

OHI 35th ANNIVERSARY!

CHAIRMAN'S PERSPECTIVE

The Simple Truth — For 35 Years, The Essence of OHI Stays Strong

“Nothing is true, but that which is simple.”

—Johann Wolfgang von Goethe

Since day one, 35 years ago, our mission here at the Optimum Health Institute (OHI) has been pretty simple; create a safe and sacred space where guests can cleanse the body, quiet the mind and renew their spirit. From Biblical times, people knew if they followed those basic ancient disciplines, their life was blessed.

Because we developed our healing mission around this simple yet powerful God-centered model, the OHI holistic healing program worked from the beginning. It's a testament to our original vision that we haven't made any changes to the core program. The changes we have initiated through the past 35 years have expanded the original classes and spiritual activities without altering the essence of the program. For instance, we first taught eight spiritual disciplines, and now we share 24. Those disciplines include contemplation, journaling, fellowship, celebration, being in silence, abstaining from rich foods to focus on quieting the mind and renewing the spirit. There's a list of all 24 on our website at www.OptimumHealth.org.

Our guests are living testimony to the fact that adopting even one or two of these disciplines, like exercise, fasting or simplicity, will result in major changes in your life – positive changes that lead to lasting transformation.

One major shift we did make while preserving the essence of the healing program was adopting new technology. When creating printed materials became more feasible, our formal curriculum evolved from being primarily an oral tradition to giving workbooks and handouts to our guests, which provided consistency and ongoing support when they returned home. With computers, presentations became easier to create, and we shifted from having some classes taught on video to 100% live instruction by people who truly know the material.

Another change hasn't taken us from our roots, but rather has emphasized them – literally. What began as a small vegetable garden in San Diego has become an expanded and important source for fresh organic produce, and also a sacred spot for mindful work and meditation. We encourage our guests to spend time in nature noticing God, and where better to do this than in the OHI garden.

The other gratifying part about looking back over the past 35 years, and looking ahead to the future, is seeing how people have always been the core of our healing mission – our cherished guests, our dedicated staff and missionaries, and our loyal Free Sacred Trinity Church Board of Elders. Through Raychel Solomon's death in 1993, and my uncle Russell and father Bob Sr. passing within weeks of each other in 2002, it was our Board that kept OHI moving ahead with integrity and purpose. In no small part, this was due to the powerful bonds among the Elders, and the unique energy each brings to the table.

Bob Nees Sr. brought Lee Hall on board in 1997 after the two had worked together, and Lee also worked with Raychel. Lee repre-

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Robert Nees, Jr.

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sents the OHI virtue of “Loyalty.” Chet Swenson, a former colleague of mine, brings the energy of “Trusted Partner” to OHI by being a champion of the OHI brand. Larry Taylor and I have been close friends since junior high school days, and his focus is creating the “Safe and Sacred Space” that is essential to our healing program. All three share the details of their OHI connection in separate articles in this newsletter. I feel my own contribution to the Board of Elders is to spearhead the “God Centered” part of our work, merging my experience as a corporate executive with my seminary training and the church’s healing mission to bring structure, organization and consistency to OHI.

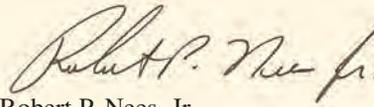
I know Raychel, Russel and my father would be proud of the growth OHI has experienced over the past 35 years, and they would whole-heartedly support our vision to be the worldwide model for God-centered holistic healing by 2018. To make that happen, we’re finding people who have a calling, passion and commitment to serving others, and we’re finding many leadership team members from within the OHI community. We’re finding God-centered people with true devotion to continuing the high standards we set from the beginning, and who integrate their knowing into a disci-

plined life. Because we’re a healing ministry, our people are “on duty” 24/7, 52 weeks and 365 days a year.

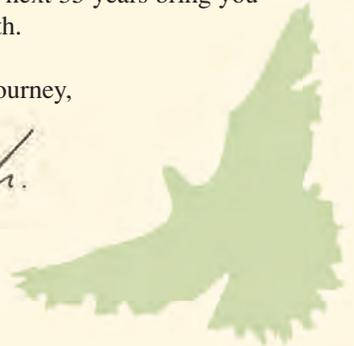
When other communities of faith look at the framework of healing beyond spiritual healing; when they move beyond the framework of renewing the mind to one of integration of the body, the mind and the spirit, and the process of healing on every level, they will have adopted the holistic healing model that defines OHI.

