

Temple Care: Body, Mind & Spirit

Temple Care International Ministries

Presents

HEALTHY LIVING

A Weekly E-Newsletter

By Dr. Shirley Powell, ND, CNC, CHP

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Transforming Lives for the Better
... Naturally

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- **Quality Living: Thought for the Week**
- **Where's Shirley? SAVE THIS DATE: Monday, July 16, 2007, 7:00p.m. "The Power of Lifestyle and Nutrition - Strategies for Lupus"**
If you or someone you know is suffering from lupus, you can't afford to miss this upcoming lecture by Dr. Powell on Monday evening, July 16, 2007. (See the details of this event and others in the "Where's Shirley" section below.)
- **Michael Moore's New Release, "Sicko" – Exposing Our Nation's Failing Healthcare System**
- **About Temple Care and Scheduling a Personal Appointment**
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LET THE SUNSHINE IN

God said, "Let there be light." Without the sun, life on earth would soon perish. Sunshine has a multitude of healing and life-enhancing benefits. Sunshine is antiseptic, promotes healing, promotes growth, warms and purifies our blood, and energizes our bodies. Sunlight converts cholesterol into valuable and essential vitamin D, and it unlocks the nutrients in our foods for peak efficiency of use. Plentiful sunlight has been shown to prevent osteoporosis, and may be particularly beneficial in cancer prevention. Everything from eczema to depression has shown improvement by sunlight. A recent study has shown that when babies are exposed to sunshine during midday, they slept much better at night. Also, a study by the University of Pittsburgh Medical Center revealed a markedly speedier recovery from surgery for patients exposed to sunlight. Skin conditions, such as eczema and psoriasis, have shown improvement after sun exposure. Most people know firsthand that sun has a relaxing, mood enhancing effect, as well. A healthy dose of sunlight daily will make a world of difference in your life.

It is true that sunshine **in excess** can cause skin problems, including cancers, so it is important to exercise judicious moderation. Anyone can suffer from the negative effects of sun overexposure because of industrial damage to the atmosphere. You must also give serious consideration to your own pigmentation. The darker your skin, the more sun you usually can safely tolerate. Your diet and lifestyle play a major role in how much sun you can safely tolerate, as well. A wholesome and optimal diet, rich in antioxidants, helps provide some protection against harsh reactions to sun overexposure, such as burning. I personally try to get at least 30 to 60 minutes of sunshine each day. With regard to sunscreens, they effectively block the benefit of sunshine converting our body's cholesterol into the very important Vitamin D. If you are concerned about overexposure or overdosing on sunlight and you feel the need to use a safe sunscreen product, you need to realize that many of them on the commercial market don't provide enough protection for extended periods in the sun, and most of them have chemical toxins in them, including chemicals for fragrance, texture, and color. In other words, they may be more harmful than beneficial! If I were to recommend a sunscreen, it would be a product called Triple Lotion. Feel free to call or e-mail me if you would like more information on this sunscreen. For the results of a scientific investigation and analysis of other sunscreens in terms of safety and effectiveness, go to <http://www.cosmeticdatabase.com/special/sunscreens/summary.php>. You'll probably be surprised at what you find.

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

SOIL CONDITIONS

Is the abundant “life” being choked out of you by external conditions, concerns, pursuits, and desires? Are you able to even receive sound advice? Would you recognize godly wisdom if it hit you in the face? Are you so over-involved in busyness that the more important and meaningful content of life gets crowded out? To grow in wisdom and strength, to experience the peace of God, to reach a level of maturity and wisdom that makes life increasingly joyful, regardless of the surrounding circumstance, we need to be teachable. We need to be adaptable to be unshackled from the lies and deceptions that have kept us in bondage, stealing our peace and joy. We must have a mind that is willing to hear and embrace truth and be set free. Otherwise, a stony, shallow, and strangled heart will set your course of life – starved for joy and unfruitful. Is your heart malleable, your mind teachable, and your spirit receptive to the available blessings of walking in Truth, walking with Christ? If not, you may need to invest time in “tilling the soil” of your heart and mind so that it can be fertile enough to bear the fruitful harvest of a truly abundant life. The seed of truth that yields a harvest of the abundant life, way beyond merely existing, can only be “planted” in ideal, fertile soil conditions, with regular watering and fertilizing.

(Read the parable of the Sower - Matthew 13:3-23, Mark 4:2-20, or Luke 8:-15)

Luke 10:38-42 (NKJV) – “³⁸ Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. ³⁹ And she had a sister called Mary, who also sat at Jesus’ feet and heard His word. ⁴⁰ But Martha was distracted with much serving, and she approached Him and said, ‘Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.’ ⁴¹ And Jesus answered and said to her, ‘Martha, Martha, you are worried and troubled about many things. ⁴² But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.’”

Galatians 5:22, 23 (NIV) - “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.”

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

“SICKO” **MICHAEL MOORE’S LATEST DOCUMENTARY ON THE HEALTH CARE SYSTEM** **AND PHARMACEUTICAL INDUSTRY**

Although I know some of you may not be a Michael Moore fan, it’s been reported that he’s raised the bar in terms of the quality and integrity of his latest documentary, “Sicko,” which is a critical expose’ of America’s health care system. The release date is tomorrow, June 29, and it will be showing in theaters around the country. To learn more about the movie, you can go to <http://en.wikipedia.org/wiki/Sicko>. To get showtimes, showing locations, and view trailers, you can go to <http://movies.aol.com/movie/sicko/26778/main?sem=1&cid=AOLMOV0017000000009>.

WHERE'S SHIRLEY?



Presentation: The Power of Lifestyle and Nutrition - Strategies for Lupus
Event: SUPUL Reverse - Lupus Support Group Meeting
Date: **Monday, July 16, 2007, 7:00 p.m.**
Where: Good Success Christian Church and Ministries
4401 Sheriff Road, NE
Washington DC. 20019
Contact: For additional information call Minister Ginger at 301-248-9390
Cost: Free

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: Preventing and Overcoming Cardiovascular, Stroke, and Hypertension Disease Naturally
Event: From the Heart Church Ministries, Health and Healing Ministry Workshop
(Workshop includes other speakers in the health profession)
Date: **Saturday, July 28, 2007, 10:00 a.m. to 2:00 p.m.**
Where: From the Heart Church Ministries, North Location
4207 Norcross Street
Temple Hills, Maryland 20748
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.

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)

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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