



# HEALTHY LIVING



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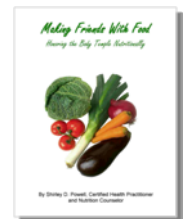


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## IN THIS ISSUE:

- **Article: Life-Giving Foods to Eat Regularly**
- **Recipe of the Month: Black Forest Cherry Brownies**
- **Quality Living Thought for the Month: Who Is Jesus?**
- **Where to Purchase Shirley's Book: [Making Friends With Food \(A Self-Healing Tool\)](#)**
- **Testimonials**



## LIFE-GIVING FOODS TO EAT REGULARLY

Oftentimes, when I list what "foods" to avoid to significantly improve our health, many will ask, "Well, what's left to eat!???" It's interesting how we have been programmed to think of harmful, disease-invoking, processed substances (fake food) as real food, and have adapted to them. All the while, the body is screaming for a way of escape! Here's a partial list of **real foods** that the body can benefit from. Variety is the key, because all of God's natural, unprocessed, un-canned foods have life-giving and healing power. Eat as much of a variety as possible, as much locally grown as possible, as much raw food as possible, and as much organic food as possible. If you absolutely can't get it organic and fresh, get it frozen rather than canned.

Adzuki beans  
Alfalfa Sprouts  
Almond milk  
Apples  
Artichokes  
Arugula  
Asparagus  
Avocado  
Bananas  
Beets  
Berries (various)  
Black beans  
Black-eyed peas  
Bok choy  
Brazil nuts  
Brewers yeast  
Broccoli  
Brown rice (short grain)

Brussels sprouts  
Buckwheat  
Burdock root  
Cabbage (raw)  
Carrots  
Cashew nuts  
Cauliflower  
Celery  
Chard  
Cherries  
Chickpeas  
Cilantro  
Collard greens  
Couscous  
Cucumber  
Daikon radish  
Dates  
Dulse  
Eggplant

Endives  
Escarole  
Flaxseed (daily, fresh ground)  
Garlic (raw) (daily)  
Ginger  
Grapefruit  
Grapes  
Kale  
Kidney beans  
Kombu  
Leafy greens (other)  
Leeks  
Legumes  
Lemon  
Lima beans  
Millet  
Mung beans  
Mushrooms (various)

Mustard greens  
Navy beans  
Nori  
Nuts and seeds  
Oatmeal (steel cut)  
Okra  
Onions  
Oranges  
Parsley  
Parsnips  
Peanuts  
Peaches  
Pears  
Peppers (green, red, etc)  
Pineapple  
Pinto beans  
Portobello mushrooms  
Pumpkin

Quinoa  
Radishes  
Romaine lettuce  
Rosemary  
Seaweed  
Sesame seeds  
Shallots

Shitake mushrooms  
Snow peas  
Spinach  
Sprouts (various)  
Squash (various)  
Strawberries  
String beans

Sunflower seeds  
Sweet potatoes  
Tempeh  
Tomatoes  
Turnips  
Yams  
Wakame

Walnuts  
Watercress  
Watermelon  
Zucchini squash

**GET WELL**

**BE WELL**

**STAY WELL**

## Recipe for the Month:

### Black Forest Cherry Brownies



This is a very simple and healthy holiday dessert. But of course, you don't need to limit it to the holidays!

4 cups soaked and dehydrated walnuts (Soak 2 ½ cups for 36 hours, rinsing every 12 hours. dehydrating is optional.)

¾ cup packed pitted dates

¾ cup raw carob powder

2 tsp. cherry extract

½ cup coarsely chopped walnuts or almonds (soaked and dehydrated for best results)

½ cup dried cherries or raisins

Puree 4 cups walnuts in a food processor until it becomes a fine meal. Add dates and continue to puree until well mixed. Add carob and cherry extract and puree again. Mix in the chopped nuts and cherries by hand. Press into a 9" square brownie pan. Refrigerate and slice. Serve with fresh sliced strawberries or raspberries or use frozen berries.

This will last for a week or more in your refrigerator or freezer.

***“What you eat today will walk and talk tomorrow”***

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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. 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.

## Quality Living Thought for the Month:

*“For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace.” Isaiah 9:6*



### WHO IS JESUS?

During Christmastime, we celebrate the birth of our Lord and Savior, Jesus Christ. Do we really know who Jesus is? Here are just a few scriptures that will help us comprehend the magnificence and greatness of Jesus Christ.

*“Jesus said unto them, Verily, verily, I say unto you, Before Abraham was, **I am.**” (John 8:58)*

*“In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup>He was in the beginning with God. <sup>3</sup>All things were made through Him, and without Him nothing was made that was made. <sup>4</sup>In Him was life, and the life was the light of men... <sup>14</sup>And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.” (John 1:1-4)*

*“He is the image of the invisible God, the firstborn over all creation. <sup>16</sup>For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him. <sup>17</sup>And He is before all things, and in Him all things consist. <sup>18</sup>And He is the head of the body, the church, who is the beginning, the firstborn from the dead, that in all things He may have the preeminence. <sup>19</sup>For it pleased the Father that in Him all the fullness should dwell, <sup>20</sup>and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross.” (Colossians 1:15-20)*

*“For the grace of God that brings salvation has appeared to all men, <sup>12</sup>teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, <sup>13</sup>looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, <sup>14</sup>who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works.” (Titus 2:11-14)*

*“But in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom also he made the universe. <sup>3</sup>The Son is the radiance of God’s glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.” (Hebrews 1:2-3)*

*“Jesus answered, ‘I am the way and the truth and the life. No one comes to the Father except through me.’” (John 15:6)*

*“... Christ, who is God over all, forever praised.” (Romans 9:5b)*

*“And behold, I am coming quickly, and My reward is with Me, to give to everyone according to his work.” (Revelation 22:12)*

*★ May You Have a Blessed and Joyful Christmas Season ★*

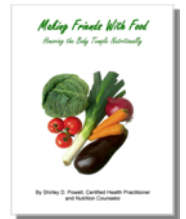
## WHERE TO PURCHASE BOOK:

### *“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 verses 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)*