That is the vision that drives us, and you are the reason for the vision. Thank you for your faith in us, and your fellowship in our community. May the next 35 years bring you love, laughter and optimum health.

God bless you in your spiritual journey,



Robert P. Nees, Jr.
Chairman
Optimum Health Institutes
of San Diego and Austin



Still Juicing, Praying and Laughing After 35 Years of Optimum Health



When people ask me how the Optimum Health Institute holistic healing program has changed over the past 35 years, I have to laugh and tell them, “WE haven’t changed because GOD hasn’t changed!”

Bob Sr., Raychel Solomon and I took the core of what we teach directly from the first book of the Bible,

Genesis 1:29, where God gives Moses very specific instructions for how people are supposed to eat and live for optimum health in body, mind and spirit. And that’s exactly how we developed the program.

I first discovered that Bible passage when I was 11, and the version I was reading said we were supposed to eat the “herbs” of the field. Interpreting that quite literally, I attempted to eat a plate of parsley, then basil, and simply couldn’t do it. I can’t tell you how relieved I was to learn

“herbs” meant “vegetables!” I was also deeply moved to read the Essene Gospels of Peace, where Jesus taught that “putting fire to food,” or cooking it, killed the nutritional value. That really hit home for me.

Our commitment to creating a program centered around “Bible foods” and cleansing the body was supported by the work Ann Wigmore was doing at her Hippocrates Institute on the east coast. Raychel went through that program, and we worked with Ann to create what we first called Hippocrates West at a large home in El Cajon. When we opened our doors in 1976, we had 11 guests, and two bathrooms! As you can imagine, that presented quite a challenge for all of us. Approximately six month after opening our doors, we merged with an Essene-based church called Free Sacred Trinity Church.

Besides Ann, another important contributor to our early work was Eydie Mae Hunsberger. When she was diagnosed with breast cancer, instead of blindly following doctors’ orders and enduring intense medical treatments, she courageously decided to try a raw foods diet. She not only beat her cancer, she positively thrived, and shared her dramatic

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story of hope and transformation in her book, *How I Conquered Cancer Naturally*.

Raychel and I went to a presentation Eydie Mae was giving and afterwards, I bombarded the poor woman with dozens of questions. She not only patiently answered each one, she became a popular visitor and speaker at Hippocrates West, which we renamed the Optimum Health Institute in 1983. We also outgrew the first property, and moved into a former retirement community in the present Lemon Grove location. The most challenging part of that move was tearing the huge old black cast iron stove out of the kitchen. We actually had to have a crane haul it out.

When we were still Hippocrates West, we had to rely on the Hippocrates back east to send us our supplies. One particular week we were waiting and waiting on the program books for the 35 incoming guests, and their enema buckets. After repeated unsuccessful requests for the crucial materials, we were able to find the books elsewhere, but had to get a local doctor to write us a prescription for 35 enema buckets. We dashed to a local medical supply store, and enlisted the help of a store clerk to load all the buckets in the huge trunk of my old Buick. The young man looked at the mountain of enema buckets and hoses, then at me, and shook his head. “Lady,” he said, “you must have a BIG problem!” I still chuckle remembering the expression on his face!

The Core Classes

Besides teaching guests about the appropriate foods to eat, we also had to teach elimination so people could understand how their body worked, and how to care for it. Even enemas are mentioned in the Essene Gospels – Jesus taught the sick people by the riverside how to use a hollow gourd and vines to make an enema kit. The classes and practices we did then were the same we teach now — Elimination, Digestion, Alpha, Exercise, Diet, Food Combining, Fellowship and Prayer Circles before each meal.

The program started out being two weeks but we added the third week, and the Food Preparation classes, after what we can only call a miracle. Mary Helon Nees, Bob Sr.’s sister-in-law, was diagnosed with golf-ball sized cancerous tumors in her lungs. Mary Helon adopted OHI’s holistic program and healed completely. To thank OHI, she used her background in teaching to develop the comprehensive Food Preparation classes so guests could have the hands-on experience of chopping, juicing, dehydrating, fermenting and preparing all those luscious, live raw foods.

