

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

Presents



Transforming Lives for the Better
... Naturally

HEALTHY LIVING

A Weekly E-Newsletter

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Personal Care Products – Checklist for Toxins

Buyer beware! There are over 1000 toxic ingredients in various personal care products (shampoos and other hair products; body creams, lotions, and other skin care products, including makeup, bubble baths, deodorants, etc). These are just a few of the more common ones to avoid, but please take the time to look at the more exhaustive lists and explanations at some of the sites listed at the end of this article. Hundreds of commonly used products contain these toxins that destroy health. The FDA allows these, not considering their cumulative effect on our health. Let's take control over one aspect of our health by being prudent and wise about the personal products we use. Knowledge is power!

- **Sodium Laureth/lauryl sulphate** - Contains ether that is listed as carcinogenic, mutagenic, toxic and causes adverse reactions. Can potentially degenerate cell membranes and can change the genetic information (mutagenic) in cells and damage the immune system. May cause blindness and lead to cataracts. Eyes can not heal properly. Retards the healing process.
- **Aluminum** - Listed as carcinogenic, toxic and mutagenic.
- **Benzene** - A known bone-marrow poison. Carcinogenic, mutagenic, toxic and causes adverse reactions.
- **Coal Tar** - Often identified as FD, FDC or FD&C color. Can cause severe allergic reactions, asthma attacks, fatigue, nervousness, headaches, nausea, lack of concentration, cancer.
- **EDA, EDTA, MEA, and TEA** – Can be carcinogenic.
- **Glycols** (group): Causes delay contact allergy. Propylene glycol did cause liver abnormalities and kidney damage in laboratory animals. Diethylene glycol and carbitol are considered toxic. Ethylene glycol is a suspected bladder carcinogen. Glycols are carcinogenic, mutagenic, toxic and cause adverse reactions.

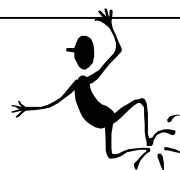
- **Urea** (imidazolidinyl or diazolidinyl) - Causes dermatitis. If heated to higher temperatures it produces formaldehyde.
- **Parabens** - trademark for butyl, ethyl, germa, methyl, propyl paraben. Causes dermatitis and allergic reactions.
- **Dimethylamine** - Secondary amines cause allergic dermatitis. Carcinogenic properties.
- **Phthalates** – Can be damaging to the male sex hormones (sperm damage, feminization of baby boys, and can cause infertility).
- **“Fragrance”** – This generic term is used on many personal care products, and it usually contains various toxic chemicals, including neurotoxins. Companies can patent ingredients, use the term “fragrance,” and not disclose toxic substances in the product. These can often also cause allergic reactions.

(These sites have a more comprehensive listing: <http://www.oneorganicpath.com/toxic-ingredients.html> and http://www.aubrey-organics.com/about/treat_10synth.cfm. For a list of the 20 products of most concern to the Environmental Working Group, go to <http://www.cosmeticdatabase.com/research/topbrands.php>. You might just be surprised to find that something you’re using is on EWG’s top 20 product list! Please note: Some of the above sites may sell products. I am not endorsing any specific products in today’s e-newsletter, but simply directing you to sites that have a very comprehensive list of hazardous ingredients. Stay tuned for some simple choices and solutions in next week’s issue).

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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



SOAKING IT ALL IN

We can get so caught up in the busy-ness of life that, before you know it, a year has whizzed by almost without notice – just a big blur. But we can actually make a conscious decision to start to appreciate the moments that, joined together, make up life and living. I invite you to capture more of the small, subtle moments in your life and make them “Kodak moments”. It’s the little things in between the cracks, rather than the huge slabs of concrete, that really breathe life into the days and create the moments that enchant you. We can decide to be intent on absorbing those good, joyful, satisfying, fulfilling, pleasant, delightful, and gratifying moments, rather than letting them escape from us as just a quick flash. We can be like a sponge and soak it all in, rather than become desensitized to the little sparks of joy that are infused and injected into our daily experiences, if we would only just stop to notice them...and soak them all in. Take just an extra few seconds to witness, observe, and bask in those moments, savoring every morsel. There are some wonderful bonuses that come with this shift in experiencing our moments that compose our days. For one, the ordinary becomes the extraordinary. Secondly, the more of those moments we allow ourselves to experience and soak in fully, the more we reflect, display, or mirror them outwardly. Like a ripple in a pond, the joy we take in can reverberate to all those who cross our path.

Psalm 40:5 (NIV) – “Many, O LORD my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.”

Psalm 37:-9 (KJV) – “⁷ How precious is Your lovingkindness, O God! Therefore the children of men put their trust under the shadow of Your wings. ⁸ They are abundantly satisfied with the fullness of Your house, And You give them drink from the river of Your pleasures. ⁹ For with You is the fountain of life; In Your light we see light.”

Philippians 4:4 (NKJV) – “Rejoice in the Lord always. Again I will say, rejoice!”

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

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 2:40pm**
(Conference starts at 10:00am)
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.

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

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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