

*Temple Care: Body, Mind & Spirit*  
*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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**"CARING" PERSONAL CARE PRODUCTS**

It's quite an oxymoron to call so much of what is sold today as "personal **care** products," because so much of them actually act to *assault* the body and *destroy* our health. That's because so many of them contain a multitude of toxic chemicals that can cause or contribute to sickness and disease, including cancer. That's no way to **care** for the body! Last week I provided a list of ingredients to watch out for. I avoid any products that contain them. This week, I'll tell you some of the things I use for personal care and provide some other options, as well.

I now wash my entire body, from the bottom of my feet to the top of my head (my hair), with soaps from Dr. Bronner's line. I like the stimulating peppermint soaps in that line. I also enjoyed using a bath and shower gel that was a gift to me from a friend, made by the Vermont Soap Organics company (which I also found to work well as a shampoo). To moisturize my entire body, from the bottom of my feet to my hair, I now use 100% pure shea butter, virgin coconut oil, almond oil, or other natural nut oil. In a crunch, I'll even use pure castor oil. Sometimes I'll lightly scent them with a mild essential oil. I don't use any other special facial creams or moisturizers. I like to keep it simple, easy, wholesome, and inexpensive whenever possible. I used to use some of Carol's Daughter's products, but many of her products have wheat and gluten in them. I am gluten intolerant, so I no longer use products in that line. I don't use powder or cream facial makeup, but I do use eye pencil and lipstick, which I purchase from [www.honeybeegardens.com](http://www.honeybeegardens.com). You have to be careful with the colors, though, and they might be problematic if you have oily skin.

Also, I've now stopped purchasing toothpaste of any kind. I am going back to brushing my teeth the old-fashioned way -- with salt (unrefined sea salt), aluminum-free baking soda, or a mixture of the two. I've learned that even the tubes that hold toothpaste can contain lead. I often rinse my mouth out with a 50/50 solution of hydrogen peroxide and water, and I usually wash my toothbrush and spray it with hydrogen peroxide after each use.

For deodorant, I do not use anti-perspirants. Most of them contain aluminum and other harmful and **dangerous** chemicals to block what is a natural and necessary bodily function -- perspiration. Once your body is detoxed as a result of a healthy diet and lifestyle, odors begin to significantly dissipate or "disappear." Some people end up only needing soap and water to keep body odor at bay. If you need more protection, you might want

to try one of the salt deodorants (not anti-perspirants). I sometimes use the Thai Crystals brand. From time to time, for underarm odor protection, I dab a mix of a few drops of grapefruit seed extract and almond oil or shea butter. You can make your own deodorant with a little lemon and water, and then top it with some cornstarch or other similar combinations.

A few words of caution about commercial product lines: One company may have excellent, chemical-free shampoo, but their lotion may be toxic. So you really have to look at each product type individually. For each specific type of personal care product, you can determine which lines have the least toxic in each category by going to <http://www.cosmeticdatabase.com/>. Also, don't ever assume that all products in health food stores are healthy!!!! The natural health products market has become quite lucrative, which unfortunately leads to increasing lapses in integrity (another way of saying that there's increasing deception and fraud because, as the saying goes, "there's money to be made up in dem der hills!")

Happy personal care product hunting! ☺

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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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## Quality Living: Thought for the Week

### SLOWING DOWN FOR MORE JOY ON THE JOURNEY

There are times when I struggle with consistently and fully enjoying the journey of life. Sometimes I'm everywhere but in the present moment. Instead, I'm in yesterday or tomorrow. But I've found that being fully in this present moment is the greatest joy, when I give it my all and all. We can experience the joy of the subtle things that we would otherwise miss. That special look of awe directed at you from a child in the grocery cart in front of you at the checkout line. That moment when someone made an effort to let you in when all the other cars were making an extra effort to keep you out. That moment when you prayed to find your keys and within two minutes, you dug them up out of an obscure place in between some old boxes! Sipping on your favorite tea with a friend – even if only for five minutes. Giving your child, spouse, friend, or parent a spontaneous shoulder, neck, or back rub.

We seem to be working harder and living less. It makes a big difference in how we experience life when we consciously choose to structure our lives to include rest, rejuvenation, reflection, and recreation. I have at least found that to be profoundly true for me. To quote Wayne Muller, "Life is what happens when you're too busy to notice." Let's not be so busy that we miss life. Be committed to no longer simply exist, going through the motions, and having shallow, superficial experiences. Take the time to fully "inhale" genuine living!

***"If you're burning the candle at both ends,  
you're not as bright as you think you are."  
-Anonymous***

***Psalms 16:11 (NKJV) – "You will show me the path of life; In Your presence is fullness of joy; at Your right hand are pleasures forevermore"***

***John 1:16 (NASB) – "From the fullness of his grace we have all received one blessing after another."***

***Ephesians 3:19 (NLT) – "May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God."***

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

**WHERE 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
- New Covenant Christian Ministries, 1760 Phillips Road, Lithonia, Georgia 30058 (770) 484-9300 **(New)**
- 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)

## 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](mailto:s.powell@temple-care.net), and [www.temple-care.net](http://www.temple-care.net), P.O. Box 4451, Upper Marlboro, MD 20775**

**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.**

## 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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