Through the years we’ve added four classes to our core teachings: The Closing Class, The Focus Class to help people keep their lives in balance, Conscious Breath and the Toning Class.

Frequently people ask me what it took to bring our dreams for OHI into reality. Here’s the key:

Pray to God to show you the way - Bob Sr., Raychel and I prayed constantly for guidance. We knew we were making a commitment to do God’s work and share His instructions for a healthy lifestyle with our contemporary culture.

Practice what you teach – All of us did every aspect of the program over and over until we perfected it. We practiced making seed cheese, rejuvelac, even scrubbing off big rocks and putting Essene cracker batter on the sun-heated stone to dehydrate. We realized we couldn’t provide enough for guests with that method, so we bought several dehydrators. There were only so many rocks!

When you pray, move your feet – There really wasn’t a template for all the things we wanted to do. We just had to try a certain direction, and if it worked, we did it. If it *didn’t* work, we knew God was telling us to try another way. Just sitting still and “looking for a sign” wasn’t an option!

Enthusiastically share the success stories! – From our first week of guests, we’ve seen some remarkable transformations. Sharing their experiences, and encouraging guests to talk about them, too, is the most powerful, positive spiritual and effective way to raise awareness about OHI. That’s why the Friday morning testimonials are so important – they inspire, reassure and light the way for all the guests listening, and all the guests who will come. It also allows the guests who share to give of themselves in a sacred way.

For the future, I would love for OHI to acquire more property to be able to accommodate more people. I would love to have a bigger kitchen, and a bigger scholarship fund to help seriously ill people who desperately need to experience what we’re teaching, but don’t have the resources to come here.

Another dream is to start a raw food restaurant chain, or at least be able to sell some of the key foods, like seed cheese and rejuvelac, at health food stores across the nation. So many people have told me through the years it would be so much easier to stay on the program if they had a convenient way to get the food. We would love to help make that happen at some point.

Thank you, all of you, for being part of the dream.

Love,



Pam Nees
Program Director



Lee Hall, FSTC Church Elder, Embraced New Lifestyle

In the past, Free Sacred Trinity Church Elder Lee Hall put away his share of barbecue ribs and thick steaks. Then, in 1994, his friend Bob Nees Sr. asked Lee to help automate OHI's complete computer, reservation and telephone system.

"I was a business and computer consultant," Lee said, "And I jumped at the opportunity to put my skills to work for Bob." Three short years later Lee had a calling to the ministry and was invited to become a member of the FSTC Board of Elders and serve as a church minister, and his days of red meat and all-cooked vegetables came to an end.



When Lee first learned about OHI, Raychel, Bob Sr., Russell and Pam introduced him to the body-mind-spirit program. "Raychel used to argue with me all the time," Lee remembers. "While I was getting her automated with her personal computer, she let me know she had very definite opinions about many, many things. But she was as loving as she was set in her ways." Lee particularly remembers Raychel's passion for the program, and her enthusiastic support for his transition to a primarily live, raw organic vegan lifestyle.

"Every year in April I do the OHI program for two weeks, and I call it my 'Spring Cleaning,'" said Lee. "When I got married in 1999, my wife Barbara accused me of only eating 'rabbit food.' Then she started going to OHI with me, and now she's eating that rabbit food too." He and Barbara have a dehydrator and a juicer, and store their healthy, raw organic treats in the refrigerator in airtight containers.

"What surprised me the most about it," said Lee, "Was how easy it was to make the switch. I'm now about 70% raw, and it's completely satisfying and normal." While Barbara has made the switch with Lee, so has his daughter in Sacramento, and his granddaughter, who is working on her PhD in Marine Biology.

Lee is excited about the changes he's seen during his tenure on the FSTC board. "One of the first things we did after I became a member was buy the property in Austin, and create that OHI mission," Lee said. "Some other positive changes are the OHI for Life program, and we've redesigned the Optimum Health website to make it easier to use, and more reflective of our welcoming, supportive environment.

