

# 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

July 5, 2007 - Issue #82

#### In this issue:

- **Article: - Now Take A Deep Breath!**
- **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.)
- **HPV Vaccine Alert - Read about the dangers of the HPV vaccine, including three reported deaths, at <http://www.judicialwatch.org/6299.shtml>**
- **Recalls – Check <http://www.pueblo.gsa.gov/recallsdesc.htm>**
- **About Temple Care and Scheduling a Personal Appointment - I will be in the Washington, DC area throughout the summer and I am available for a personal appointment with you.**
- **Where to Purchase Book: [Making Friends With Food](#)**
- **Testimonials**

#### **NOW TAKE A DEEP BREATH!**

If you stop breathing, you die. Insufficient oxygen intake can lead to circulatory problems, depression, memory loss, diabetes, stroke, and other degenerative diseases. We must breathe, and breathe well. Breathing very well increases vitality – life. We often have an instinctive desire to “get some fresh air.” Fresh air (versus indoor air) is electrified, carrying negatively charged ions, which is highly beneficial for good health. For example, you go for a walk or take the baby out into the night air to help induce sleep. Oxygen received through breathing air has a multitude of benefits. Sufficient oxygen significantly increases energy, improves lung function, mental clarity, wound healing, toxin elimination, and the ability to deal with stress. Oxygen stimulates a good appetite, aids in digestion, and helps us get a sound and restful sleep. It helps destroy viruses, fungi, bacteria, and other pathogens; it improves mood, it helps maintain the proper pH, it increases energy, it increases a sense of inner peace; and it lowers body temperature and the resting heart rate. A Framingham study showed that **proper** breathing is one of the most important factors for peak health and long life. Further, Dr. Otto Warburg, the only two-time Nobel Prize Winner for Medicine, 1931 and 1944, said this about oxygen: “The fundamental cause of ALL DEGENERATIVE DISEASE is hypoxia – oxygen starvation at the cellular level. Cancer and other degenerative diseases cannot survive in an oxygen rich environment.” It's interesting to note that whole raw foods inherently have oxygen; while processed “foods” and meats do not.

For maximum oxygenation, breathe deeply (not shallow breathing) from the diaphragm (not from the chest). Also eat oxygen-rich foods, exercise regularly, drink plenty of water (H<sub>2</sub>O). Exhaling is just as important as inhaling. Make sure you're not actually holding your breath when tense or under stress. That's when you need it most! You can find information about correct breathing from the Internet or books from your local library.

Here's a couple of sites just to get you started: [http://www.ehow.com/how\\_2031526\\_breathe-properly.html](http://www.ehow.com/how_2031526_breathe-properly.html) and <http://www.sciencedaily.com/upi/index.php?feed=Science&article=UPI-1-20070524-14185200-bc-healthsmarts.xml>.

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

### DOWNTIME

Did you know that in China, it is **mandated** that workers take a minimum of three weeks vacation every year? MANDATED! And in most European countries, the average leave time per worker is six weeks (yes, I said weeks, not days. And that's not counting 12 national holidays in France).<sup>1</sup> According to the International Labor Organization, United States employees spend something like 300 more hours a year on the job than Europeans.<sup>2</sup> “After reviewing the paid vacation and holiday policies of every advanced country you can think of and a couple you can't, they find that we're the only industrialized nation not to legislate *any* paid time off and holidays to our workforce. And these aren't small differences: Austria gives workers 4 weeks paid vacation (5 for shift workers), the UK gives 4 weeks, Denmark gives 30 work days, Switzerland gives 5 weeks for young workers (which is an interesting distinction), and so on. We give...none.”<sup>3</sup> The irony is, most of these countries with more time off are actually **more** productive than the United States. Amazing, isn't it? Burnout dwindles away productivity, not to mention burning out a sense of life through community and through relationships. Many people in the United States haven't had a real vacation in years! “For an increasing number of Americans ..., holiday downtime is a contradiction in terms.”<sup>2</sup> What's worse, we take pride in our obsessive-compulsive workaholic/over-work ethic. In fact, about \$21 billion worth of earned vacation time went unused in the United States last year, according to Expedia, the travel company.<sup>2</sup> Talk about an unabated stress load.

Some U.S. companies require and demand a high number of minimum weekly hours, such that it is almost impossible to take leave. The irony of it all is that we are the least healthy due to our runaway stress load. Even though the United States spends more money per capita for health care than any other industrialized nation in the world, we have poorer health than any other developed country in the world. Instead of working for a living, we seem to be working for a dying. Paradoxically, we work in jobs we hate that ruin our health, just so we can keep the health benefits<sup>4</sup>. (Go figure!) We have become so inept at taking time for rest -- whether for family, for fellowship, for plain old simple pleasures, or even for dinner together – that many of us don't even know how to take a real vacation any more. What is supposed to be a vacation often turns out to be incredibly stressful – the cost, the planning, the travel time, the activities itinerary. At best, we often see vacations as just another opportunity to consume. Oddly enough, even though we don't **seem** to have time for much other than work, we Americans put in more hours watching television than any other industrialized nation (although Japan is a close tie). What's wrong with this picture? Have we lost all sense of **balance**? Think about it ... if you have time.

**Psalm 46:10 (KJV)** – “Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.”

**Mark 6:31 (NIV)** – “Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

**Mark 4:39 (KJV)** – “And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.”

References: <sup>1</sup><http://www.thinkandask.com/2005/10191vacations.html>


<sup>2</sup>[http://money.cnn.com/2005/02/04/pf/goodlife/relaxing\\_vacation/index.htm](http://money.cnn.com/2005/02/04/pf/goodlife/relaxing_vacation/index.htm)

<sup>3</sup>[http://ezraklein.typepad.com/blog/2007/05/vacation\\_in\\_the.html](http://ezraklein.typepad.com/blog/2007/05/vacation_in_the.html)

<sup>4</sup>[http://www.lipmagazine.org/articles/featdegraaf\\_timetheft.shtml](http://www.lipmagazine.org/articles/featdegraaf_timetheft.shtml)

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## 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

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**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

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**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

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**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

**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)

## 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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