

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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In this issue:

- **Article: "The Dirty Dozen" - Top 12 Worst Fruits and Vegetables to Buy Conventionally**
- **Quality Living: Thought for the Week**
- **Where to Purchase Book: Making Friends With Food**
- **Where's Shirley? (Atlanta, Georgia – July and August. See details below)**
- **About Temple Care and Scheduling a Personal Appointment**
- **Testimonials**

"The Dirty Dozen"

Top 12 Worst Fruits and Vegetables to Buy Conventionally

When purchasing fresh produce (fruits and vegetables), it is always best to buy organic because they usually have the highest nutrient value and the least amount of contamination from herbicides, pesticides, and other toxins that are harmful to our health. However, if for whatever reason you must buy even some conventional fresh produce (that is, not organic), then try to at least buy the following foods organically, because they have the highest levels of pesticide and herbicide contamination. I'm listing them with the dirtiest/worst on the top:

- | | |
|--|-----------------|
| 1. Strawberries | 7. Celery |
| 2. Bell peppers (green and red) | 8. Apples |
| 3. Spinach (tied with number 2) | 9. Apricots |
| 4. Cherries (grown in the United States) | 10. Green beans |
| 5. Peaches (grown in Chile) | 11. Grapes |
| 6. Cantaloupe (grown in Mexico) | 12. Cucumbers |

According to the EWG, these are the least contaminated conventional fruits and vegetables, listed with the cleanest/best on top:

- | | |
|------------------------|------------------------|
| 1. Onions | 7. Sweet peas (frozen) |
| 2. Avocados | 8. Kiwi |
| 3. Sweet corn (frozen) | 9. Bananas |
| 4. Pineapples | 10. Cabbage |
| 5. Mangos | 11. Broccoli |
| 6. Asparagus | 12. Papaya |

Also, produce purchased from the local farmers market is often better alternative to conventional produce in the large grocery stores. The best option of all is to get produce that is both organic **and** locally grown. This website can help you find such farms in your area: <http://www.localharvest.org/>.

(For a complete listing with more details on levels of produce toxicity, go to <http://www.foodnews.org/fulldataset.php>
(Source: Environmental Working Group - www.ewg.org)

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

SOMETHING TO LOOK FORWARD TO

Here in the natural, when something is really, really, really good, you never want it to end. You might even be saddened by the thought of it ending – whether it be a gratifying and joyous event or a soul-satisfying experience. When it’s a shared experience, we find ourselves saying, “We’ve got to do this again sometime!” Or we might tell another, “We had such an awesome time, I wish you could have been there! I’m so sorry you missed it!”

Yet, with all the joys we may experience, our experiences here on earth are also mixed with a myriad of problems and challenges that we’d rather do without -- devastation, loss, destruction, corruption, lack, weakness, fear, grief, pain, confusion, and sorrow. And the list goes on. We long for better times and a better place. Fortunately, we have a promise we can rely on for a future hope and glory, where all things will be made new, where there is never-ending joy, when we’ll earnestly always say “It’s all good!” (And we don’t want to have to say to anyone, “I’m sorry you missed it.”)

Romans 8:18 (NIV) – “I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.”

Hebrews 11:16 (NKJV) – “But now they desire a better, that is, a heavenly country. Therefore God is not ashamed to be called their God, for He has prepared a city for them.”

2 Peter 3:13 (KJV) – “Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness.”

Revelations 21:5 (NASB) – “And He who sits on the throne said, “Behold, I am making all things new ” And He said, ‘Write, for these words are faithful and true.’”

Matthew 25:34 (NKJV) – “Then the King will say to those on His right hand, ‘Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world:’”

Revelations 21:4 (AMP) – “God will wipe away every tear from their eyes; and death shall be no more, neither shall there be anguish (sorrow and mourning) nor grief nor pain any more, for the old conditions and the former order of things have passed away.”

Visit 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, through PayPal (add \$3 shipping)
- By phone with credit card payment: (240) 687-0493 (add \$3 shipping)

WHERE’S SHIRLEY?



Presentation: “Transforming the Body Temple Nutritionally – Part 1”
Event: “Extreme Makeover” Series
“Extreme Physical Makeover”
Date: **Wednesday, July 18, 2007, 7:15pm to 8:30pm**
Where: New Covenant Christian Ministries
1760 Phillips Road
Lithonia, Georgia 30058
(Suburb of Atlanta, Georgia)
Cost: Free

Presentation: “Transforming the Body Temple Nutritionally – Part 2”
Event: “Extreme Makeover” Series
“Extreme Physical Makeover”
Date: **Wednesday, August 15, 2007, 7:15pm to 8:30pm**
Where: New Covenant Christian Ministries
1760 Phillips Road
Lithonia, Georgia 30058
(Suburb of Atlanta, Georgia)
Cost: Free



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.

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

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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