



Transforming Lives for the Better  
... Naturally

## ***Presents***

### **HEALTHY LIVING**

A Weekly E-Newsletter

By Dr. Shirley Powell, ND, CNC, CHP

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#### **A Little Bit About Vitamins**

Way back to the time of ancient Greece, man became aware that such diseases as beri-beri, scurvy, rickets, and pellagra could be prevented by eating certain foods. This was the beginning of the discovery of vitamins. Major scientific discoveries about vitamins began to arise in the 1920's. "Vita" means life. Vitamins are very complex, organic substances that are made by plants and are crucial for good health. With only two exceptions, the body doesn't supply vitamins, and so we must receive them through plants (our food), the animals that eat the plants, or the labs that extract and isolate these substances from plants. Even though vitamins are not a source of energy or calories, the body would be rendered useless without the aid of vitamins to function. Different foods provide different vitamins as well as different concentrations of the same vitamins. That's one of the reasons why it's very important to eat a variety of whole foods. Lack of sufficient vitamins can cause tiredness, weakness, and even color-blindness. They aid your body in such functions as metabolism, other cellular functions, growth, reproduction, and the production of energy. There is a great synergy and interdependence of vitamins and minerals in our bodies. For example, the body cannot absorb calcium without vitamin D. As another example, vitamin A aids in the production of retinal, which is used by your eyes to sense light. It is impossible for your body to produce retinal without vitamin A, and without it you would be blind.

The best source of vitamins is from natural, whole foods – at least as *the* foundation. Generally speaking, if you need to supplement your diet with additional nutrients, the best form of supplementation is whole food supplements, rather than individual, synthetic, isolated vitamins and minerals. There are thousands of available multivitamins in the market, and our society is being massively exploited. The random use of very large doses of isolated vitamins without knowledge can cause health problems. There is such a thing as "too much of a good thing," whether from natural sources or synthetic sources. I have heard from a reliable source that someone ate excessive amounts of carrots and developed a severe allergic reaction (counterproductive!). As always, knowledge and balance is key.

*"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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Visit [www.temple-care.net](http://www.temple-care.net) to learn more about

*Temple Care International Ministries* and *Temple Care - Naturopathic Health Services*

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## **Quality Living: Thought for the Week**

### **Grounded and Sound**

So often, we want the "new and improved" version, and we want to be a part of the in-crowd. We don't want to be an outsider, exempt from the exclusive club of those "in the know." There's a lot of information out there, and much of it is contradictory. We can't all do mounds and mounds of research, lab experimentation, and investigative work, so we need people we can depend on and trust who have great integrity to convey the truth – not "their truth," but "the truth." At least let's get some verifiable facts! When determining who to listen to, we might ask, what is their motive? What will this information do to me, for me, or with me – my body, my mind, my spirit, and -- we can't forget -- my pocketbook?! Just because someone *sounds* knowledgeable, eloquent, and convincing doesn't mean they're telling the truth or that they have your best interests at heart. Be careful of clever manipulation, exploitation, and deception. We need to be wise and discerning of all things. We need to be **patient** and test things so that we will not be harmed with misinformation and bad information. And when we hear the truth, we must be ready to receive it, rather than reject it because "we don't want to hear it"! Examine yourself so that you do not close your ears and eyes to the truth. Don't be afraid to challenge "the experts" and "authorities," and certainly don't be too proud to challenge yourself and your own assumptions. When a lot is at stake, always check and confirm the source, and the source's source, if necessary.

*"For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; And they shall turn away their ears from the truth, and shall be turned unto fables" (2 Timothy 4:3,4).*

*Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. (Colossians 2:8)*

*Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves. (Matthew 10:16)*

*Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding. (Proverb 4:7)*

*Thy word is a lamp unto my feet, and a light unto my path. (Psalms 119:105)*

*And ye shall know the truth, and the truth shall make you free. (John 8:32)*

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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.

- 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
- Temple Care satellite office – 9450 Pennsylvania Avenue, Suite 20, Upper Marlboro, MD (240) 687-0493 (**call first**)
- Online at [www.temple-care.net](http://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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## *About Temple Care*

### *(The Naturopathic Health Practice)*

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. Call for details.**

*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*

### ◆ *Natural Health Solutions* ◆

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#### **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)**

**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](mailto:s.powell@temple-care.net), or call at (240) 687-0493. I’ll be honored to serve your small or large group.**

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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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