



Spring 2017

Connecting the OHI Community

CHAIRMAN'S LETTER

Celebrating 40 years of Holistic Healing through Physical Transformation

"In all your ways acknowledge God and He will make your paths straight." -- Proverbs 3:6...the wisdom of King Solomon

Warm greetings and blessings to our OHI community during this Spring season of growth, renewal and transformation.

As we continue to celebrate 40 Years of Holistic Healing at our Optimum Health Institute (OHI) healing missions in San Diego and Austin, Texas, we reflect on our founders' vision of serving humankind by nourishing the physical, mental and spiritual well-being of everyone we touch. The founders focused first on transforming and detoxifying the body. It all started when Pam Nees and Raychel Solomon attended a lecture in 1976 by the author of *How I Conquered Cancer Naturally*, Eydie Mae Hunsberger. Eydie Mae adopted the strict live, raw, plant-based food plan she learned from Ann Wigmore, founder of Hippocrates Health Institute, when she was diagnosed with cancer.

After shifting to a lifestyle of wheatgrass juice, raw vegetables, seeds, sprouted grains and fermented foods, along with proper elimination and gentle exercise, Eydie Mae went into complete remission. Pam and Raychel were struck by how dramatically a person's physical health could be completely restored, simply by changing their diet.

"Simply," as I use it here, is a relative term. When looking at the miraculous results of detoxifying, alkalizing and properly nourishing and cleansing the body, it would seem to be a simple and logical choice to adopt the strict nutritional guidelines and the spiritual and emotional practices at the core of OHI's holistic healing program. But changing a lifetime of less than healthy food choices is rarely "simple." There are very specific steps that must first be taken.

It takes prayer, patience, and perseverance to adhere to the exacting nutritional guidelines and detoxification practices we teach. That is why we created and maintain a "safe and sacred space" for healing to occur as well as the support, encouragement and inspiration to compassionately guide each guest into shifting non-beneficial old habits into positive, proactive steps towards achieving, and maintaining, optimum health.

When the disciplines we teach are faithfully followed, within the first week of the 21-day program, guests begin to personally experience dramatic physical transformations from this deep form of cleansing. Through the decades we've witnessed countless miracles as toxins are purged, and the very chemistry of each person is brought into a healthy alkaline balance. By the second week, the body, continuously nourished with essential nutrients and cleansed daily, starts to truly become more aligned with the mind and spirit. As the body comes into balance, decades of emotional pain and mental anxiety are released. A peaceful mind and a joyful spirit require a healthy physical foundation, which proper food choices will help to create.

It is in the third week at OHI that the transformation of body, mind and spirit all deepen and converge. At this point, guests have the tools they require to implement healthy new habits into their daily lives.

"Commit to the Lord what ever you do."

-- Proverbs 16:3...the wisdom of King Solomon

While bringing the physical body into a healthy balance has always been an essential part of our holistic program, we've also consistently put a great deal of consideration



Robert Nees, Jr.

In This Issue...

Chairman's Letter	1-3
Raw Foods	4
The Basics of Food Combining	4
Here's to a Healthy Colon	5
Raw, Sugar-Free Sauerkraut Recipe	5
Guest Testimonial	6
Missionary Embraces OHI Path	6
OHI Scholarship Fund	7
Stories from the OHI Community ❤️	8
Staff Spotlight	9
Stay Connected	9
A 3-Week Optimum Spring Cleanse	10
Lesser Known Benefits of Colon Cleansing	10
Sign Up for Your Optimum Spring Cleanse	11
Who We Are	12

(continued on page 2)

(continued from page 1)

into planning the appropriate environment conducive to spiritual contemplation and healing.

We've seen over and over how it's much easier for guests to persevere through all aspects of our holistic healing program when they're in a safe, comfortable and beautiful physical space. Through the decades, we've strategically kept pace with our steadily increasing numbers of guests by constantly expanding and upgrading our facilities.

In 1976, OHI, then named 'Hippocrates West', opened its doors in El Cajon, California. Then in 1978, OHI relocated to a former retirement facility in Lemon Grove, also in San Diego County. The Lemon Grove property has seen continuous upgrades and expansions, including new guest rooms, a new chapel, a wheat-grass grow house, and the multipurpose room. In 1978, townhouses and a pool adjacent to the property were purchased to accommodate growing numbers of guests.

Responding to requests from the east coast and Midwest, we created another facility near Austin in the foothills of central Texas. OHI Austin celebrates 20 years of Holistic Healing this year.

