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HEALTHY LIVING

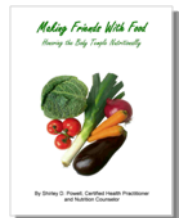
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WHAT YOU NEED TO KNOW ABOUT FREE RADICALS, OXIDATIVE STRESS, AND ANTIOXIDANTS

We've heard about free radical damage, antioxidants, oxidative stress, and free radical scavengers. But what does all this gobbledygook mean?

What exactly are free radicals? Free radicals, in simple terms, are atoms that have an unpaired electron in its outer ring. They are not "whole" and they seek to become whole by taking an electron from the atoms of other molecules in your body, including those that make up your cells.

Let me add that not all free radicals are bad. Some are made by the body in its normal biochemical activities, such as metabolism. Some types of free radicals are made by the immune system and actually serve to destroy viruses and bacteria. Others are used in the production of some of our vital hormones and enzymes, and still others are actually used in energy production.

What causes free radical production? The bad free radicals that lead to sickness and disease are primarily generated from toxins in junk food, processed and fast foods, rancid vegetable oils, stress, air pollution, other environmental pollutants, cigarette smoking, personal care and cleaning products, and radiation.

What are the effects of bad free radicals? These free radicals cause damage to cells, including the cell's DNA and its protective outer membrane. Free radicals often begin a vicious cycle, causing a destructive domino effect on the cellular level. They rob Peter to pay Paul, so to speak.

What is oxidative stress? Free radicals cause oxidative stress, which simply means that the free radical production in your body outnumbers antioxidant production. Oxidative stress causes inflammation, which creates more free radicals. Over time, this leads to all manner of chronic, degenerative diseases that are prevalent in epidemic proportions in our society today, such as cancer, heart disease, skin disorders, arthritis, nerve damage, autoimmune diseases, gastrointestinal diseases, and innumerable other health problems.

How can you minimize health-destroying free radical damage? Fortunately, the body does produce some antioxidants on its own. It receives others through nutrient-rich foods, herbs, and various supplements. I believe all God's natural foods, unaltered, have some level of antioxidant properties. Some of the foods with the highest levels of antioxidant properties include small red beans, kidney beans, pinto beans, almost any kind of berry (strawberry, cranberry, blueberry, blackberry, bilberry, etc), Granny Smith apples, and Red Delicious apples. Those are the heavy hitters, but there are many more on the list (including vegetables, nuts, seeds, and grains). Eat all natural, unprocessed, organic whole foods without chemical additives. Variety is king, however, when it comes to foods because each type of antioxidant in foods offers different protective and reparative benefits to the body. So you definitely want to cover all your bases.

A multitude of supplemental vitamins, minerals, and herbs also have antioxidant properties. It is best to get guidance on selecting herbs and supplements from an experienced natural healing and wellness practitioner. Further, exercise, stress management, proper rest, and using natural personal care and cleaning products will help control and minimize free radical damage and improve your body's free radical scavenger activity (FRSA). Not only that, but you'll be pleased to know that aromatherapy, using the pure essential oils of lavender and rosemary, has been proven to enhance FRSA and reduce free radical damage from the stress hormone cortisol.

Remember, the triggers are primarily environmental toxins, stress, and a poor diet of "foods" lacking antioxidant properties but abundant in toxic ingredients that actually create damaging free radicals. So what's the bottom line? Maximize nutrients and minimize waste and toxins – body, mind, and spirit.

GET WELL • BE WELL • STAY WELL

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

Recipe for the Month:

SUNFLOWER RAISIN COOKIES

Ingredients:

3 cups soaked, raw sunflower seeds (soaked overnight)
10 pitted dates
1 cup chopped, dried, pre-soaked apricots
1 cup pre-soaked raisins (2 hours), drained on a dish towel
1 cup almond butter
1 tablespoon vanilla (optional)
1/2 teaspoon cinnamon (optional)

Directions:

Blend all ingredients in food processor to a nutty consistency. Roll into small balls and flatten out to about 1/4 inch thickness. Cover and refrigerate for one hour before serving.

“What you eat today will walk and talk tomorrow”

Quality Living Thought for the Month:

THE GOLD STANDARD

We can often be easily impressed with others, or even with ourselves, by such things as attractiveness, stature, professional success, income level, political clout, personal accomplishments, and status symbols. We might also find someone's charisma, style, or eloquence of speech quite amazing, to the point of being awestruck. Many of the "movers and shakers" in politics, in corporate America, and even in the church, have been voted for, hired, chosen, or advanced by applying these worldly standards. Sometimes we make very misguided and possibly dangerous assumptions based on how good or "bad" someone appears to be on the surface.

The reality is, we should not judge by appearances because we can be beguiled, fooled, disillusioned, severely disappointed, or even destroyed when we set the wrong standard against which to measure ourselves and others. So let's slow our judgments, assessments, and assumptions in discerning a person's value. Let's stop following the fad and fortune standard. Use the true measure of value – God's standard. Inner beauty, holiness, character, and righteousness are far more valuable than any external appearance and is precious in the sight of God. Jesus tells us in John 7:24 (NASB), "Do not judge according to appearance, but judge with righteous judgment." We are fearfully and wonderfully made, and in the image and likeness of our Creator. Now that's some kind of beautiful!

2 Corinthians 10:12 (NIV) - We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.

1 Samuel 16:7 (NIV) - But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart."

1 Peter 3:3-4 (NASB) - Your adornment must not be merely external—braiding the hair, and wearing gold jewelry, or putting on dresses; ⁴ but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.

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, 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"

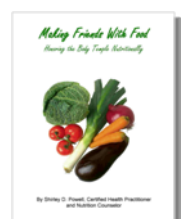
By Shirley Powell, ND, CNC, CHP

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, 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)