

# Temple Care International Ministries



Transforming Lives for the Better  
... Naturally

## Presents

### HEALTHY LIVING

A Weekly E-Newsletter

By Dr. Shirley Powell, ND, CNC, CHP

P.O. Box 4451, Upper Marlboro, MD 20775

(240) 687-0493 • (301) 560-8428 Fax

[s.powell@temple-care.net](mailto:s.powell@temple-care.net) • [www.temple-care.net](http://www.temple-care.net)



February 8, 2007 - Issue #65

#### In this issue:

- **Article – A Little Bit About Calories**
- **Quality Living: Thought for the Week**
- **NEW testimonial**

#### A Little Bit About Calories

When you correctly eat a well-balanced, whole-food, plant-based diet, calories are usually not an issue. So although I do not encourage calorie counting as a way of life, a little knowledge about calories might be helpful and beneficial. The body uses food as fuel for the energy it needs to operate, or run. The energy value of food is defined as calories. So calories are what fuel the body to perform its functions. 60 to 70% of our calories get used just for basic body functions, 10% of which is used just for the digestive process alone! The rest has to get burned up by physical activity, or it *will* be stored as fat. Exactly how many calories we need for daily functioning and to maintain the same weight depends on age, height, gender, current weight, and activity level. (I need roughly 2200 calories per day to maintain my current weight, but who's counting☺) Also, we need to realize that all calories are **not** created equal. Look what it takes to get fat on God's bounty: To get 100 calories, you need to eat 20 stalks of celery, or four cups of cabbage, or 20 asparagus. Now, all it takes is 1 tablespoon of mayonnaise or 4/5 of a tablespoon of oil to get 100 calories. That doesn't mean that all fat is necessarily a bad thing. We do need a small amount of **healthy** fat (from, say, avocados, olive oil, nuts, and seeds), for all body systems to function properly. The bottom line: We need enough calories just to function, but excess calories work against us, causing weight gain and stress on body systems. A *consistent* balance is the key.



*“Our life is destined by the decisions we make daily. Today's decisions are tomorrow's reality.”*  
*Anonymous*

Copyright © 2006, In Purpose, Inc. All rights reserved.

**NOTE:** I do not intend to spam anyone. If you would prefer not to receive articles, updates, event or publication announcements, or other e-mails from me in the future, please send a reply with “remove” in the subject dialogue box.

---

To learn more about  
*Temple Care International Ministries*  
and  
*Temple Care - Naturopathic Health Services*  
visit our website at [www.temple-care.net](http://www.temple-care.net)

---

## Quality Living: Thought for the Week

### Are You Poolside at Bethesda?

In the Holy Bible, John 5:2-9 (KJV) says, “<sup>2</sup>Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches. <sup>3</sup>In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water. <sup>4</sup>For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had. <sup>5</sup>And a certain man was there, which had an infirmity thirty and eight years. <sup>6</sup>When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? <sup>7</sup>The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. <sup>8</sup>Jesus saith unto him, Rise, take up thy bed, and walk. <sup>9</sup>And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath.”

Bethesda means “house of pity or mercy.” Are you laying at the Pool of Bethesda, hopeless, helpless, lost, burned out, waiting on “the big one” – the moving of the water? The impotent man in these verses says, “**I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me.**” Instead of calling on Jesus, are you murmuring and complaining that “you have no man” (somebody other than God to do it for you)? Do you indulge yourself in a pity party, lamenting that everybody else seems to get all the lucky breaks, and wondering why you always get the tough breaks -- bemoaning that even the wicked seem to prosper? Jesus’ response to the man’s cry was, “**Rise, take up thy bed, and walk.**” God wants us to say yes, I want to be made whole! He wants us to make the decision to come to Him, with complete faith and confidence, to choose life, and be complete *in Him!* In verse 9a, we see the demonstration of this truth: “**And immediately the man was made whole, and took up his bed, and walked.**” Are you ready to trust God be made whole, and take up your bed and walk?

---

**HOW TO PURCHASE BOOK: “Making Friends With Food: Honoring the Body Temple Nutritionally” by Dr. Shirley Powell** is available at these locations. The cost is \$19.99.

- Greater St. John’s Church Bookstore, 11425 Old Marlboro Pike, Upper Marlboro, MD, (301) 574-5100
  - From the Heart Church Ministries Bookstore, 4207 Norcross Street, Temple Hills, MD (301) 899-9411
  - Resurrection Ministries, the Living Church of Jesus Christ, 800 Southern Ave., SE, Washington, DC (202) 270-6536
  - Secrets of Nature, 3923 S Capitol Street, SW, Washington, DC, (202) 562-0041.
  - Online at [www.temple-care.net](http://www.temple-care.net), through PayPal (add \$3 shipping)
  - By phone with credit card payment: (240) 687-0493 (add \$3 shipping)
-

## *About Temple Care*

### *(The Naturopathic Health Practice)*

**Walking in Divine Purpose • Standing on Sound Principles • Unencumbered Passion**

The essence of Temple Care services is founded on this basic principle for health and wellness of the body, mind & spirit: maximize nourishment and eliminate waste and toxins naturally. Many of us are neither being properly “fed” nor cleansed and renewed – body, mind, and spirit. Temple Care takes a naturopathic approach towards achieving physical wellness. Naturopathy, the oldest healing system in the world, focuses on supporting the body’s God-given ability to heal itself naturally, with the proper diet, herbs, supplements, and lifestyle, versus synthetic drugs and surgery. Temple Care addresses primarily the causes of health problems; not just symptoms. Individual appointments for health challenges, workshops, seminars, and church presentations are some of the services offered by Temple Care. As part of a holistic (whole person) approach to health and wellness, with the client’s agreement, Temple Care also will pray with, encourage and minister to the client based on the Word of God for mental and spiritual strength and renewal in their quest for optimal health.