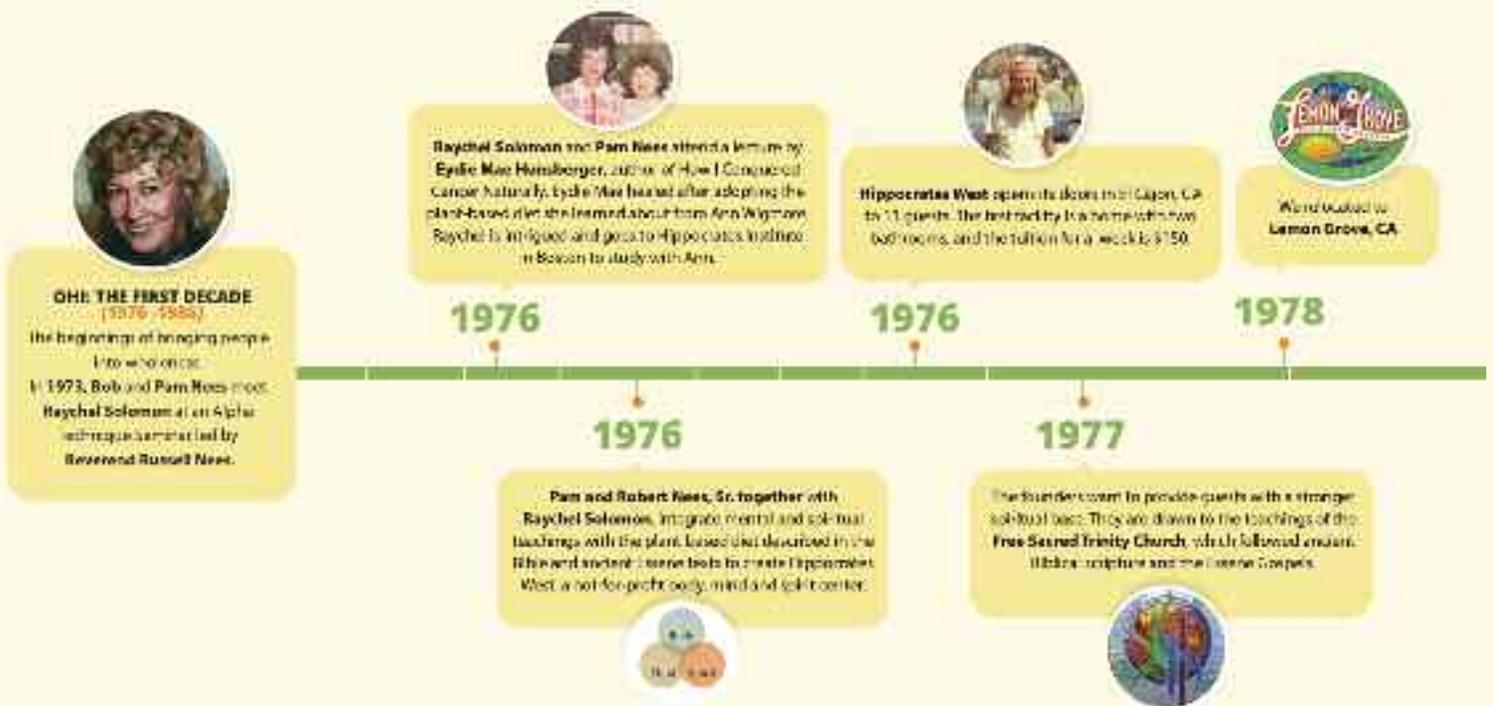
To address concern from some guests about being "out of touch"

with their families and work during their weeks at OHI, we introduced Wi-Fi Internet access in all of the guest rooms. People now have the opportunity to briefly plug back into the outside world without having to leave the peaceful environment of our missions. As is our usual practice, no Wi-Fi is available in the common areas in order to maintain the serenity of the grounds and classes.

As we continuously seek ways to create even more opportunities for guests to be physically supported in their healing journey, creating beautiful, serene spaces to reflect and rest has always been a priority. OHI has taken the proactive step of creating a Facility Improvement Fund to ensure we can maintain and enhance the attractiveness and functionality of our healing missions for the next 40 years, and beyond.

From the common areas to the guest rooms, we are paying attention to all the little details that combine to create the best possible guest experience. State of the art technology, flooring, furniture, lighting, wall murals, remodeled bathrooms with dual sinks, new tubs and tile – meticulous attention is being paid to every aspect of our facilities. Ongoing enhancements to the grounds, including creating a labyrinth for walking meditation at OHI Austin, are also part of the master plan.

OHI Celebrates 40 Years of Holistic Healing





In order for us to make these much-needed capital improvements and to complete our projects in a timely fashion, we are now including a seventy-five dollar weekly fee that contributes specifically towards facility improvements. This was not an easy decision for us to make since we know some of you are on a tight budget. As such, we are deferring our normal January price increase so that we keep our prices affordable. And at the same time, we know maintaining a beautiful and comfortable facility is essential to your healing experience at OHI. To further support this effort, the Free Sacred Trinity Church, OHI's parent organization, will match dollar-for-dollar the money raised from facility improvements fees. We'll continually update you on our progress in future emails, newsletters and when we see you onsite.

