

*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  
P.O. Box 4451, Upper Marlboro, MD 20775  
(240) 687-0493 • (301) 560-8428 Fax  
[s.powell@temple-care.net](mailto:s.powell@temple-care.net) • [www.temple-care.net](http://www.temple-care.net)



June 22, 2007 - Issue #80

**In this issue:**

- **Article: Are You Energy Efficient?**
- **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**

**ARE YOU ENERGY EFFICIENT?**

Everything – and I do mean *everything* – that we do requires an expenditure of energy. Sufficient energy is critical for optimal health, and every area of your life will be impacted by low energy stores. We all have a finite amount of energy each day, and in order to have a continuous and sufficient flow of energy daily for good health, it requires making good choices daily.

Energy is defined as the capacity to do work. But just so you don't draw any wrong conclusions, energy must be expended *even during sleep*. During sleep, the body is using energy for the work of healing, rejuvenating, repairing, restoring, and replacing worn out cells. If you eat late, the tremendous energy expenditure required for digestion cuts away at and confiscates the energy that was intended for those healing, repair, restoration, rejuvenation, and replacement functions that mostly take place during sleep.

The body's ability to rebuild itself as well as rid itself of waste depends on sufficient energy daily. Millions of functions take place every second to create heat, muscle, proteins, RNA, hair, nails, enzymes, fat tissue, and bones. Every second, 25 million new cells are created, and about an equal number are destroyed. Every second, millions of other functions break down food, stored fat, waste, and so on.

Unfortunately, many people lack sufficient energy (low energy), although it's not at all natural to regularly feel tired and lethargic. So what depletes energy? Low energy is more often than not a state that we bring on ourselves by our poor choices – poor choices in what we put in our bodies, put on our bodies, what we do with and to our bodies, as well as what we think and what to believe. This includes the quality of foods we eat; the quality and quantity of exercise, rest and sleep we provide ourselves; the level of stress we experience by our lifestyle choices; and the degree to which we dwell in negative emotions.

Negative emotional energy – worry, fear, anxiety, stress, et cetera – may cause you to need at least as much if not more sleep than someone who engages in manual labor eight hours a day. It's literally draining! The quality of the food we eat will dictate our immune function (ability to fight off sickness and disease), our metabolism, our daily performance, and eventually our longevity. Overeating and eating highly processed foods require a *GREAT* expenditure of energy – an unnecessary, unwise and wasteful expenditure of a valuable commodity. It requires your digestion to work in overdrive, again sapping energy that needed to be reserved for far more beneficial purposes. Also, if you eat poorly and don't get an extra amount of sleep to make up for the digestive burden that results from a poor diet, it is also very taxes your energy. It's no

wonder you wake up tired and not feeling refreshed. One way to look at it is, the food you eat acts as human gasoline. Would you put discount fuel or the wrong fuel in your Rolls Royce?

Copyright © 2007, In Purpose, Inc (except scripture passages). All rights reserved.

---

**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

### **THE MARKETING OF DISCONTENT**

Commercials, ads, and other marketing media create desires we never even knew we had! Much envy, covetousness, greed, selfishness, and jealousy stem from the daily onslaught of such profit-driven, enticing and alluring marketing tools. The spirit of discontent among so many of us is what has in large measure created this tremendous personal debt in this nation, at a level heretofore never beheld. The world systems subtly (and sometimes not so subtly) feed us a host of lies, setting an array of standards that we should live by, strictly designed to line their own pockets. The marketers study their subjects with keen insight and ability to penetrate and influence us deeply and thoroughly (yet subtly and insidiously). We have been artfully convinced through ingenious manipulative ploys that we haven't fully lived until – well, you fill in the blanks.

We fall for the bait and snare, causing us to forever strive for just one more gadget, or trip, outfit, or – well, again, you fill in the blank. The world systems set the trap of subtle enticements to make us vulnerable to our own fleshly desires or cravings for the things of the world. We've been seduced into believing that we must expect and even demand that life be problem-free, hassle-free, and worry-free. Of course, it's quite crafty how they've redefined life in such a way that what was once fine, what was once a non-issue, now falls in the category of a hassle, a problem, and something to worry over. They have **enslaved** many to this new paradigm. They have invented new ways to think about what life “should” and “should not” be. We must examine where our beliefs and attitudes spring from. Challenge your assumptions, and especially challenge those enticing suggestions from marketing media. Who are you allowing to make up the rules for your life?

*1 John 2:15-16 – “Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. <sup>16</sup> For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.”*

*Matthew 6:33 – “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”*

*Hebrew 13:5 – “Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.”*

*1 Timothy 6:6-8 - “But godliness with contentment is great gain. <sup>7</sup>For we brought nothing into the world, and we can take nothing out of it. <sup>8</sup>But if we have food and clothing, we will be content with that.”*

*Mark 8:36 – “And how do you benefit if you gain the whole world but lose your own soul in the process?”*

*Galatians 5:1 – Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.*

*Psalms 37:4 – “Delight yourself in the LORD and he will give you the desires of your heart.”*

---

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)

---

### 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](mailto: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](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*

---

**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](mailto:s.powell@temple-care.net) • [www.temple-care.net](http://www.temple-care.net)*

copyright © 2007, In Purpose, Inc. All rights reserved