) 738-8913 Tammy
Ottawa: English 7-9pm Oct. 13. Cantonese 7-9pm Oct. 14, 2004
Reservation & info: (613)234-9820 Mrs. Anita Yeung

日期: 二零零四年十月十六日 星期六
時間: 上午十時至下午一時 (廣東話)

地點: 世紀皇宮大酒樓
398 Ferrier Street (Warden/Steeles)
Markham, Ontario L3R 2Z5

內容:

- 安全而有效的減肥新方法
- 廿一世紀的營養均衡準則
- 靈芝孢子、子實體和菌絲體的分別
- 如何安全舒適地渡過更年期
- 自然抗病力 --- 免疫系統新探
- 如何預防病毒引發的疾病如禽流感?
- 問題解答
- 幸運抽獎

講員: 吳馨基博士 (Dr. Gilbert Ng) 於1979年在美國哥倫比亞大學 (Columbia University) 獲得化學博士銜。他專門研究藥物設計，特別是分子結構和藥理作用的關係，曾經在專業的化學刊物上發表過多篇研究報告，尤其是對免疫系統疾病的成因，和怎樣將「抗原」變為「容忍原」方面有較深的研究，並對天然食物及過敏性反應甚有心得。吳博士在香港經常主持健康講座。

每位加幣十元，包午膳。可在世紀皇宮大酒樓購票。
詳情請電：416-222-5442 張太或電子郵箱info@kwalala.com查詢。

附註: 同一講座亦會在其他加拿大城市舉行：
多倫多：英語10月17日下午二時半至六時
溫哥華：廣東話10月23日星期六晚上七時至九時
訂座及詳情請電：(604) 738-8913 Tammy
渥太華：英語10月13日晚7至9時，廣東話10月14日晚7至9時
訂座及詳情請電：(613) 234-9820 楊太 Anita Yeung