



Transforming Lives for the Better
... Naturally

Temple Care: Body, Mind & Spirit
Naturopathic Health Services

Presents

HEALTHY LIVING

A Weekly E-Newsletter

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In this issue:

- E-Newsletter Information
- Update on Temple Care
- Article – Effects of Stress
- 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, or order by calling (240) 687-0493. The cost is \$19.99, plus \$3 for shipping.

E-NEWSLETTER INFORMATION - If you get duplicate copies of this e-newsletter, or if you’ve previously asked to be removed and are receiving this again, simply send a reply e-mail and I’ll immediately correct the situation. Also, to **view past issues** of the weekly Healthy Living E-Newsletter, simply visit www.temple-care.net.

UPDATE ON TEMPLE CARE - By the way, I’m getting more settled into the Atlanta area, and I’ve found a great health food store, Sevananda, and I fortunately found a “wet” dry cleaners that doesn’t use perc to dry clean clothes. I was blessed to have had an opportunity to spend this past Saturday with a college friend, and we found the local Soul Vegetarian and Everlasting Life eateries, as well as a great raw food restaurant in East Point called Lovin’ Live!

As I mentioned in last week’s edition, although I’ll be headquartered in the southeast region of the country, I will continue to make personal visits to the D.C. area to see clients, as well as give presentations and workshops. **From Friday, January 12, through Monday, January 22, I will be in the D.C. area to see new and continuing clients, as well as deliver talks and workshops. If you would like to schedule an in-person appointment or a presentation for your church or organization in the D.C./Baltimore area during that week, simple e-mail me or give me a call.** I also provide telephone consultations that have been very effective. My telephone number, fax number, and mailing address (listed above) will remain the same until further notice. Of course, my e-mail address and website will not change.

ALL STRESSED OUT AND NOWHERE TO GO...BUT DOWN

Stress -- the buzz word of the 21st Century. Just what is stress, and why should we avoid it like the plague? Stress is our mental or emotional response to external conditions, otherwise known as stressors, which we perceive as unfavorable. **Damaging** stress is created when circumstances outside the body overwhelm the mind, the physiology, and the senses in the body, causing them to go through a negative change. Stress is not a person, a condition, or an event. Stress is a **reaction** to a person, a condition or an event.

Our stress reactions alter the digestive system, over-stimulate certain glands while under-stimulating others. Our reactions to stress affect heart function and change breathing. As a result, stress has an actual, measurable negative impact on blood pressure, electrolytes, blood sugar levels, cholesterol, brain chemistry, joint function, and hormonal balance. All of the physiological problems associated with stress speed up the aging process and cause or contribute to literally every type of symptom or disease known to man. Stress even makes you gain weight! (Now I've got your attention! 😊) Other symptoms of stress include depression, anxiety, irritability, low stress tolerance, sweaty palms, panic attacks, nervous twitches, tooth grinding, trembling, poor concentration, sleeplessness, chronic fatigue, poor digestion, and mental and physical tension. Chronic stress can lead to even more severe health problems, such as heart problems, ongoing muscle pain and spasms, high blood pressure, compromised immune system, which increases vulnerability to infections and cancer, and the disruption of important endocrinal functions, including the adrenals. Just how negative this reaction is and how continuous it is will determine the amount of emotional turmoil and damage done to the body. Effectively, these assaults and injuries to our bodies that are induced by stress are basically **self-inflicted wounds!**

(See the following article in the "Quality Living: Thought for the Week" section on how to avoid these self-inflicted wounds!)

*"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.

Quality Living: Thought for the Week

ALL STRESSED OUT - OBSESSED WITH CONTROL!

More than 30 million men in America describe themselves as "stressed out." More than 18 million Americans are on Prozac. There are 70 million people with sleep disorders. Credit card debt is at the highest level ever, with consumer debt currently standing at \$1.4 trillion. In an article by Kenneth Boa, he says, "We are fried by work and frazzled by time. Hancock quoted one woman, a mother of four from LaGrange, Illinois: "I am so tired, my idea of a vacation is a trip to the dentist. I just can't wait to sit in that chair and relax." When society has reached the point where people start looking forward to getting their gums scraped and teeth drilled as a refreshing activity, something has gone terribly, terribly wrong." Richard Swenson, in his book Margin, describes the society in which we live as troubled. He says, "We have more questions than answers, more problems than solutions. Few know where we are headed, but universally acknowledge that we are careening along at breakneck speed." That's the way of the world. The word says in Psalms 46:10a – "Be still and know that I Am God." But who is paying attention to God? When we trust God, we can respond in the most appropriate way to the stressors in life. But instead, we wear stress on our sleeves like a badge of honor!

Much of the stress in our lives comes as a result of our insistence on maintaining the illusion of **control**. So we worry and fret – the most useless activities on the planet. What’s worse, it doesn’t even work! Well, it is effective in inducing self-inflicted wounds. Why do we stress out, then? We suffer from stress essentially because we don’t know God well enough or relieve believe Him such that we can truly trust Him. Therefore, we continue to hold tightly to the reigns of life in an effort to be in control of all aspects of living, which we should know by now (!!!) is an exercise in futility. In spite of the repeated confirmation of this reality -- that we cannot completely control our external circumstances -- we still refuse to totally surrender and submit to God and cast our cares upon Him. We can only control how we respond to our circumstances, and therein lies true freedom from the burdens of the world conditions. The best remedy for stress is to completely trust God and follow Jesus all the way. He is the answer and has all the answers.

Zechariah 4:6b – “Not by might nor by power, but by My Spirit,’ Says the LORD of hosts.”

Matthew 11:28-30 – “Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”

Hebrew 4:9 – “ There remaineth therefore a rest to the people of God.”

John 14:27 – “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

Ecclesiastes 12:13 – “Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.”

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, 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.

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