

# 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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### **SEAWEED? YES, INDEED!**

“What!?! You couldn’t possibly be suggesting that I eat seaweed!” Yes, as a matter of fact, I am. Sea vegetables are absolutely loaded with protein, fiber, vitamins, and minerals. They’re known to strengthen the immune system, reduce cholesterol, reduce blood pressure, and help ward off various cancers. The types of sea vegetables range all the way from agar agar, arame, alaria, dulse, hijiki, kelp, kombu, sea palm, and wakami, on down to nori. Just to highlight a few of the many benefits of sea vegetables: Dulse is known for its abundance of B6 and B12; hijiki is rich in vitamin A and provides ten times more calcium than a glass of milk; alaria is also very high in calcium; and arame is high in iron, iodine, potassium, and vitamins A and B. When shopping for sea vegetables, the better, higher purity brands are Rising Tide, Emerald Cove, Mitoku, Eden, and Main Coast Sea Vegetables. If you don’t see them, don’t hesitate to ask for assistance at health-conscious grocery stores (such as My Organic Market, Whole Foods, etc). To get a visual of what they look like and learn more about how to prepare them, you can go to <http://www.wholefoodsmarket.com/recipes/hungrymind/seaveg.html>. So here’s a good lead that you need to take heed: Good feed, indeed, is obtained from seaweed! (I know, I know – poetry isn’t my calling. I promise, I won’t quit my day job☺)

*“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.

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## Quality Living: Thought for the Week

### **HE'S GOT IT COVERED**

Isn't it great when you know there's someone who knows you really intimately, on whom you can rely to handle it? It's such a comforting relief to be able to say with confidence that so-and-so's got it covered. Just knowing that someone is really looking out for you, with your best interest at heart, is very consoling and reassuring, isn't it? – someone whose judgment and wisdom you have a high regard for. The peace you experience when you know that person “has got your back” is, well, priceless. The only One I've encountered who fits that description consistently is God. There is a calm that rises above the circumstance when you really, really **get it** that **God's got it!** Can you trust in the blessed sovereignty of Almighty God? He's in on the all the details. Trust that He's in on the minutia of your life, as well as the gigantic stuff. Now you can exhale.

*Psalm 40:1 (NIV) – “I waited patiently for the LORD; he turned to me and heard my cry.”*

*Psalm 139:1-6 (NKJV) – “ O LORD, You have searched me and known me.<sup>2</sup>You know my sitting down and my rising up; You understand my thought afar off. <sup>3</sup>You comprehend my path and my lying down, And are acquainted with all my ways. <sup>4</sup>For there is not a word on my tongue, But behold, O LORD, You know it altogether. <sup>5</sup>You have hedged me behind and before, and laid Your hand upon me. <sup>6</sup>Such knowledge is too wonderful for me; it is high, I cannot attain it.”*

*Jeremiah 29:11-13 (NKJV) – “For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. <sup>12</sup>Then you will call upon Me and go and pray to Me, and I will listen to you. <sup>13</sup>And you will seek Me and find Me, when you search for Me with all your heart.”*

*Job 42:2 (NIV) – “I know that you can do all things; no plan of yours can be thwarted.”*

*1 John 5:4-5 (NKJV) – “For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. <sup>5</sup> Who is he who overcomes the world, but he who believes that Jesus is the Son of God?”*

*Hebrews 6:19-21 (NLT Paraphrase/Commentary) – “This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary. <sup>20</sup>Jesus has already gone in there for us. He has become our eternal High Priest in the order of Melchizedek.”*

*1 Corinthians 15:58 (NKJV) - “Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.”*

**(Recommended reading: All of Psalm 91, all of Psalm 139)**

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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 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](mailto:s.powell@temple-care.net), and [www.temple-care.net](http://www.temple-care.net), P.O. Box 4451, Upper Marlboro, MD 20775

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### 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](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:

*"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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