"Pam is spearheading the drive to redo the recipe book, and we're expanding the Optimum Health Store so guests can find the OHI-tested products they need to continue the program at home. Our entire emphasis is to make it more comfortable and convenient for the guests, both before they arrive at OHI, and after they leave."

Part of that focus is attention to OHI's growth and stability, said Lee. "We're committed to making sure OHI will endure because it has so much to offer people. 'Growth' to make it available to more guests, and 'stability' to look for sound procedures and policies that will keep the program consistent no matter where we go. We're always keeping the guests in mind, and making sure we appeal to their needs. Our guests are the most important focus for us."

Scholarships Build a Golden Bridge to a Future of Optimum Health



The Optimum Health Institute Scholarship Fund is something of a "Golden Bridge" linking OHI's past and future. Through generous donations over the years, thousands of guests, many who are in great need of both healing and financial aid, have received scholarships that enabled them to extend their OHI stay. The scholarship offers financial assistance to people who wish to complete the entire OHI holistic healing program in three consecutive weeks to address a health opportunity that is life-threatening. The OHI scholarship covers the cost of the second week and possibly the third week of the program.

To everyone who has supported the Scholarship Fund, we thank you. Your kind donations have helped to support the amazing miracles and transformation that occurs at our missions. We invite readers to consider a gift to the Scholarship Fund to commemorate the 35th anniversary of our healing mission, and to honor the healthy changes the OHI holistic healing program has made in your own life.

You can help us build a Golden Bridge to optimum health for those who are ill, and in need, by supporting the OHI Scholarship Fund with a contribution by check or credit card. Because we are a non-profit religious organization, your donation is tax deductible. Please call us at (800) 993-4325 for more information or to make a donation. Thank you for your consideration.

Meet Chet Swenson, FSTC Board Elder



Free Sacred Trinity Church Elder Chet Swenson was invited to join the organization because of his strong spiritual calling, desire to be of service to those in need and his friendship with Robert Nees Jr. In the past, the two men had worked together and developed a strong spiritual and trusting relationship. Bob Jr. felt Chet would be

a valuable addition to the board, and Chet accepted. “With my strong roots in finance, merchandise licensing and branding, I felt I could make a difference by being a steward for OHI’s spiritual identity,” Chet said. His experience with maintaining the highest standards for products has made him an effective advocate for guests in keeping OHI’s spiritual identity as a “trusted partner.”

After joining the board in 1998, Chet worked closely with Bob Sr. and the others to nurture and grow OHI. He recalls, “Bob Sr. had a deep passion for the institute. He could make everyone he touched feel good about themselves. The man had a keen sense of responsibility, and could do the work of five people.”

Chet also loved the fact that the husband-wife team of Bob Sr and Pam were a perfect role model for ministerial couples who

loved, respected and supported each other in their devotion to God’s work.

Since Bob Sr.’s passing, Chet has worked closely with Bob Jr. and the rest of the board to maintain the essence of the OHI holistic healing program while expanding its reach.

Of the many projects Chet has shepherded since coming aboard, working on the “OHI For Life” line of exceptional holistic skin care products was a favorite. The world-class organic rich moisturizing crèmes, cleansers, toners and masks will be prominently featured in the Optimum Health Store catalogue, another of Chet’s contributions to enhancing the OHI community. Chet’s four daughters made him a natural in pioneering marketing efforts to reach the female consumer.

“One of the biggest challenges about OHI,” said Chet, “is being able to communicate a very powerful, transformational body-mind-spirit experience in a simple yet complete way.” OHI’s website, newsletter and word-of-mouth are working – according to Chet, nearly 60% of the guests every week are return visits, and as many as 10% of the guests are from outside the US.

Chet feels proud to be able to continue the work OHI began 35 years ago.



Thoughts from the OHI President

There’s a funny story about one change I’ve seen at the Optimum Health Institute San Diego since coming on the Board of the Free Sacred Trinity Church in 1997. The Release Ceremony on Wednesday is when we write down things that have hurt us. Then, we burn those papers in a large fireproof container.

Fourteen years ago, though, we would tie the papers to helium-filled balloons and send them heavenward. Unfortunately, instead of heaven, those balloons landed in nearby yards and streets, making private notes to God interesting reading for neighbors – even though they never knew who wrote them! We made *that* change.

