

About Author

Mr Wong Kee Yew holds a Bachelor of Biotechnology (Hons.) degree from Flinders University in Australia and has been doing life science research for nearly 9 years. Currently, Kee Yew is working at the Genome Institute of Singapore as a Senior Research Officer, specialising in stem cell research. Given this background, he pays particular interest to preventive medicine and health sciences.



Kee Yew became a vegetarian in 2002 and ever since has been collecting data and doing research on vegetarian nutrition in a personal capacity. In 2003, he started to volunteer with the Vegetarian Society (Singapore) and later served as an executive

committee member of the society for 2.5 years. During the course of volunteering with the Vegetarian Society, Kee Yew raised public awareness on vegetarian and environmental-friendly lifestyles via vegetarian social dinners, vegetarian exhibitions, health talks, organic education bus tours and other forms of public education including interviews and cooking demos on Radio FM 95.8.

In recent years, Kee Yew has also been volunteering with Kampung Senang Charity and Education Foundation to promote holistic living. At the same time, Kee Yew set up an organic lifestyle promotion group, www.CieloSerenio.net, which uses organic tours to encourage people to adopt an organic vegetarian lifestyle. With great support from his friends, Kee Yew has now published his first cookbook, "Simple Vegetarian", to entice people to take more vegetables and less meat.

Price: \$10.00
Made in Singapore

简易素食

Simple Vegetarian

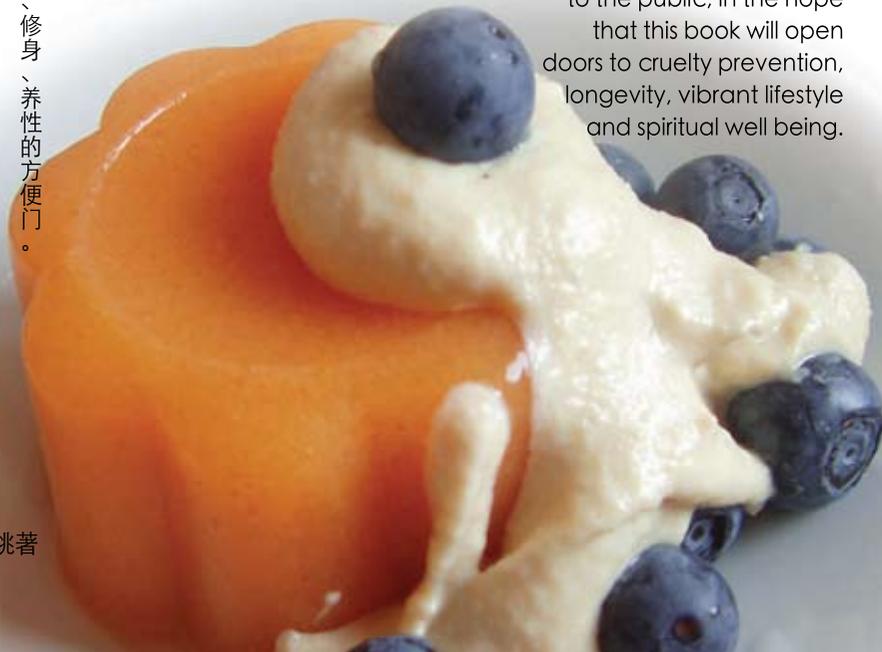
Wong Kee Yew

简易素食

真实利益，开启护生、养生、修身、养性的方便门。

Simple Vegetarian

to bring tangible benefits to the public, in the hope that this book will open doors to cruelty prevention, longevity, vibrant lifestyle and spiritual well being.



黄其铕著

衷心感恩 *With Deep Gratitude*

张即焕	Violet Lee
郑淑音	Kho Kim Kee
汪丽贞	Teng Siaw Wei
朱丽蓉	George Jacobs
王淞结	Loh Yeow Nguan
杨雅珑	Norman Teh
赖玉珠	Julius Jus
Sim Nget Seer	Chong Ai Chung
Glenis Lim	Lai Swee Choo
Oh Chong Fah	Pah Kim Yon
Emily Wong	Leon Wong

感谢有缘人的鼓励、支持与关爱，此食谱方有出版的机会。
 Thankstomybelovedteachersand goodfriendswholenttheirsupport, guidance and encouragement, which eventually led to the publishing of this cookbook.

作者简介

黄其铽先生是一位生物工艺学士。自1999年毕业于澳洲弗林德斯大学以来，从事生命科学研究将近9年。目前在新加坡基因组研究院担任研究助理，专研干细胞。其铽因而对于预防医学和食疗养生特别感兴趣。

其铽于2002年开始茹素，自此便不断地收集关于素食营养的资料。2003年，其铽开始在新加坡素食协会当义工。随后在素食协会当理事两年半，积极办活动推广素食；其中包括公开素食讲座、健康素食烹饪班、有机旅游及本地95.8FM电台访问。

近期其铽更义务为轻安村慈善与教育基金会策划活动提倡有机素食养生与人文环保。

同时，也设立了《窗外有蓝天》有机生活小组(www.CieloSereno.net)，通过有机旅游来推广有机素食环保。其铽的第一本食谱《简易素食》也因为推广健康饮食心切而出版。