

Temple Care: Body, Mind & Spirit
Temple Care International Ministries

Presents



HEALTHY LIVING

A Weekly E-Newsletter

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In this issue:

- **Article - The Soy Controversy: Is Soy Healthy?**
- **Quality Living - Thought for the Week: "Getting There"**
- **Where's Shirley?** See details below for two upcoming events on Saturday, May 26, 2007, 1:40pm to 2:40pm, and Saturday June 2, 12:00pm to 4:00pm
- **Testimonials**
- **Note 1:** 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.
- **Note 2:** Update on Personal Wellness Appointment Times: Monday through Friday, 10:00am to 6:30pm. Some Saturdays are also available for appointment.

THE SOY CONTROVERSY: IS SOY HEALTHY?

Soy products, including soy milk and soy ice creams, have been touted as a health food over the years. The multi-billion dollar soy industry has promoted the numerous health benefits of soy, and many health professionals, including myself, accepted these claims as true for a season. However, over the past several years, there has been increasing research revealing that we should take another look at soy. Even though the soy controversy continues to rage and there are mixed reviews, pro and con, I believe that with this much mounting evidence about some of soy's health risks, it is best to avoid soy, including soy baby formulas – or at least severely limit your intake of soy. (There is less controversy on the benefits of fermented organic soy, like tempeh and miso). Below is a condensed overview on some of the concerns about soy, as expressed by Sally Fallon, President, Price Pottinger Foundation, Washington, DC, excerpted from her letter to the Washington Times regarding soy for school lunch programs:

"Soy not only lacks complete protein, zinc and iron, it contains compounds that block the absorption of protein, zinc and iron from other sources. Soy foods increase the body's requirements for vitamin D and B12-both essential for normal growth and development. Antithyroid substances found plentifully in soy foods inhibit thyroid function, leading to fatigue and mental problems. Phytoestrogens in soy can inhibit normal development and can cause reproductive and fertility problems later in life. Recent research implicates these phytoestrogens in the development of Alzheimers' and dementia-they are "brain aging" substances. Modern soy products contain carcinogens and toxins formed during processing and all modern soy foods contain MSG, which causes neurological problems, including violent behavior."

For further detailed reading on soy, here are a few website articles from other fairly reliable sources:

<http://www.nexusmagazine.com/articles/soydangers.html>

<http://www.soyonlineservice.co.nz/>

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

GETTING THERE

I'm currently in a year-long study of the book of Romans, and one thing that was pointed out is the peculiar way God brought the Apostle Paul to Rome on "assignment". The journey to Rome for Paul included an arrest in Jerusalem and a two-year prison term in Caesarea, followed by his appeal to be tried in Rome by Caesar, which was granted. That's the ways and means by which Paul was able to make it to Rome! And look at Paul's Damascus Road experience! (See the book of Acts, Chapters 9 and 22). Sometimes the journey to get to where God wants you to go may not be easy or pleasant. It may be downright rough, tough, gruesome, wearisome, and full of surprises, twists and turns. My journey into the health and wellness ministry and private practice came through the trial of 33 years of ongoing physical pain and suffering from sickle cell disease and all its secondary challenges. Looking back, I can say, like Paul, that God's grace is sufficient. It was a trying, circuitous route to wholeness and wellness, but it was through that journey that the Lord led me to a place of knowledge, wisdom, and growth in overcoming the devastation of that condition and others, moving from chronic victimization to constant victories. As a result of this journey, He positioned me in a place where He could be glorified, a place where I could be used to extol to all the healing power of His natural provisions, as well as His grace and power -- providing a platform other than the pulpit for me to share the Good News. I could go on and on about the blessings that flow from those challenging years, not to mention the blessings that flow from many others challenges along the way. But there is one thing I know for sure: life seldom travels along the path or in the direction we think it should for victory. God's ways are not our ways, especially when it comes to which way things should be accomplished! Yet, we know that "... all things work together for good to those who love God, to those who are the called according to His purpose (Romans 8:28). And 1 Peter, 5:6-7, says, "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time."

Isaiah 55:8-9 - "My thoughts are not your thoughts, nor are your ways My ways,' says the Lord. 'For as the heavens are higher than the earth, so are My ways higher than your ways, And My thoughts than your thoughts."

2 Corinthians 12:9 - "'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."

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. Personal Wellness Appointment Times: Monday through Friday, 10:00am to 6:30pm. Some Saturdays are also available for appointment 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.

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