

Temple Care International Ministries

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 • www.temple-care.net

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DISPELLING SOME MYTHS AND MISCONCEPTIONS

There's a myriad of misunderstandings and misconceptions about what actually constitutes health and what is healthy, so here are a few pointers to clarify some of the confusion:

- **Thin absolutely does not equal healthy!** There are many thin people who may have any number of health challenges. And thin people need to exercise just as much as an obese person. Of course, obesity is a major problem. Even being 10 pounds overweight can increase your risk of heart disease by 25%!
- **Age is not an excuse for disease.** Disease is not natural, although it's a "norm" in today's world. Most of the diseases that the elderly face today are degenerative, not genetic. And degenerative disease is the cumulative effect of lifestyle choices made over the course of a lifetime. Just because you are living longer doesn't mean you can't live well!
- **Exercise and being physically fit (toned and muscular) does not in and of itself produce health.** As a matter of fact, if an excessively disproportionate amount of your diet is protein, exercise may be more harmful than beneficial, because exercise produces even more acids, on top of the acids released through high protein consumption. Excess acid production in a body that thrives to be 80% alkaline spells trouble.
- **Being a vegetarian in and of itself does not produce health.** There are many very unhealthy and very sick vegans and vegetarians. Eliminating meat alone does not yield good health. If you eat canned, boxed, processed, preservative-laden non-meat dishes, with artificial coloring and artificial flavoring, that is not healthy! There is no substitute for natural, unprocessed, whole foods: fruits, vegetables, nuts, seeds, beans, and a limited amount of grains.
- **Being symptom free does not equal healthy.** Your car engine might be out of oil for several hundred miles before it starts smoking. It usually takes several years after a degenerative disease process has begun before symptoms actually show up. Are you willing to wait until you're meted out severe and sometimes irreversible health consequences (blindness, amputation, emphysema, disability, kidney failure) before taking the importance of lifestyle change seriously?
- **Degenerative diseases are NOT hereditary.** It's usually the hereditary unhealthy *lifestyle* that's passed down from one generation to the next that sets the stage for degenerative disease. You may have a *genetic predisposition* to certain conditions, but the outward expression or manifestation of the condition itself usually does not have to be your fate at all!

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

“For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.”

Isaiah 9:6



★ *May You Have a Blessed and Joyful Christmas Season* ★

Quality Living: Thought for the Week

In Sickness and in Health

As a naturopath, it is always my desire to see people freed from suffering, especially **unnecessary** suffering. Yet, there are many occasions in this fallen world when suffering is unavoidable, no matter what. Therefore, our view needs to be balanced: that although we strive for optimal health and optimal life situations (spirit, mind, and body), we must at the same time accept the reality that we do live in a fallen world with a multitude of imperfections that can be quite a burden to us.

And I'm sure you've heard the saying, "Without health, you have nothing." But from experiencing and observing my surrogate mother, Mother Swanson, it caused me to challenge the truth of that saying. Although poor health, indeed, can **dramatically** negatively alter the quality of your life, I learned through her that even in severe physical illness, God can and will still use you in a mighty way to be a blessing to others, all to His glory. So even if you are suffering personally, God can still use you in a great way. It is, indeed, possible to stretch beyond your suffering and leave a profoundly positive impact on the lives of those around you, just as Mother Swanson so gracefully did. What is more, even in the midst of great suffering, we can **rejoice** that God in His faithfulness does not leave those who are His without hope and future eternal glory! We thank God for his loving kindness, grace, and mercy.

2 Corinthians 4:16-18 (NKJV) – “Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. ¹⁷ For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, ¹⁸ while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.”

*To Learn More About Temple Care International Ministries,
Visit www.temple-care.net*

HOW TO PURCHASE THE BOOK: “**Making Friends With Food: Honoring the Body Temple Nutritionally,**” by Dr. Shirley Powell, is available at these locations. The cost is \$19.99. Add \$3 shipping for call-in or on-line orders.

- 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
 - Secrets of Nature, 3923 S Capitol Street SW, Washington, DC, (202) 562-0041.
 - Online at www.temple-care.net, through PayPal
 - By phone with credit card payment: (240) 687-0493
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About Temple Care – A Naturopathic Service

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.** 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

Contact info: (240) 687-0493, s.powell@temple-care.net, and www.temple-care.net.

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

WHERE’S SHIRLEY?

When: Friday, January 12 – Monday, January 22, 2007
What: Available for day and evening personal consultation appointments and presentations
Where: The greater Washington, DC/Baltimore metropolitan area
How: Simply call 240-687-0493 or e-mail me at s.powell@temple-care.net

When: Saturday, January 20, 2007, 10:00am – 3:00pm
What: **“CHOOSE LIFE – FIT TO STAND AS A LIVING SACRIFICE”**
Life-changing health and wellness workshop, with Q&A session, to start the New Year off right! Presenters include Dr. Shirley Powell; Dr. Vimal DeAlwis; Sonia Smith, Colon Hydrotherapist; Carolyn Kyles, Raw Food Chef; and Che Axum, Organic Agronomist and Farmer.
Where: Judah Temple A.M.E. Zion Church, 14500 Mount Oak Road, Mitchellville, MD, 20721
Cost: Free
Registration: RSVP by January 13, 2007, to Agnes Johnson (301) 567-7584
Directions: Take the beltway, 495, into PG County, to Exit 17A, Route 202, Upper Marlboro. Turn left onto Lottsford Road. Lottsford Road becomes Woodmore Road. Turn left onto Church Road, then right onto Mt Oak Road. Proceed down Mt. Oak Road. The church is on the left

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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