**To schedule a personal appointment or telephone consultation, call (240) 687-0493**

**Services include urinalysis, dried blood cell analysis, and saliva testing. In-person consultations continue to be provided to persons in the Washington, DC metropolitan area on an availability basis. Call for details.**

**Shirley D. Powell, Doctor of Naturopathy, Certified Health Practitioner, Certified Nutrition Counselor, Author, Presenter, Facilitator. Contact info: (240) 687-0493, [s.powell@temple-care.net](mailto:s.powell@temple-care.net), and [www.temple-care.net](http://www.temple-care.net). P.O. Box 4451, Upper Marlboro, MD 20775**

### ◆ *Natural Health Solutions* ◆

---

#### **WHERE’S SHIRLEY?**

**When: Saturday, April 14, 2007, 9:00am – 12:00pm**  
**What: *Honoring God’s Temple Nutritionally***  
**Where: First Baptist Church of Marshall Heights, 4934 B St SE Washington, DC 20019**  
**Cost: Free**

**(Further details forthcoming)**

**If you would like a workshop presented at your church, school, office, community, or even your home, contact Temple Care at [s.powell@temple-care.net](mailto:s.powell@temple-care.net), or call at (240) 687-0493. I’ll be honored to serve your small or large group.**

---

#### **Testimonials:**

**New** – “I had so many health issues six months ago that I did not know what else to do and who else to go to. Then I was introduced by someone in church to Dr. Shirley Powell. I had high blood pressure, bloating, acid reflux, sleep problems, dizziness, blurry eyes, and fatigue – just to name a few. After seeing Dr. Powell and

following her wellness recommendations, I am now a new person. I never felt so healthy. Every health problem I had has disappeared, and I have also lost 21 pounds. Eating right and exercising is now part of my daily routine. I thank God for loving me so much to lead me to Dr. Powell. Thanks, Dr. Powell, and may the Lord continue to bless you in all areas of your life and give you even more knowledge. My testimony is true, and I am more than happy to share it and lead more people to God's natural provisions." Ginette Jean, Silver Spring, Maryland.

"For the past 20 years, I have suffered digestion problems. In the past five years my condition has escalated from simple constipation and gas to IBS and acid reflux. I was constantly going to the doctor, hospital, and even to specialists... The doctor's answer was to put me on Prilosec and to eat more vegetables. This did not cure my problem. I also had reproductive problems. I had two ectopic pregnancies and one miscarriage. Their answer to this problem was to remove one of my tubes and just to keep trying. It was at this time that I decided to take a more natural approach. I was referred to Shirley D. Powell by a coworker.... Since then my digestion problems have nearly ceased, and they are now under my control. I have regular bowel movements, where before I could go days without having one. Not only have I gained control over my digestive problems; I am also pregnant. Natural healing has proven to me that God is in control of this body, as He is our Creator. Doctors can only do so much. Thanks to the education that Shirley has provided my husband and I, we now eat to live; not live to eat. I have never felt better. Thanks for your help. Glory to God." Janus Miranda, Silver Spring, Maryland

"After attending the High Blood Pressure workshop, I modified my diet to incorporate more fresh fruits, vegetables, whole grains and nuts (we have cut down significantly on processed foods and meats) and in just a couple of weeks, I have noticed some remarkable changes in my blood pressure as well as my weight. I truly believe that we are what we eat and we must learn to use the natural, whole foods that God has made available so that our bodies can perform according to His design. I am grateful that you are following God's purpose for your life and allowing God to use you to teach others about the benefits of His bounty. I am thankful to God for leading me down this path to completeness - spirit, soul and body." Robin Henson

"Ms. Powell has challenged my thinking on how to take care of the nutritional aspect of my body. Ms. Powell conducted an in-home workshop for a group of people in which I attended. I was impressed with her professionalism and in depth knowledge that exuded from her very being. She communicates what she knows very well for the common person. She has an excellent command of the English language. I highly recommend Temple Care: Body, Mind, & Spirit for workshops, presentations, speaking engagements, and one-on-one sessions at your church, business office, or conference settings in whatever capacity to meet your nutritional needs. If you are serious about changing your eating habits and seek to know practical ways to care for your temple (body) nutritionally, please open your heart and doors to Shirley D. Powell, Holistic Nutritionist, Certified Nutritional Counselor." John Y. Walker Jr., Pastor, Walls of Salvation Church Ministries

---

**Disclaimer:** This material is being provided for general informational purposes only as a guide to general good health. Readers should make informed and responsible decisions about their health. Individual responses to any health plan may vary greatly. All readers have the sole responsibility of dealing with any information or advice presented as they see fit. I am not a medical doctor but a doctor of naturopathy, certified health practitioner, and certified nutritional counselor, and I do not prescribe, diagnose, nor substitute the care given for any medical or psychiatric treatment. The information herein contained is not intended as a replacement for those services, nor is it intended as a substitute for any treatment prescribed by your physician.

---

*Temple Care - Naturopathic Health Services*  
*Temple Care International Ministries*  
*P.O. Box 4451, Largo, MD 20775*

(240) 687-0493 • (301) 560-8428 Fax • [s.powell@temple-care.net](mailto:s.powell@temple-care.net) • [www.temple-care.net](http://www.temple-care.net)