

Temple Care International Ministries



Transforming Lives for the Better
... Naturally

Presents

HEALTHY LIVING

A Weekly E-Newsletter

By Dr. Shirley Powell, ND, CNC, CHP

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IT'S THAT MEANTIME THAT'LL GET YA!

Many people are resistant to change their lifestyle and eating habits. There are many others just simply frustrated and carry a sense of defeated resignation because of the confusing health messages thrown at us today. They say variations of the theme, "Well, we've all got to die from something" to justify staying in their unhealthy lifestyles, even after gaining in knowledge. Yes, we do all have to die from something ...some day. But it's that *meantime* that'll get ya! It's those 30 years of suffering *unnecessarily* because of bad choices that slip in, that expanse of time that comes in between living with vigor and death. It's that day when degenerative diseases come knocking on your door to collect the debt that's been accumulating over the years, the debt that you tried to ignore, brush off, and stay in denial of. And, oh, what a debt it can be – and a long-term one at that. And once Dr. Degenerative Disease comes knocking on your door to collect some old debts, don't even think about making those minimum monthly payments to satisfy the debt. You know it will take two natural lifetimes to get out of the mess at that rate. The cost can be higher than if you had gone on and done the right thing from the start. Now you have this accumulated debt, plus penalties and interest. The good news is, it's still not too late. Nevertheless, when you wait a long time to address some basic needs and issues, you often must take extreme, radical, drastic measures to try to turn the situation around. If it comes to that point, rather than complain, lose hope, give up, or have a pity party, my advice would be the same as Michael Jordan's...**JUST DO IT!**

*"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.

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, plus \$3 shipping.

- 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

Quality Living: Thought for the Week

SPEAKING OF DEBT....

When it comes to your physical health, no one can pay the debt for you. Even if you receive the blessing of, say, a kidney or liver transplant, you still paid a significant debt. But the debt you owe for your sins has been paid in full by Jesus Christ. The problem is, many have not come to redeem this gift. Maybe it’s the fear of having to give up something. And, indeed, your self-will is what God wants you to give up, and go the **only** life-giving, peace-rendering, abundant way. When you give up your way and go His way through faith in Jesus Christ, you are imputed with the righteousness of God! This is not reconstruction, remodeling, or renovation; but a new birth – *becoming a new creature in Christ!* It’s not just a new start, but it’s a new heart – a heart transplant.

*"I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities... I will give you a new heart...I will put my Spirit in you and move you to follow my decrees."
(Ezekiel 36:25-27)*

"But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life." (Romans 6:22)

*"For whoever wants to save his life will lose it, but whoever loses his life for me will find it."
(Matthew 16:25)*

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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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
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.

Please RSVP by January 13, 2007, to Agnes Johnson at (301) 567-7584

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.

Temple Care – Naturopathic Health Services

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