

Temple Care International Ministries



Presents

HEALTHY LIVING

A Weekly E-Newsletter

By Dr. Shirley Powell, ND, CNC, CHP

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THE BODY ELECTRIC

"All animals that move have electricity in their bodies"

Rodolfo Llinas, Neuroscientist, New York University's School of Medicine

Experiencing and comprehending all that we see, hear, and touch is made possible by electrical signals from the brain to various parts of the body and back by special nerve cells. Imagine, the brain itself has enough electrical energy to power up a 40-watt light bulb for 24 hours! When you pick up a fork, the brain sends electrical signals (nerve impulses) to your arm muscles and your hand to follow its instructions accordingly! Even the timing of your heartbeat is regulated by your heart's electrical system (Think about the pace maker). Basically, that's what an EKG does: it monitors the electrical activity inside the heart. An EEG monitors and measures the electrical activity of neurons (nerves) in the brain. Almost any function the body performs, including thinking, is done through this complex electrical communication system. It is exponentially more complex than any computer could ever be. Unlike the computer, your body has its own built-in software, backup systems, built-in repair systems, with automatic updates, too! The complexity of this circuitry is akin to having 100 trillion calculators in your body, all operating nonstop, 24 hours a day, seven days a week.

Electricity in our body is one form of energy, and every cell is like a battery. Energy, by definition, is the capacity to do work or place matter in motion. Our own electrical energy is determined by the food we eat, in large measure. Some of the "foods" we eat (such as aspartame) and things we do interfere with the proper functioning of this circuitry. Studies show that such problems with electrical communication in the body result in such conditions as Alzheimer's, epilepsy, Parkinson's, and MS. Minerals such as sodium, potassium, calcium, copper, magnesium, and other trace minerals, play an absolutely essential and key role in the proper workings of this vast internal communications system (mostly in the form of electrolytes). For example, calcium provides electrical energy for our nervous system, our muscular system, and strength to our skeletal system. Our minerals ideally should come from a variety of natural, unprocessed whole foods (preferably organic). Remember, you are what you eat. Are you consistently and properly "charging your battery"?

"I will praise you, for I am fearfully and wonderfully made; marvelous are your works, and my soul knows very well."

Psalm 139:14

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.

Visit www.temple-care.net to learn more about
Temple Care International Ministries and *Temple Care - Naturopathic Health Services*

Quality Living: Thought for the Week

Is Your Discomfort A Signal for Change?

Each time there needed to be a major change in my life -- a move, a need to take action, the necessity to stop whatever it was I was doing at the time, or even simply to change my thought patterns and my views -- it usually came in the form of some type of discomfort -- restlessness, uneasiness, boredom, alienation, distress, subtle disorientation, or a sense of imbalance. Sometimes I'd ignore it, deny it, resist it, or try to camouflage it. It never worked. Going through changes seldom seems enjoyable at the time, but the benefits are often great and can bring you to a level of maturity and wisdom that you would not have otherwise experienced. Is God trying to tell you something? Is there a change that needs to be made that you've been trying to deny, ignore, postpone, or resist against? Can you step out on faith, remembering that the Lord is with you every step of the way? Can you believe that often blessings for yourself and others come through uncomfortable change (albeit maybe not the way you'd selfishly prefer to be blessed)? Several places in the bible, the phrase "and the Lord was with" appears. Might you be able to put your name at the end of that phrase as a continual encouragement to accept, adapt to, and be blessed by change?

Hebrews 12:11 (NIV) – "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

John 15:1-2 (NKJV) - "I am the true vine, and My Father is the vinedresser. ² Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit."

James 1:2-4 (MSG Paraphrase) – "Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way."

2 Timothy 2:21 (KJV) – If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work."

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.

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