

# 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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### ANTIOXIDANT TOP TEN LIST

We've all been hearing about free radicals and antioxidants – just a few of the natural health and wellness buzz words of the 21<sup>st</sup> century. But what exactly are they? A free radical is an unstable molecule in your body, missing an electron, seeking by stealth to become whole, literally robbing an electron from another molecule. The victim molecule now has become a free radical, and a chain reaction ensues. You've heard that "hurt people hurt people"? Well, robbed molecules rob other molecules in an attempt to be made whole again. A certain amount of free radicals in the body is a normal process of metabolism and other bodily functions. Excessive free radicals formation occurs as a result of a poor diet and lifestyle, combined with environmental as well as household toxins and pollutants. If your body has sufficient antioxidants and free radical formation is not excessive, then there is usually not a problem. Antioxidants neutralize free radicals by donating one of their electrons, but unlike other cell types, they don't in turn become free radicals themselves, which ends the vicious cycle. They become free radical scavengers, protecting us from further cell and tissue damage that can lead to chronic degenerative diseases (including cancer) and DNA damage. Antioxidants also repair and replace damaged cells. Antioxidants, particularly vitamins A (beta carotenes), C and E, are usually found in nutrient rich plant-based foods. Antioxidants are like health insurance, averting devastating out-of-pocket costs. Are you up on your antioxidant premium payments?

It is far better, safer, and more effective to get your antioxidants from a rainbow of whole fresh fruits and vegetables, versus mega doses of vitamins. Eat at least five servings each day. (You can get a whole lot of mileage from juicing!) Here's a list of the top ten antioxidant-rich fruits and vegetables.

FRUITS	VEGETABLES
1. Strawberries	1. Garlic
2. Plum	2. Kale
3. Orange	3. Spinach
4. Red grapes	4. Brussels sprouts
5. Kiwi fruit	5. Alfalfa sprouts
6. Grapefruit, pink	6. Broccoli
7. White grapes	7. Beets
8. Banana	8. Red bell pepper
9. Apple	9. Onion
10. Tomato	10. Corn

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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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*“Our life is destined by the decisions we make daily. Today’s decisions are tomorrow’s reality.”*  
*Anonymous*

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

### **The True Mark of Distinction**

Many of us are on a mission to “be somebody.” We want to accomplish great things, leave a legacy, or leave a deposit in the earth for the next generation. Towards that end, many strive endlessly for greatness and recognition. Others set out to support to great causes, begin admirable foundations, or shine philanthropically. And still others of us single-mindedly seek out our divine purpose. We gallantly chase after new and more powerful, transforming, or thrilling experiences in order to claim that we have lived life to its fullest. And we often are driven, propelled, and motivated to leave a mark -- a lasting impression. Most of us want to be self-assured that we will have lived a life that mattered, one that has made a difference in the world.

In all this ambitious seeking, in all this striving for purpose, significance, honor, credit, achievement, acknowledgement, power or recognition, in this unrelenting quest to lay our claim to fame, might we be overlooking **a more excellent way?** There is a key ingredient that is at the very heartbeat of a life that truly matters. **Without this essential attribute, when all is said and done, at the end of the day, nothing we could ever do, be, or have really amounts to much of anything at all.** More poignantly than I could ever speak to this premise, Paul goes right to the heart of the matter in this part of his letters to the Corinthians:

*1 Corinthians 13 (NIV) – “If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, **I am nothing.** <sup>1</sup>If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. <sup>2</sup>If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. <sup>3</sup>If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.*

*<sup>4</sup>Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup>It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. <sup>6</sup>Love does not delight in evil but rejoices with the truth. <sup>7</sup>It always protects, always trusts, always hopes, always perseveres.*

*<sup>8</sup>**Love never fails.** But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. <sup>9</sup>For we know in part and we prophesy in part, <sup>10</sup>but when perfection comes, the imperfect disappears. <sup>11</sup>When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. <sup>12</sup>Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. <sup>13</sup>And now these three remain: faith, hope and love. **But the greatest of these is love.**”*

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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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## Temple Care

▣ **The Naturopathic Health Practice for Natural Health Solutions** ▣

**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.

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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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Visit [www.temple-care.net](http://www.temple-care.net) to learn more about  
**Temple Care International Ministries**  
*and*  
**Temple Care - Naturopathic Health Services**

## 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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