Other major changes at OHI have involved enhancing existing systems. We brought in a sophisticated water system to maintain a constant pH level of 7.35 to 7.45 – the same healthy pH as in human blood. Concerning our campus, our guests treasure the “safe and sacred space” OHI creates for them. We insure that only our guests and staff have free access to the grounds with prominent nametags.

We’ve spruced up comfortable guest rooms with new paint, window coverings and mattresses, choosing eco-friendly materials. We’ve also begun matching first-time guests with an OHI

“buddy” to explain the program and answer questions throughout the week, immediately making them a welcome new member of the OHI community.

According to guest feedback, these gentle changes are working. Roughly 60% of our weekly guests are returning community members, and almost all first-time guests have been referred by a friend or loved one. I feel it’s because through the decades, we’ve remained in integrity with the core tenants of our holistic healing program. During each Friday Testimonial session, we’ve witnessed miraculous transformations in our guests on mental, physical, emotional and spiritual levels.

Our vision for the future is to continue our commitment to serve as change agents for humankind, and continue to do the work we’ve proudly done for 35 years.

Warm Regards,

Larry Taylor



OHI Austin Bears Witness to the Power of Optimum Health

If you have ever been given the opportunity to begin something from the very start and then be privileged to watch growth and maturity surface as time passes, you would have a sense of the excitement and difficulty that comes with being a pioneer. Yet, if you are called with a passion to do the work of a pioneer, to make it through the sweat, tears and blisters, you must surrender to Divine guidance before you can realize the fruits of the work.

For those spiritual pioneers who planted an idea like a tender sprout 35 years ago to create the Optimum Health Institute, Raychel, Bob Sr., Pam, Russell, Mary Helon and countless others, I sense they would be pleased with all that has grown from this seed. I hear the sounds of “well done, good and faithful servants.”

OHI San Diego has flourished and grown through the past three and a half decades, yet holds fast to the spiritual roots from where it began. One of the most visible fruits of this labor is the countless number of people who have attended San Diego, each receiving healing and restored order in their lives. Many outside the OHI community would claim this is just a raw food center, but for those who have been restored from a life-robbing illness, speaking about the work of the Spirit, and feeling God’s grace in their life daily, comes easier than ever before.

More work of the Spirit happened in 1997, with the planting of another seed outside of Austin, Texas — the opening of another OHI mission. The overarching desire to be of service to those in need of healing and hope led the original founders to venture with God’s blessing to open this second mission. With maximum support from San Diego and many sacrifices that continue today, the second mission, in concert with San Diego, strives to extend healing, and restoration to wholeness, to more people in need.

It is my honor to have been part of the OHI Austin community since the day it opened, and to have worked side by side with Russell, Mary Helon, Bob Sr. and Pam to give this sprout strong roots.

Indeed all honor and glory to the Source and all congratulations to the many hands and feet that serve this purpose.

Warmly,



Lou Ann King
Executive Director
OHI Austin



TO YOUR HEALTH



Fresh-picked organic kale from your local Farmer’s Market or your own back yard never looked so good. This recipe is both a guest and staff favorite, says OHI Austin Assistant Kitchen Manager Sara Reyes.

Kale, Kale, the Gang’s All Here!

- 1 bunch of organic kale
- 2 c. sesame seeds, soaked overnight
- 1 red bell pepper
- 1 piece of whole leaf dulse
- 1 Tbs. Braggs Apple Cider Vinegar or sauerkraut juice
- 1/8 tsp. cayenne
- 1/8 tsp. lemon zest (optional)

Chop kale. Place half of sesame seeds in a mixing bowl with the kale. Blend the other half with the chopped bell pepper, dulse, vinegar, cayenne and lemon zest. Pour dressing over kale mixture. Toss well to coat kale and serve immediately.

Dehydrate any leftovers for delicious kale chips -- if there are any leftovers!



Guest Sheds Weight; Gains New Life

While OHI marks its 35th anniversary, a guest celebrates a special milestone himself – the first anniversary of his transformational visit to OHI. Here is Abe's story:

My wife, Elaine, had been going to OHI for years. She always asked if I would join her and I always said no, you go and have a good time. After every visit she would return home invigorated, energized and focused on the things she learned during her stay, and talking about the new friendships she made.

