

# 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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- **Quality Living: Thought for the Week**
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#### **WHAT'S THE DEAL WITH DIGESTION?**

Some of us seem to think that we can be healthy simply by eating healthy foods. The truth is, your health is determined more so by how well you digest the healthy foods that you put into your body. If one eats in a way that does not allow for complete digestion of foods, these undigested foods sit in the warm environment of the intestines where they rot and produce toxins (fermentation and putrefaction). While some of these toxins leave the body as gas, some of them enter the bloodstream and cause damage to tissues and organs, contributing to the development of chronic diseases, such as high blood pressure, diabetes, and cancer. Not only that, but it creates an ideal environment for the growth of parasites and other undesirable microorganisms.

But if food *is* properly digested, its nutrient content will be chemically changed through enzymatic action into a form that can be ultimately absorbed into the bloodstream to be efficiently used by the body for fuel/energy, as well as efficient functioning, repair, and rebuilding.

Since proper digestion is key, it's important to know what is *required* for proper digestion. First, regularly eat live whole foods that contain enzymes (fresh fruits and vegetables, and soaked or sprouted nuts, seeds, grains and beans). Plentiful enzymes are necessary for good digestion, and processed and/or cooked foods do not contain enzymes and compromise good digestion. Secondly, we must never eat under stress, while standing, walking, driving, or during other activities. Thirdly, digestion begins in the mouth, so it's critical to chew food thoroughly, until liquid, to help break food down through the enzymes released in the food and released by the salivary glands. Fourthly, it's best to combine foods properly. (Contrary to the standard American diet, meat and potatoes is a terrible mix. Starches should only be eaten with vegetables, and meats should only be eaten with vegetables). And fifthly, it's best not to drink any liquids while eating because drinking dilutes those valuable enzymes. So wait as long as possible before drinking after your meal (up to two hours would be fantastic!). Remember, you are what you eat, but even more importantly what you digest!

*“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.

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**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](http://www.temple-care.net), through PayPal
- By phone with credit card payment: (240) 687-0493

## Quality Living: Thought for the Week

### Where Is Your Confidence?

In the world, we hear that we need a great deal of self-confidence to succeed in life. As a result, are you continually seeking to increase your self-confidence but experience repeated frustration, never quite measuring up? Or are you so confident in yourself that you have not made room for God, left Him out of the equation, and claim the credit for yourself? Either way, it could be that your confidence is unbalanced or has been misplaced. Will you place your confidence in yourself, in man, or in God? Self-confidence and man-confidence can backfire and disappoint; God-confidence will never backfire and will never disappoint.

**Proverbs 3:25, 26** – *"Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be your confidence and will keep your foot from being snared."*

**1 Corinthians 10:13** – *"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."*

**Hebrews 4:16** – *"Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*

**1 John 5:14** – *"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."*

**Phil 1:6** – *"being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."*

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# 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](mailto:s.powell@temple-care.net), and [www.temple-care.net](http://www.temple-care.net). P.O. Box 4451, Upper Marlboro, MD 20775*

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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](mailto: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**

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## **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

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**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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