

Temple Care: Body, Mind & Spirit

Temple Care International Ministries

Presents

HEALTHY LIVING

A Weekly E-Newsletter

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Transforming Lives for the Better
... Naturally

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RETAINING YOUR TASTE BUDS

Did you know you can retrain your taste buds? Many of our food preferences were developed in childhood, but we don't have to be stuck within the confines of the past. Begin to challenge those old, set-in ways. Give yourself a 30-day challenge to let go of old, harmful, or limiting eating habits and introduce new foods that will be your friend instead of foe. Step outside the box (or bondage) and determine to explore and experiment with new tastes.

If you have cravings and food addictions, more than likely, you can retrain your taste buds to break free from those addictions. But you have to deny the very thing you are craving. However, in order to have long-term success, you must not leave a void: you have to find a suitable and beneficial replacement. Some healthy replacements may have a similar taste but without the negative effects. Most people crave sugar, salt, or carbs. I find that when I'm craving things that I don't need for good health, and my cravings are getting the best of me, fasting for one to three days will usually solve the problem. You can also try eating celery to ward off unhealthy cravings. Of course, never knowing when a mega craving might take place, you need to have a pre-determined response – whether it's keeping fresh celery in stock or being prepared to fast.

The best period of time to start a retraining adventure is when things are least stressful and chaotic in your life. Try completely new dishes, or try old, previously disliked foods in a new way, prepared differently. For example, if it's a fruit or a vegetable that you ate cooked, try it raw – and vice versa. Also, you'll probably have the greatest level of success if you try new foods in very small quantities to start with. And a lot has to do with an attitude adjustment through education. For me, just knowing the awesome, beneficial health benefits of God's natural, bountiful, and healing creations from the garden gets me inspired and excited to eat them. The idea of putting things in my mouth now that I've learned are essentially poisonous to my body is enough to deter me. So maybe a little education in the truth about some of today's "foods" might be just the incentive you need to get the ball rolling. Happy retraining! ☺

*"Our life is destined by the decisions we make daily.
Today's decisions are tomorrow's reality." Anonymous*

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

STRENGTH TRANSFER

In my journey through life, I've received some insights about my power and ability to accomplish things, which continues to significantly change my life for the better. It's been essentially a three-phase process whose chronology goes something like this:

1. I can do all things through my own strength.
2. I can do nothing through my own strength.
3. I can do all things through Christ who gives me strength.

Knowing that I don't have to bear this load alone is like the weight of the world has been lifted off my shoulders. It is all at once humbling and liberating. If your load is heavy, I hope this simple truth inspires and encourages you into a new view and transformation.

Philippians 4:13 (NKJV) – “I can do all things through Christ who strengthens me.”

Matthew 11:29-30 (NIV) – “Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”

WHERE'S SHIRLEY?



Presentation: "Transforming the Body Temple Nutritionally – Part 2"
"Eating Right and Rightly Eating"
Event: "Extreme Makeover" Series
"Extreme Physical Makeover" Segment
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

Event: "Health, Fun and Fitness Day"
Date: **Saturday, September 8, 2007, 9am - 4pm**
Where: Maple Springs Baptist Church
4131 Belt Road
Capitol Heights, MD 20743
Cost: Free
Participation: Shirley will be providing natural health information.
Book signings will also take place ("Making Friends With Food")

Presentation: "Fit to Move With God"
Event: Master's Movement (Liturgical Dance Ministry)
Creative Arts Conference
Theme: "Movng" With God – Removing the "I" out of the Equation
Date: **Saturday, September 8, 2007, Luncheon Session**
Where: Judah Temple A.M.E. Zion Church
The Land of Judah
14500 Mount Oak Road
Mitchellville, Maryland 20721
Cost and Details: Visit www.mastersmovement.com
Call (301) 651-4786



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

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: (See update!)

"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

(Update: The Mirandas now have a healthy baby boy!)

"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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