For most of my life I would lose weight but put it all back on, and more. I was starting to have physical problems and required arthroscopic surgery on my knee. I couldn't do much physically because of my weight, I was always exhausted and I was starting to feel depressed. I didn't want to travel, go out of the house or socialize with friends.

In September of 2010 it was time for Elaine's annual visit to OHI and she asked me again to join her. This time, I knew I needed and wanted change. I decided I would only go for one week. On Sunday September 19th we arrived and checked into our room. My life would forever change on that day.

We went to the dining hall for dinner that evening and in the corner of the room I saw a scale. It had been a while since I weighed myself. I weighed 350 pounds, the most ever. I reminded myself that this is why I came here — I needed to change my lifestyle and lose weight.

The following day I decided to do the daily lymphatic exercise program. The bending, stretching and walking was a great way to start the day. After breakfast I was off to my classes. The group leaders and instructors were knowledgeable and inspiring. I learned so much from each class and along with the group interaction and participation, it was always interesting. I made several friends that week, each and every one with their own special needs and reasons for attending OHI.

By the following Sunday, I had lost 18 pounds! One major change I noticed during that week was my headaches were gone. For over 20 years of my adult life I had suffered from headaches every day.

I told Elaine I wasn't ready to leave OHI yet; I wanted to stay. We booked the next week, and I lost a total of 25 pounds. I had a second week of being headache free, I was energized, I felt great, and I even purchased the OHI exercise CD.

Since leaving OHI I have continued eating/living a raw "organic" lifestyle. I exercise daily, go on walks with Elaine and on Sundays I go on 50-mile long bike rides with my riding buddy. To date I've lost 130 pounds, I feel healthy and strong and I have so much more energy. I don't have food cravings anymore, I don't overeat and I feel satisfied. Still no headaches! I've also noticed that the weight I have lost has come off of my body more evenly. For the first time my body feels toned and firm.

OHI has so much to offer in teaching a healthy lifestyle. The classes are educational and motivating. The people you meet and the friendships you make are indispensable. Support and guidance are offered with love, caring and concern. The opportunities to be open and explore one's self, to share heartfelt thoughts and feelings came easily during many of the classes and events.

As I approach my first year anniversary I think often about the progress I've made and look back at the time I spent at OHI. There's no going back to that other way of life. I was given a gift of knowledge and understanding that will support me through the rest of my life. Each day I look forward to living this new lifestyle of health and well being.



Before



After



**A Mission of
The Free Sacred Trinity Church**

The Free Sacred Trinity Church and its subordinate religious missions, the Optimum Health Institute of San Diego and the Optimum Health Institute of Austin, are not-for-profit organizations exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code.

Support OHI's Mission

We are a non-profit religious organization and your donation is tax deductible. On behalf of all those who benefit from the Scholarship Fund, we offer our gratitude!

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CONNECT WITH US!

Visit our weekly Open House every Sunday starting at 4:30 p.m. in Austin and 4:00 p.m. in San Diego. Tour the facility, learn about our history and beliefs, experience a prayer circle, and eat with us in fellowship (\$3 donation is appreciated, but not required).

CONTACT US!

Stay connected by signing up for our newsletter.
Email us at newsletter@optimumhealth.org or call us at **(800) 993-4325**
Please visit our website at www.optimumhealth.org

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(619) 464-3346 or (800) 993-4325

Our Mission

We will serve as a change agent for humankind by improving the physical, mental and spiritual well-being of everyone we touch.

Core Values

Holism, Generosity, Relationships, Life-Long Learning, Stewardship and Service.

Guiding Principles

Trustworthiness, Respect, Empowerment and Alignment.

The Five P's to Optimum Health

Purpose to achieve a natural balance and reconnection to the Divine.

Positive mental attitude that supports the healing process.

Persistence in following the holistic disciplines of the OHI program.

Patience with your body and yourself, as you allow your body-mind-spirit to heal.

Prayer to a higher source who will share the load with you.

OPTIMUM HEALTH INSTITUTE

OPTIMUM VALUE

Who can put a price tag on optimum health? What is it worth to have a cleansed body, a quiet mind, and a renewed spirit with a deep, constant connection to a higher power? Of course, such a positive state of being is priceless.

