

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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BEING RENEWED DAILY

Every day, about 10 billion cells in the human body die a natural death! This natural, programmed, and timed cell death is called apoptosis. Therefore, each day, you carry and shed about five pounds of dead weight! So it is vital and necessary for optimal health that the body rid itself of these old, worn out, run down, damaged, and diseased cells. Otherwise, without this pre-programmed cell life span, the body would stagnate and die prematurely. Fortunately, we are regenerated daily, since just about an equal number of new cells are "born" each day to replace the destroyed ones -- mostly through cell division (mitosis). For example, about every 30 days, you get new skin. About every five days, your stomach gets a new lining. About every 120 days, you get new red blood cells. All in all, your body is making about 25 million new cells a second! (The tooth is the only part of the body that doesn't repair and rejuvenate itself.) And isn't it great to know that you and your body don't have to wait a whole year to sloth off the old and bring in the new? Just the thought of this continuous renewal process is invigorating and revitalizing. As you launch into this New Year, seize the opportunity to maximize the benefits of this ongoing renewal by making a commitment to give your body sufficient rest, exercise, and the best physical, mental and spiritual "food" that you can. Have a happy New Year!

"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 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 a \$3 shipping charge for phone and online 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

Quality Living: Thought for the Week

THE JOY OF OBEDIENCE

Many protest that they cannot obey God, hard as they may try. The truth is, through **faith** in Jesus Christ, the Holy Spirit gives us a circumcised heart just for that very purpose, enabling us through His power to obey God and to delight in obeying God. How can we feel limited or restricted in obeying God when there are such great rewards and benefits? Here are just a few of the benefits of obedience:

- A clean conscience. There is nothing like having a guilt-free, untroubled, clear conscious.
- Intimate fellowship with God by walking in His will, along the path set out just for you by Him!
- Assurance of entry and citizenship into His kingdom
- The joy of knowing you are pleasing your Heavenly Father and abiding in His love
- The satisfaction of knowing that you are a part of Kingdom building
- The joy of being an ambassador and representative of the Almighty God Himself!
- The promise of an inheritance from the Lord
- Knowing that the Lord will manifest himself to you
- The realization that you remain in the love of Jesus and receive the blessings of God

Hebrews 10:22 – “Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.”

Matthew 5:12a – “Rejoice and be glad, because great is your reward in heaven”

John 14:21 – “He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him.”

John 15:10, 11 – “If you obey my commands, you will remain in my love, just as I have obeyed my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.”

Revelations 22:14 – “Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.”

Revelations 22:12 – “Behold, I am coming soon! My reward is with me, and I will give to everyone according to what he has done.”

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

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

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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

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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