

Temple Care: Body, Mind & Spirit
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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- **Note: Some e-mail updates and changes have been lost, so please e-mail me again if changes, additions, or deletions need to be made. Thank you in advance for your patience.**

Commander-in-Chief of the Kitchen – Ten Considerations and Strategies

Even with a busy schedule, you can take steps and employ some strategies to take victory over the challenges of healthy eating. Here are a few pointers that I hope you find helpful.

1. It's cheaper to prepare your own food, and it's healthier to prepare your own food.
2. You can take control of your environment and are empowered by preparing your own food.
3. You have many more options when you're in control: amount of fat, spices, calories, cholesterol.
4. Go for using less fattening food preparation methods: raw, steam, boil, or sauté (versus broil, fry, or grill).
5. Bless yourself or others with a steamer, juicer, blender, dehydrator, rice cooker, food processor, grinder, and salad spinner.
6. Take charge and customize your flavoring: add organic curry, ginger, nutmeg, nut flavoring, etc.
7. Elect to get more raw foods in by mixing it with cooked (e.g., grain or pasta dish with raw veggies sliced or chopped in them, or you can marinate the raw veggies to lend a more "cooked" texture, or lightly steam the veggies and serve immediately).
8. Choose to make healthy homemade sauces in batches for salads or marinades, or pour over fresh veggies.
9. Prepare healthy meals that are simple and quick: soups, wraps, salads, beans, and grain dishes with chopped or grated veggies. (Soups can be made from almost any combination of veggies alone, veggies and grains, or veggies and beans. Don't forget, soups can be made raw, too!)
10. Set aside a schedule for menu preparation, shopping, cleaning, preparing, and packaging foods. Even better, make a family affair of it.

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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

Who's Your Master?

There are those who immediately think surrendering their life to Christ is giving up their freedom. In actuality, it **liberates** you from the bondage of sin and death and the strongholds they have on you. Galatians 5:1 (KJV) says, "Stand fast therefore in the **liberty** wherewith Christ hath made us free, and be not entangled again with the yoke of bondage." And Romans 6:16 says, "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" As paraphrased in the Message, it is stated like this: "...You know well enough from your own experience that **there are some acts of so-called freedom that destroy freedom**. Offer yourselves to sin, for instance, and it's your last free act. But offer yourselves to the ways of God and the freedom never quits. All your lives you've let sin tell you what to do." You are a slave to what you obey. We are all slaves to someone or some thing, and whatever it is or whoever they are, they are our master. There is no such thing as total autonomy. Your master is whatever consumes a significant share of your time, your money, your attitude, your attention, your talent, your body, your appetite, or any of your other resources. We need to take the time to honestly reflect and examine ourselves. Whose slave do you choose to be today?

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?

I hope you will be able to attend some of the upcoming events:

Presentation: “Fit to Walk in Your Purpose – Body, Mind & Spirit”
Event: Share God Ministries Women’s Conference
Theme: Walking In God’s Purpose For Me
Date: **Saturday, May 26, 1:40pm to 2:040pm**
Where: Faith Clinic Church
7726 Finns Lane, Lanham, MD
Cost: Free

Event: Health Fair – “Preparing for a Healthy Summer”
Date: **Saturday, June 2, 12:00pm to 4:00pm**
Where: St. Matthew CME Church
923 Cedar Heights Dr.
Capitol Heights, MD 20743
Cost: Free (No pre-registration required)

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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