

Temple Care International Ministries



Presents

HEALTHY LIVING

A Weekly E-Newsletter

By Dr. Shirley Powell, ND, CNC, CHP
P.O. Box 4451, Upper Marlboro, MD 20775
(240) 687-0493 • (301) 560-8428 Fax

s.powell@temple-care.net • www.temple-care.net



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AWESOME ASPARAGUS!

For nearly 2000 years, asparagus has been prized for its powerful health benefits. It's in the lily family, along with onions, leeks, and garlic. Asparagus is low in calories, but loaded with vitamins and minerals. Asparagus is a great blood cleanser and excellent for healthy bowel maintenance. Asparagus is also a natural diuretic, and in moderation it helps with kidney problems but should not be considered when there is inflammation. Asparagus has been shown to be beneficial in cases of diabetes, bronchitis, hypertension, high cholesterol, and arteriosclerosis. Some find that it soothes a nervous mind. Further, asparagus helps ease menstrual difficulties. Last but not least, asparagus is very beneficial for improving immune function, and it has been shown to contribute to cancer prevention. You may find your urine turns dark and develops a strong odor. This is a harmless byproduct of asparagus. Asparagus contains beta-carotene, vitamin B1, bioflavonoids, potassium, and vitamin C, and folate. Folate (folic acid) is necessary for growth and development, and plays a vital role in making new cells by helping produce DNA and RNA. It is particularly beneficial during pregnancy.

Spring is on the horizon, which is peak season for asparagus, so take a moment and plan it into your menu regularly. When buying asparagus, be sure to select those that are firm, thin rounded stalks (not flat or twisted), with dark green or purplish tips. Cut the white end, which is dirty and tough. For maximum flavor, use within a couple of days after purchasing. One of the most powerful properties of asparagus is its concentration of folate (folic acid). Folate helps develop the baby's nervous system properly, and eating it regularly during pregnancy has been known to help prevent birth defects. Inulin, one of the components of asparagus, helps populate the large intestines with friendly bacteria, which we need to keep unfriendly bacteria at bay. As a natural diuretic, it can be beneficial in swelling – fluid retention and edema. Here are some websites with healthy asparagus recipes.

<http://www.livingfoods.co.uk/recipes.asp#02>

<http://www.rawsacramento.net/recipes.htm>

http://www.rawfoodlife.com/raw_food_recipes.html#Asparagus

<http://www.rawveg.info/salads.html>

(Note: Asparagus may not be recommended for persons with arthritis and cystitis. Seek advice of your health care professional.)

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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

FAILURE TO YIELD

When we fail to yield to the right of way in our automobiles, people can and do get hurt. These are unavoidable consequences for which we will be held accountable. For that reason, we know that it's extremely important for the safety of all to cooperate and obey the rules of the road. Yet, sometimes one thinks it's okay to run a red light to go through a stop sign, hoping there are no police around.

Similarly, in your life, when you're in a hurry to accomplish something in your own way and on your own terms, do you tend to express aggression with self-focused determination, often not considering others along the way? Sometimes it's not until after the fact that we realize the harm that can be done or has been done to others along the way.

In trying to negotiate your way through life, do you fail to yield God's rules of "the road" as set out in His instruction manual (His Word), or through His promptings? Do you go headlong, careening full speed down a course that you *independently* set out? And are people (including yourself) getting hurt (spiritually, mentally, emotionally, physically, or financially) along the way? And are you willing to face the consequences? Could you possibly be thinking this is undetectable by God, outside of His radar screen?

Proverbs 3:6 (KJV) – "In all thy ways acknowledge him, and he shall direct thy paths."

Proverbs 4:11 (NIV) – "I guide you in the way of wisdom and lead you along straight paths."

Proverbs 3:23 (KJV) – "Then shalt thou walk in thy way safely, and thy foot shall not stumble."

Matthew 7:14 (KJV) – "Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."

Proverbs 5:21 (NIV) – "For a man's ways are in full view of the LORD, and he examines all his paths."

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 THE BODY TEMPLE NUTRITIONALLY:

(WHY ARE WE SICK, AND WHAT CAN WE DO ABOUT IT?)

Learn the truth about health and wellness and be set free!

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:

"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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