

Temple Care International Ministries



Presents

HEALTHY LIVING

A Weekly E-Newsletter

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Checking Fluid Levels

Keeping proper levels of transmission fluid, coolant, power steering, engine oil, and brake fluid is critical for the long life and effective, safe functioning of your car. Just as with your automobile, so it is with your body: you must maintain certain levels to avoid damage, breakdowns, and malfunctions. For the body, it's called homeostasis – a constant and consistent internal environment, or a steady state. Here are a few examples. You must consistently take in the proper nutrients to avoid insufficient blood levels that can lead to anemia and other problems. You need to consistently take in sufficient water to avoid chronic dehydration, which can lead to a myriad of health ailments. You must make sure you take in sufficient alkaline foods to avoid an overly acid internal environment (i.e., pH), which can also lead to all manner of degenerative diseases, including joint problems, digestive problems, and enzyme malfunction.

The body is composed of ten systems, and they all work *synergistically* and *interdependently*. Therefore, when one suffers, they all suffer. Hence, it is critical that we consistently maintain equilibrium and balance for all systems. When we don't, the body will do what it must, including robbing Peter to pay Paul, in order to attempt to maintain equilibrium, or homeostasis. Just like the dashboard on your car displays system performance indicators, we have in our body monitoring devices called receptors that keep the brain up to speed about internal conditions, which may prompt the brain to command a myriad of stopgap or emergency physiological measures through the nervous system and hormones in order to divert system failure. Unfortunately, in the body's struggle to maintain some semblance of normalcy, without some corrective action by its keeper (that would be you), the body may begin to develop symptoms that could progress to disease. You can't keep riding on that donut tire for long. The next time you begin to have physical challenges, ask yourself, how have I been keeping up my levels?

*"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.

Quality Living: Thought for the Week

Wisdom: The Principal Thing

**Proverbs 4:7 (NKJV) – “Wisdom is the principal thing;
Therefore get wisdom. And in all your getting, get understanding.”**

One way to eradicate patterns of frustration, impatience, despair, confusion, anger, bias, and stereotyping is to seek answers to gain understanding, knowledge, and wisdom. So many times, we are confronted and confounded with major questions about life and the issues of life, particularly those that personally confront us. Instead of complacently wallowing in the quagmire, **patiently, humbly, and diligently** inquire and learn from these challenges. Although the search for honest answers can at times be daunting, it nevertheless can be for you the beginning of a wonderful adventure. With a *discerning yet teachable* spirit, you may open up to a whole new world of knowledge and greater dimensions of insights, which in turn will likely yield greater wisdom, understanding, **patience**, compassion, and maturity. It is prudent, however, to seek out answers from principled sources that are reliable and true. Getting knowledge and understanding will sharpen your discernment, will reshape how you perceive people and life, and will transform how you perceive, process, use, and respond to the situations and circumstances that confront you and the world around you.

Hosea 4:6a – “My people are destroyed for lack of knowledge”

James 3:17 (KJV) - But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

Proverbs 8:11 (KJV) - For wisdom is better than rubies; and all the things that may be desired are not to be compared to it.

Proverbs 21:30 (AMP) - There is no [human] wisdom or understanding or counsel [that can prevail] against the Lord.

Psalms 33:4 (NIV) - For the word of the LORD is right and true; he is faithful in all he does.

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, 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 for Natural Health Solutions ▣

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, 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)

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.

Temple Care – Naturopathic Health Services

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