

Temple Care International Ministries



Presents

HEALTHY LIVING

A Weekly E-Newsletter

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Don't Skip That Breakfast!

Breakfast is the most important meal of the day. It should be quite hearty (but without stuffing yourself), as well as the most nutritious meal of the day because it fuels the most active period of our waking hours. It should consist primarily of fresh fruits. However, nuts, seeds, cereals, and grains may be included. Eating a healthy breakfast increases longevity and reduces health risk factors.

In our society, people tend to reverse the appropriate order of meals, often skipping breakfast and having a heavy, late dinner, which is the least beneficial pattern to follow. Studies have shown that health benefits ensue when reversing this process: making the heaviest meal breakfast or lunch and skipping dinner, if any meal is to be skipped. Some of those benefits include lower blood sugar levels, weight reduction, improved thyroid function, improved hemoglobin blood levels, improved mental capacity, and a better attitude. A study of healthy elderly men and women showed that taking in calories (eating) after an overnight fast increased the participants' performance on memory tests. So...don't skip that breakfast!

[Sample fruit breakfast cereal: Slice one organic pear, one organic apple, one organic banana. Put in a big enough bowl, sprinkle with a few raisins or dried cranberries, a dash of cinnamon, nutmeg, or clove (optional), and pour in some fresh nut or seed milk (sunflower, cashew, almond). I usually put a small handful of nuts in my blender with my filtered water, and maybe a dash of organic almond or vanilla extract. You can also sprinkle it with a tablespoon or two of fresh ground flaxseed. Add a dash of clear stevia extract or agave nectar if you want a tad more sweetness. Yummy! All of this can alternatively be placed in a blender to make a delicious smoothie. It might need a little more cold water.]

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

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 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

DWELLING PLACE

We have a physical dwelling, and we have a mental dwelling place. In your home, what makes up your physical surroundings often will determine how peaceful, comfortable, and mentally organized you are. Likewise, your mental environment will dictate your spiritual state. Where is your dwelling place? Where does your mind/thought life hang out? What is the condition of where your mind **lingers**? Should it be banned, rated, or established as off limits? Is it fit to be put up on a bulletin board or marquee for public display? What thoughts and external inputs do you allow to settle in and make an abode in your mind? Your thoughts will determine your daily and lifelong direction. Is your dwelling place fit for the King? Is there room for God's voice in your dwelling place, or "is your life too loud"?

Psalm 91:9 – "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty."

Psalm 26:8 – "I love the house where you live, O LORD, the place where your glory dwells."

Psalm 23:6 – "Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever."

Psalm 84:8 – "Blessed are those who dwell in your house; they are ever praising you. Selah"

Colossians 3:16 – "Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God."

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

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

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.

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