When you start to put a price tag on places helping you achieve the optimal balance in body, mind and spirit, you'll find a huge range - and also quite a difference in what each program actually offers guests.

At the Optimum Health Institute (OHI), we're proud to offer the most reasonable prices, and also a complete program that gives you the tools for transformation you need to bring well-being and balance to every aspect of your mental, physical and spiritual health.

You'll learn how what you eat, what you think and how you move are the core to achieving and maintaining your best self. You'll bring ancient spiritual practices into present day life, and realize the lasting value of Biblical disciplines. You'll also have a sincere new respect for the grass you've been trampling and mowing your entire life.

Our elegantly simple message hasn't changed in 35 years, and there's never been a greater need for the information we've been sharing with our guests, with miraculous results. Experience the unique OHI difference! Call us today at **(800) 993-4325** or visit us on our website at **www.optimumhealth.org**.

OHI Holistic Healing Program Features	OHI San Diego & Austin	TrueNorth Health Center	Creative Health Institute	Hallelujah Acres	Hippocrates Health Institute	Tree of Life Rejuvenation Center
21-day holistic healing (body-mind-spirit) program that can be broken up into 1 week increments	✓				✓	
40+ classes and activities designed to empower you in your healing	✓				✓	
Promotes Biblically-based, non-medical, all-natural methods for healing (No supplements, non-medical facility)	✓		✓	✓		
Daily spiritual activities (Including reflection, prayer and celebration)	✓		✓	✓		✓
Serves 100% certified organic raw live, dehydrated and fermented foods	✓	✓	✓	✓	✓	✓
Provides juice fasting as part of detoxification program	✓	✓			✓	✓
Provide wheatgrass juice as part of the program	✓		✓		✓	✓
Onsite colon hydro-therapy services* (Price of one colonic is included in the weekly program tuition)	✓					
Onsite chapel	✓			✓		✓
Financial assistance (Scholarship Program)	✓				✓	
Smoke-free environment	✓	✓	✓	✓	✓	✓
Program and spiritual counseling (Included in the weekly program tuition)	✓			✓		✓
Spiritually-based continuing education program (Missionary Program)	✓					
Weekly cost for a Shared Room, starting at:	\$1045**	\$1218	\$1463	\$1944	\$2600	\$3724
Weekly cost for a Private Room, starting at:	\$1295**	\$1288	\$1603	\$1944	\$3300	\$3724

Weekly cost for programs is based on a 7-day week (October 2011)

* Offered by independently operated third-party service partner

** Effective through December 31, 2011

SPECIAL OFFERS

Celebrate the 35th anniversary of OHI in a spirited, healing, and affordable community.

Early Bird Special

Ideal for the one who plans and books early with us.

Receive \$80 off any single-occupancy townhouse or private room, or \$100 off any other single-occupancy room for your 1st week when you book your reservation 3 weeks in advance.

- Reservation must be booked 3 weeks in advance of your stay.
- Discount is only valid on room rate. OHI program tuition fee is not part of this discount and is paid separately. Each party must pay the full OHI program tuition fee.
- Offer is dependent on room availability.

For our Community that has Completed the Program

This offer is designed to inspire participation in our community throughout the year.

Many of you return year-after-year for a tune-up to your body, mind, and spirit. We recognize the need for our community members to retreat from the world to a safe, sacred and supportive healing environment.

Get a FREE room when you book your 4th week within a 12-month period. Oh and better yet, when you book your 4th-week stay, bring a friend or loved one who has never stayed with us before and they pay only for the program tuition.

4-week stay must occur within a 12-month period.

- Offer is good for multiple 4-week stays within each 12-month period.
- Offer is good for a stay in any room except the Courtyard Suite (San Diego) and the Guest House (Austin).
- Discount is only valid on room rate. OHI program tuition fee is not part of this discount and is paid separately. Each party must pay the full OHI program tuition fee.
- Offer is dependent on room availability.

Internet access now available in select rooms at both OHI locations.

Some restrictions may apply. Call us toll free at **(800) 993-4325** to speak to one of our expert reservation staff for details. Offers expire for reservations taken after 12/31/11.

So book next year's reservation before 12/31/11.