



September 2011 – Issue #166

## HEALTHY LIVING

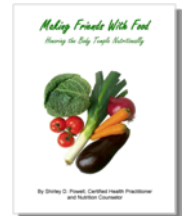
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### TEN FOODS THAT BOOST MEMORY

**Apples** - Apples contain high levels of quercetin, an antioxidant that has been shown in recent studies to protect against Alzheimer's disease. Although it is present in the flesh of the apple, the most quercetin is found in the skin of the apple. Red apples also contain anthocyanin in their skins, which protects blood vessels from oxidative damage, protects the nervous system, and has anti-inflammatory, anti-cancer, and anti-microbial properties. Because of herbicides, pesticides, and waxing, only buy organic apples.

**Spinach** - One study found that feeding rats spinach prevented and even reversed memory loss. This may be due in part to the high folic acid content in spinach, a nutrient that is believed to be protective against Alzheimer's disease and age-related memory loss. Just a half-cup of cooked spinach provides two-thirds your daily requirement of folic acid. Again, organic is best for most dark leafy green vegetables.

**Onions** - Red onions contain anthocyanin and quercetin. Yellow and white onions also contain good levels of quercetin. In India, onions have been used as a folk remedy to boost memory for centuries.

**Broccoli** - Broccoli contains quercetin. It's also a good source of folic acid.

**Red Beets** - Beets are a good source of anthocyanin and folic acid.

**Grapes** - Red, purple, and black grapes all contain quercetin and anthocyanin. (Organic grapes are best.)

**Cherries** - Another red food that is a good source of anthocyanin.

**Eggplant** - Eggplant is a great source of anthocyanin. It also contains nasunin, an antioxidant that protects the lipids in brain cell membranes.

**Rosemary** - Researchers have found that the carnosic acid in rosemary is neuroprotective and may play a role in the prevention of Alzheimer's disease and other neurodegenerative brain disorders. One study even found that just the scent of rosemary improved the memories of office workers, so you might invest in some pure rosemary essential oil.

(Source: <http://www.healthdiaries.com/eatthis/10-foods-that-boost-memory.html>)

**NOTE:** Whether you buy organic or not, refer to the July 2011 issue to learn the best ways to clean fresh produce. <http://www.temple-care.net/Newsletter-Archives.html>

## Recipe for the Month:

### DJITSU CREAM SOUP

(from "Raw Soups, Salads and Smoothies," by Frédéric Patenaude, as posted in RawSacramento.net)

3 tomatoes  
4 Tbs. Water  
1/2 lemon, juice of  
12 black sundried olives, pitted  
1/3 cup fresh parsley  
1 green onion

Blend everything together and serve. Don't forget to take the pits out of the olives! The flavors in this soup are intense. With no water and less tomatoes, it could be served as a dip.

*"What you eat today will walk and talk tomorrow"*

**GET WELL**



**BE WELL**



**STAY WELL**

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## Quality Living Thought for the Month:

### CROWDED MOMENTS

When 1,000 things are before you, each one of them demands each minute of your time ... unless they have been assigned a slot. A busy, unorganized mind creates stress because it feels like everything is coming at you at one time. It's akin to a five-foot pile of an array of documents of all shapes and sizes, desperately needing to be sorted through and filed. Until that happens, it's pure chaos. When your time and days are not ordered, organized, and sorted through, with each activity being allocated to a specific day and time, it can be overwhelming and create high anxiety. With everything coming before you at once, there seems to be no time for any one thing. When your life is in such a state, *anything* else – and I mean *anything* – feels like an imposition, an annoyance, a nuisance, or a hassle. Your response to that will reflect exactly that same negative attitude.

On the other hand, when everything has its place, there is peace in the present moment. The thing for the moment is the thing for the moment, and the only thing for the moment. This allows you to be *fully* present, fully engaged, and totally at ease in the moment.

One last thing: To reduce the sense of crowded moments, it's also going to require you to allow time for the unexpected. In other words, *expect* the unexpected.

**1 Corinthians 14:40 - But all things should be done decently and in order.**

**1 Corinthians 14:33a - for God is not a God of confusion but of peace.**

To schedule a personal appointment or telephone consultation to address your health challenges naturally, call (256) 582-4100, Shirley D. Powell, ND, CNC, CHP – Doctor of Naturopathy.

## ***Where's Dr. Shirley?***

- ✓ **Friday, October 14, 2011 – Dr. Shirley will be speaking at the morning general session and an afternoon breakout session, at “Iron Sharpens Iron 2011” Men and Young Men’s Advance, October 13-15, 2011. For more information, you may contact Iron Will Abney, (240)429- 8033, [wabney@verizon.net](mailto:wabney@verizon.net), or Iron Edd Olds, [eddoldsministry@hotmail.com](mailto:eddoldsministry@hotmail.com).**
- ✓ **Saturday, October 15, 2011, 11:00 a.m. – 4:00 p.m. - “Empowered For Healing Through Knowledge,” a lecture and food preparation demonstration; includes lunch. Pre-registration required online at <http://www.temple-care.net/October-15-Workshop.html>, or by telephone, (256) 582-4100. \$39 per person before October 7; \$49 per person after Oct. 7.**
- ✓ **Monday and Tuesday, October 17 and 18, 2011 – Private consultations in the DC metro area. Call now to schedule your appointment at (256) 582-4100. .**
- ✓ **Telephone Consultation and Coaching Appointments - Effective, thorough, and personal (Continuous throughout the year, available to the entire country and persons in other parts of the world)**
- ✓ **Client Appointments in Northeast Alabama – Huntsville and Guntersville locations (Continuous throughout the year, except during Maryland appointment timeframes)**

