

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



May 17, 2007 - Issue #76

In this issue:

- **Article: Milk Replacements**
- **Quality Living: Thought for the Week**
- **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**

MILK REPLACEMENTS

Last week we talked about the influx of new information and studies regarding problems with today's modern soy. It appears that soy was not originally grown or used as a food, but in ancient Oriental history, they discovered a specific processes to precipitate or ferment soy which made soy safe for eating. However, according to these studies, today's **modern** processing of soy and soy byproducts are stressful to the body and can cause certain health problems.

Regarding soy milk, what are our options? Rather than go back to homogenized, pasteurized cow's milk, why not try nut milk? You can make your own rich and creamy alternative to cow, soy, and rice milk with raw almonds and a good blender, which I often do. Almonds are one of the best, most nutritious nuts you can eat, but you can also use raw unsalted cashews, hazelnuts, or brazil nuts. Soaking the nuts for a few hours or overnight helps improve digestion significantly. Here's one way to make your own almond milk (feel free to get creative, though, and make your own unique formulation):

1 to 1 ½ cups of raw almonds, soaked in water overnight
4 cups of cold purified or distilled water
3-5 dates, or two tablespoons of pure maple syrup, or stevia (optional)
Other options: a dash of unrefined sea salt and/or organic vanilla extract

Put everything in your blender, blend completely, then strain and keep refrigerated. Now you have your own tasty, healthy milk, without all the chemicals, antibiotics, hormones, toxins, concentrated sweeteners, trans fats, or other harmful ingredients. This milk should be good for about three or four days.

You can also make banana milk by blending the following:

1 ripe organic banana, peeled and chunked
1 cup cold purified or distilled water
1/2 tsp. of organic vanilla or 1/4 tsp. of organic almond or coconut extract

If you have determined to keep cow's milk in your diet, be sure to drink only cow's milk that meets very specific criteria. You can find out more about those criteria from this website: www.realmilk.com.

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

BEYOND HUMAN REASONING

Many things coming into our lives just do not make any sense, but those are the times when we really need to trust the Lord. We can never know up front the full implications and purpose of an event, situation, or circumstance in our lives as it is unfolding because God does not give us the whole picture, but often “just enough light for the step we’re in.” What doesn’t make any sense to us makes perfect sense to God, so we need to be patient and trust Him. Isaiah 55:8-9 says, “For 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 greater than your thoughts.”

Even though we usually won't know up front the full scope of what God is doing, by our complete surrender we are telling Him that we agree with Him and that we are putting our complete trust and faith in Him. Recognize that God has all the answers and only through the Holy Spirit can we gain discernment and some level of understanding and guidance. Make the decision to rest in Him. We, in our human reasoning, philosophizing, analyzing, and intellectualizing, can never figure it all out, but God is all-knowing. That is why it is all the more essential and critical to have a true and genuine faith in God in order to have the peace of mind that only He can give. We can trust that God’s eyes are always on the righteous, that He is in on all the details, and that He works all things out for the good and for His ultimate glory.

Romans 8:28 (NASB) – “And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

Psalms 139:6 (NIV) – “Such knowledge is too wonderful for me, too lofty for me to attain.”

Visit www.temple-care.net to learn more about
Temple Care International Ministries and *Temple Care - Naturopathic Health Services*

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)

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***. 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 prescription drugs and surgery. Temple Care addresses primarily the causes of health problems; not just symptoms. Individual appointments for challenges you are facing with your health are one of the services offered. Workshops, seminars, and church presentations are also 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. **Temple Care believes in the power of simplicity.** Dr. Powell strives to make plain the complexities of caring for the Temple so that the client can experience the highest level of success in their quest for optimal health – body, mind, and spirit.

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
Temple Care International Ministries
P.O. Box 4451, Largo, MD 20775*

(240) 687-0493 • (301) 560-8428 Fax • s.powell@temple-care.net • www.temple-care.net