

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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- **Article – Pass Me Some Broccoli, Please!**
- **Quality Living: Thought for the Week**
- **NEW testimonial**

PASS ME SOME BROCCOLI, PLEASE!

Broccoli, a member of the cruciferous vegetable family, helps fight depression, brightens the eyes, smoothes the skin, acts as a diuretic, helps prevent ulcers, decreases the risk of developing MS, has anti-cancer properties (!!), helps protect against H. pylori, and can help clear acne. Ounce for ounce, broccoli has more vitamin C than citrus, has as much calcium as a glass of milk (much more useable and beneficial for healthy bones and teeth than milk), and is loaded with vitamin A, which strengthens the immune system to help fight against all manner of sickness and disease. Not only that, but just one medium spear of broccoli has three times more fiber than a slice of wheat bran bread. (Fiber helps with good digestion and helps keep your intestinal tract clean). So, if you're not naturally a broccoli lover, well, you might just consider acquiring a taste for it! Keep in mind, too, that broccoli is just one of many members of the cruciferous vegetable family. The others include cauliflower, kale, cabbage, Brussels sprouts, and bok choy, each of which help protect against cancer.

Here are just a few broccoli recipes to get you started (Although I haven't tried them myself, they sound absolutely delicious and healthy! I definitely will try at least two of them.)

<http://www.vegan-food.net/recipe/769/Arame-and-Broccoli-Raw/>

<http://www.vegan-food.net/recipe/773/Marinated-Broccoli/>

<http://www.veganchef.com/maritempeh.htm> (leave out the black pepper and get organic dried mustard)

<http://www.veganchef.com/brwcalz.htm>

“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.

- 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
 - Resurrection Ministries, the Living Church of Jesus Christ, 800 Southern Ave., SE, Washington, DC (202) 270-6536
 - Secrets of Nature, 3923 S Capitol Street, SW, Washington, DC, (202) 562-0041.
 - Online at www.temple-care.net, through PayPal (add \$3 shipping)
 - By phone with credit card payment: (240) 687-0493 (add \$3 shipping)
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Quality Living: Thought for the Week

GUILTY AS CHARGED?

In one section of a book I was reading last week, a question something like this was posed: “If you were arrested for being a Christian, would they have enough evidence to convict you?” So I thought that would be a great and challenging area of inquiry for us today, asking ourselves these questions: What is it about me, without saying a word, that lets the world know I am different than the world? Is there anything about me that is truly distinctively different than the Gentiles, the pagans of today’s society? What is different about my speech, my attitude, my viewpoints, my desires, my dress, my thoughts, my activities, my motives, my aspirations, my interests, my associations, my social life, my values, and my integrity? Am I an undercover Christian, operating incognito, or do I let my light so shine, proclaiming, as Paul did, that “I am not ashamed of the Gospel”? We must examine ourselves honestly, answer truthfully, and make any necessary course corrections.

1 John 2:15-16 (NKJV) – “Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.”

1 Peter 2:11, 12 (NIV) – “Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul. ¹²Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.”

James 4:4 (AMP) – “You [are like] unfaithful wives [having illicit love affairs with the world and breaking your marriage vow to God]! Do you not know that being the world’s friend is being God’s enemy? So whoever chooses to be a friend of the world takes his stand as an enemy of God.”

Matthew 7:21-23 (NKJV) – “‘Not everyone who says to Me, ‘Lord, Lord,’ shall enter the kingdom of heaven, but he who does the will of My Father in heaven. ²² Many will say to Me in that day, ‘Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?’ ²³ And then I will declare to them, ‘I never knew you; depart from Me, you who practice lawlessness!’”

Matthew 7:16 (NKJV) – “You will know them by their fruits. Do men gather grapes from thornbushes or figs from thistles?”

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: Saturday, April 14, 2007, 9:00am – 12:00pm

What: *Honoring God’s Temple Nutritionally*

Where: First Baptist Church of Marshall Heights, 4934 B St SE Washington, DC 20019

Cost: Free

(Further details forthcoming)

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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