**If you would like a presentation or workshop at your church, school, office, community, or even your home, anywhere in the world, contact Temple Care at [s.powell@temple-care.net](mailto:s.powell@temple-care.net), or call at (256) 582-4100. I’ll be honored to serve your small or large group.**

## **WHERE TO PURCHASE BOOK:**

### ***“Making Friends With Food: Honoring the Body Temple Nutritionally”***

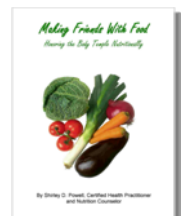
By Shirley Powell, ND, CNC, CHP

Doctor of Naturopathy – Wellness Practitioner and Consultant

(Price - \$19.99)

#### **Available at these locations:**

- Cardinal Rose Organic Country Store, 9255 Pleasant Grove Road, Albertville, AL (256) 891-3869 (Tuesday through Saturday, 9:00am to 5:00pm)
- Online at [www.temple-care.net](http://www.temple-care.net), through PayPal (add \$3 shipping)
- By phone with credit card payment: (256) 582-4100 (add \$3 shipping)



**Required 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 wellness consultant, certified health practitioner, and certified nutritional counselor, and I do not prescribe, diagnose, treat, cure, prevent, 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.

## Testimonials:

**I lost over 50 pounds and overcame asthma** through following the wellness plan outlined by Dr. Powell. It has made a huge difference in the quality of my life. My confidence in her wisdom is such that I continue to seek her guidance in the health-related decisions I make. I am so thankful that I have been blessed to gain this knowledge and insight for myself, and I share the knowledge I've gained with others. I recommend her to all I encounter who may be interested in healing and wellness by natural means. I thank God for my sister, Dr. Shirley Powell - Lynda M. Powell, Wallington, NJ

Dr. Powell saved my husband!!! My **hormones were so out of whack that I wanted to "kill" my husband** no matter what he did or didn't do!!! I felt ditzzy and a little foggy all the time, little energy, night sweats, and couldn't sleep well. **After meeting with Dr. Powell and following her new healthy regimen of cleansing and natural hormone replacement, I am a new person.** My husband is alive and well and so am I. I feel great. Thank you, Dr. Powell. - Marsha Oliver Lee, Guntersville, AL

Dear Dr. Powell, THANK YOU, THANK YOU, THANK YOU! Your ministry is my answer to fervent prayers for whole health. You have taught me so much about how the body, mind, and spirit, respond to various types of food. Once I made the change to follow your specific program for me, I noticed **dramatic results in weight loss, inner peace, and overall health.** Many former ailments I struggled with, including **hypothyroidism, asthma, allergies, and acne are things of the past.** Medication? What medication? Not anymore! The incredible freedom I have being medication free is beyond words! When I thought I would have to be on medicine for the rest of my life, you showed me how to change that. Thank you, also, for counseling me through very difficult times, as I dealt with someone in my life with a personality disorder. My eyes have been opened on so many levels! Your story and life testament are great inspirations for me. Thank you for your obedience to His call. May God continue to bless you and your ministry!! - Respectfully, Minister La Toya Thomas, Bowie, MD

"My medical doctor had been cautioning me for years that I might need a prescription drug for high cholesterol, and finally this year I was prescribed a cholesterol lowering drug. I think I took about a week's worth, at best. A little after that, I met with Dr. Powell. **My cholesterol was about 260+ prior to starting the program recommended by Dr. Powell. Afterward, it was recorded as 197 in just a month and a half!** The rest is history! Praise God! This is a true testimony." Ola Flowers, Pittsburgh, PA

**I was diagnosed with MS in 2003.** I began to physically feel its effects in 2005. I've experienced optic neuritis which resulted in blurred vision, extreme fatigue, gait disturbances, and weakness in my legs which resulted in my having to use a cane, along with other medical problems connected to MS. I had forgotten what it felt like to feel "normal." Friends of my husband and I invited us out to hear Dr. Powell speak at their church in the summer of 2008. Long story short: I went to see Dr. Powell in November of 2008. After following her wellness recommendations, I felt and continue to feel great. I no longer am experiencing the optic neuritis, extreme fatigue, and several other problems related to MS. And since November 2008, I've used my cane just a few times versus using it on a regular basis. In addition to experiencing continual improvements to my health, I have lost a total of 30 lbs. I am not completely out of the woods yet, but my health has improved significantly and is continuing to look up. Thank you, God, for Dr. Powell and for your healing power. Thank you, Dr. Powell, for allowing God to use you to spread the liberating news of good health. The truth has indeed set me and my family free! - Sharia Y. Garland, Brandywine, Maryland

**"When I met Dr. Powell I had several health issues including high blood pressure, bloating, acid reflux, fatigue, sleep problems and being overweight.** After seeing Dr. Powell and following her wellness recommendations, I am now a new person and I've never felt so healthy. **Every health problem I had has disappeared and I have lost 21 pounds.** Eating sensibly and exercising is now part of my daily routine. Thank you Shirley and thank God for leading me to you. May God continue to bless you." Ginette Jean, Silver Spring, Maryland

**"For the past 20 years I have suffered from digestive and reproductive problems.** I was constantly going to doctors and specialists which did not help. After two ectopic pregnancies and one miscarriage I decided to take a more natural approach. A co-worker referred me to Shirley Powell... **Since then my digestive problems have nearly ceased and I have them under control.** I now have regular bowel movements, where before I could go days without having one. **Thanks to the education and wellness program designed by Dr. Powell, my husband and I now eat to live, not live to eat. Thank you for your help and glory to God! I have never felt better."** Janus Miranda, Silver Spring, Maryland (The Miranda's now have a healthy little boy)