

# Temple Care: Body, Mind & Spirit

## Temple Care International Ministries

### 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)



Transforming Lives for the Better  
... Naturally

July 12, 2007 - Issue #83

#### In this issue:

- **Article: - The Gift of Ginger**
- **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.)
- **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**

#### THE GIFT OF GINGER

Ginger, another marvel of God's creation, is specially designed to complement our health and wellness and support natural healing. The benefits of ginger have been revered as far back as 5000 years ago, particularly in India and China. The root (the underground stem) is the part to be used. Flavorful and aromatic, ginger has a number of health-enhancing benefits: Here are some of the highlights on ginger:

- Stimulates good digestion and can relieve gas
- Lessens the intensity of colds and flu because of its warming action
- Can lessen joint and muscle pain because of its anti-inflammatory properties
- Beneficial in reducing menstrual cramps
- Seems to prevent or slow the rate of tumor growth in cancer
- Helps alleviate nausea, motion sickness, and morning sickness in pregnant women
- Has a wholesome effect on the circulatory system and is very beneficial in dealing with and preventing circulatory disorders (including cholesterol, stroke, high blood pressure,
- Has been shown to have a mood-enhancing effect and can help in managing stress
- Is a great breath freshener

I love to take some organic ginger root, peel it, and put it in a blender with lemon and water, sweeten it with stevia, and drink it hot or cold. Yummy! I also add it to marinades, dressings, and desserts. For some ideas on using ginger in various healthy recipes, go to <http://www.rawsacramento.net/recipes.htm> and do search for "ginger". Go gingerly on the ginger, now ☺!

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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**

### **WELL, THE WAY I SEE IT.....**

Every attitude you hold, every decision you make, and every action you execute is based on how you see things – your perspective about life. Your worldview shapes your experiences moment by moment. It directs you on what is important, what is valuable, what is right, and what is wrong. Changing the way you see things can change your life...for better or for worse. The way you view things can be absolutely transforming. Be sure to put on the correct glasses because seeing things through the right lens changes everything. So much of our experience is a matter of perspective. Do you have views that add or take away from the experience of living, for yourself and for those around you? Could there just be another way, different than the way you're seeing things? -- a way that would be a better way, a way that would add clarity, reduce doubt and confusion, and render peace and mental stability? If you had to choose between your way, which may lead to destruction, and a better way, which way would you choose? Get a biblical worldview. What does that mean? Basically, seeing things through the eyes of our Father and agreeing with Him, regardless of your own previous opinions, viewpoints, or perspectives. A godly perspective reflects life and circumstance as they really are. Being God-focused more than world-focused or self-focused sheds true light on the situations and circumstances of life. It brings us into the best focus, eliminates distortion, reduces confusion, guides us in making right decisions, thinking correctly, and grounds us in truth. Make a paradigm shift and choose to seek to know how our All-Knowing God sees things, as he reveals it in His Word, and follow suite. If you want to have the right answers, go to the One who is the Answer!

*Isaiah 40:13, 14 (KJV) – “Who has directed the Spirit of the LORD, or as His counselor has taught Him? With whom did He take counsel, and who instructed Him, and taught Him in the path of justice? Who taught Him knowledge, and showed Him the way of understanding?”*

*Romans 11:33 (KJV) – “O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!”*


*1 Corinthians 13:12(NIV) – “Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.”*

*1 Corinthians 2:10 (KJV) – “But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.”*

*Psalms 139:1-7 (KJV) – “O LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways. For there is not a word on my tongue, but behold, O LORD, You know it altogether. You have hedged me behind and before, and laid Your hand upon me. Such knowledge is too wonderful for me; it is high, I cannot attain it. Where can I go from Your Spirit? Or where can I flee from Your presence?”*

*Romans 8:6 (NLT) – “So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”*

## 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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*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)*