



*Temple Care: Body, Mind & Spirit*  
Naturopathic Health Services

***Presents***

Transforming Lives for the Better  
... Naturally

## **HEALTHY LIVING**

A Weekly E-Newsletter

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- **Quality Living: Thought for the Week**
- **NEW Testimonial**
- **Publication** – Updated edition of **“Making Friends With Food: Honoring the Body Temple Nutritionally”** - Now available at St. John's Church Bookstore in Upper Marlboro, MD; From the Heart Church Ministries Bookstore, Temple Hills, Maryland; and Secrets of Nature, in Southwest, DC. You may also order the book online at [www.temple-care.net](http://www.temple-care.net), or order by calling (240) 687-0493. The cost is \$19.99, plus \$3 for shipping.

### **IMPORTANT UPDATE ON TEMPLE CARE AND THE E-NEWSLETTER**

Wow! It's been about a month since my last e-newsletter to you. I sure didn't plan for it to be that long! Between relocation glitches and computer hard drive devastation, it took me a *little* bit longer than expected to get rolling again. Who woulda thunk it?!?! As I've heard it said, life is what happens when you're making other plans. So there's our plans, and then there's life. Life always wins out. The important thing is, I'm back in gear – at least as far as the e-newsletter goes. In restoring my computer files, there were a few challenges with my e-mail address book. So if you get duplicate copies of this e-newsletter, or if you've previously asked to be removed and are receiving this again, or if you'd like to change your e-mail address, simply send a reply e-mail accordingly, and I'll immediately correct the situation.

Just one week ago, as some of you know, I relocated to Georgia. For some time now, all things were pointing south, so here I am, temporarily in the Atlanta area, while I work out the details of a permanent location. Although I'll be headquartered in the southeast region of the country, I will continue to make visits to the D.C. area to see clients, as well as give presentations and workshops. If you would like to schedule an in-person appointment in the D.C. area, simple e-mail me or give me a call. I also provide telephone consultations that have been very effective. The blood and saliva testing can be done by mail, and I also ship out any necessary products to clients. My telephone number, fax number, and mailing address will

remain the same until further notice. Of course, my e-mail address and website will not change. It's good to be back in the flow!

### **ICE CREAM: IT AIN'T WHAT IT USED TO BE!**

I remember growing up, watching the adults at church picnics make ice cream from scratch. Pretty much, it would consist of some ice, some milk, vanilla extract, eggs, and plenty of sugar. When we really wanted to splurge and go all out, pineapple and nuts were added. Now, I'm not touting that as particularly healthy, but compared to what's in today's ice cream, it's almost saintly! Nowadays, instead of eggs, many brands use diethyl glycol as an egg substitute, which also doubles as antifreeze and paint remover. And instead of vanilla, piperonal is being used, which also doubles as an excellent lice killer. If you were blessed enough to add pure pineapples to your homemade ice cream back then, they've cut back on that expense and found that ethyl acetate has that pineapple-like taste. Ethyl acetate is a perfect leather cleaner, so you get two-for-one there, too. To save on the trouble and expense of adding nuts, butyraldehyde does the trick, which also doubles as an ingredient in rubber cement. To thicken it up just right, a tad of sodium carboxymethylcellulose, a suspected carcinogen, is often added, which doubles for printing ink and other industrial uses. Then there's yellow dye #5 that's often added, which has been linked to rashes, swelling and allergic reactions. Torutein is also often an ingredient, which has been shown in some studies to be cancer causing. Our ice cream of today may also contain alcin, calcium sulfate, gum karaya, gum tragacanth, mono- and diglycerides, polysorbate 65 and 80, propylene glycol alginate, microcrystalline cellulose, dioctyl sodium sulfosuccinate, sodium citrate, disodium phosphate, tetrasodium pyrophosphate and sodium hexametaphosphate. Ice cream manufacturers are not required to even list all of the ingredients! What's even more deceptively dangerous is, they can freely use the word "natural," which is undefined by the food industry, so there is no measurable standard nor any real meaning to the word. I read an article about a worker at an ice cream plant having to wear a gas mask to pour the chemical ingredients into the vats to mix the ice cream! Scary, huh? If you just can't live without ice cream, you might want to make your own. Alternatively, you can make some super thick smoothies from fresh or frozen fruit, maybe with some fresh ground flaxseed. For fairly safe ice cream and smoothie recipes, visit these websites: <http://www.vegfamily.com/whole-family/ice-cream.htm>, and <http://www.living-foods.com/recipes/strawberrysmoothie.html>

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

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**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.

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### **Quality Living: Thought for the Week**

#### **WHO OR WHAT IS DIRECTING YOUR LIFE?**

Are you following a life scripted by the world, your parents, your peers, yourself, or God? You were created by God, for God – to glorify Him and enjoy Him forever. If you don't know which way to turn, quiet down the chatter in your mind, seek out what the Lord's desire is for you, what direction He wants you to take, and patiently wait on Him to answer. Running behind or ahead of God can cause all sorts of problems, as we can see in the Book of Genesis, when Abraham became impatient from time to time and took matters into his own hands. When direction is truly from the Lord, he will put that desire in your heart – not a desire based on selfish ambition, but one that will glorify Him. To hear from the Lord, we must trust

Him, seek Him, and obey Him. He desires our lives to be Christ-like, to be disciples of Jesus, for starters, and the details will follow!

*Proverbs 3:5-7 – “Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths. Do not be wise in your own eyes; Fear the Lord and depart from evil.”*

*Isaiah 30:21 – “Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.”*

*Psalms 27:33 – “The steps of a good man are ordered by the LORD, And He delights in his way.”*

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## About Temple Care

**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.**

*Shirley D. Powell, Doctor of Naturopathy, Certified Health Practitioner, Certified Nutrition Counselor, Author, Presenter, Facilitator*

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### UPCOMING WORKSHOPS:

[WATCH FOR DETAILS ON UPCOMING WORKSHOPS](#)

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.

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## **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

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**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.

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