Once we've made significant progress on our San Diego renovation projects, our subsequent plans include opening a third OHI healing mission in the San Francisco Bay area.

For 40 years, you've trusted us to be your partner and guide in transforming first your body, then your mind and spirit. We are deeply grateful for the opportunity to support you. With clarity and purpose, we pledge to continue to enrich your life with each visit now and far into the future.

Springtime is about growth, renewal and transformation. It's also the time to recharge yourself after the holidays and long winter months. Our guests tell us year-after-year it's their favorite season to cleanse at OHI with gorgeous weather in both Austin and San Diego. This year, we created a special Optimum Spring Cleanse designed to help you feel recharged and renewed - guaranteed to be our best offer for Spring and we know you'll love it! **Take advantage of our Optimum Spring Cleanse featured on page 11 of this newsletter.**

Wishing you beautiful blessings for Spring,

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



1982
Construction begins on a new multi-purpose room under the direction of Sam Dunham, an active member of the growing OHI community.

1983
OHI shifts from an all-volunteer work force to an organized and paid staff to accommodate the growing number of guests.

1985
Dan Strabbe arrives. For a few days, Raychel Solomon convinces him to move from his home in Michigan and commit to living and working at OHI. For a year, 32 years later, he is still here as the General Manager and a beloved Senior Practitioner.

1983
We change our name to **Optimum Health Institute of San Diego**.

1985
The OHI Campus expands to include 28 guest rooms and the Wheatgrove Cathedral.

1985
Raychel Solomon publishes the book *Coming Alive with Rejected*. It educates readers about the healing power of a rare plant-based diet and the importance of a positive mindset and attitude for abundant happiness and success.

Coming Alive with Raychel

Raw Foods: A Healthy Tradition with Deep Roots

When Optimum Health Institute (OHI) opened its doors, one of the key components – a raw, organic plant-based diet – was not very common. Forty years later, OHI is going strong, and nearly 30 million Americans are choosing a largely meat-free lifestyle.

While choosing live, raw, organic vegetables, fruits, seeds and nuts over animal proteins might seem like a relatively recent trend, Biblical scripture and the ancient Essene gospels both advise the wisdom of a raw plant-based diet for optimum physical, mental and spiritual health.

The growth in popularity of a vegetarian diet is closely tied to the history of OHI. In the early 1950's, Ann Wigmore received a cancer diagnosis, and followed her Lithuanian grandmother's approach to healing. After using weeds and wheatgrass, she went into complete remission. She created Hippocrates Health Institute to teach others about the healing benefits of a raw, plant-based diet.

In 1976, two of OHI's founders, Raychel Solomon and Pam Nees, attended a lecture by the author of the book, **How I Conquered**

Cancer Naturally. Eydie Mae Hunsberger switched to Ann Wigmore's vegetarian food plan after her cancer diagnosis, and also went into remission. Raychel then studied with Ann Wigmore, and later that year, Raychel, Pam and Pam's husband Bob Nees, Sr., opened Hippocrates West in San Diego County, California.



Like Hippocrates, Hippocrates West taught how to switch to a raw plant-based diet. Fueled by the healthiest, freshest raw foods, people could detoxify, defog and quiet their minds, and feel a renewed connection to God.

Hippocrates West became The Optimum Health Institute, a healing ministry of the Free Sacred Trinity Church.

The parallel growth of both the raw foods movement and OHI became deeply personal in 1997. Bob Sr.'s sister-in-law, Mary Helon Nees, was diagnosed with terminal lung cancer. She and Bob's brother, the Rev. Russell Nees, committed to following OHI's strict food plan for an entire year. Mary Helon went into remission, and became a strong advocate of adopting a plant-based diet.

The Basics of Food Combining

Food combining, when done correctly, has been shown to improve health, assist in digestion and help with weight loss. At OHI, it's one of the key principles of a clean, healthy diet.

What is Food Combining?

Food combining is the practice of eating specific foods together, or separately, in order to maximize the health benefits of certain combinations.

Principles of optimum food combining:

- Drink each type of liquid alone.
- Eat protein only with low-starch vegetables, greens, sprouts and pre-digested foods.
- Eat dense starches only with low-starch vegetables, greens, sprouts, and pre-digested foods.
- Eat fruit alone or with green vegetables.
- Eat melons alone.

Benefits of Food Combining:

- **Less Gas/Bloating** - Combining foods correctly will significantly reduce the abdominal discomfort that comes from digestive gas.

- **More Energy** – Because food combining promotes smoother, more efficient digestion, your body will naturally have more energy after each meal.
- **Anti-Aging** - Food combining improves your body's ability to absorb essential vitamins and nutrients, which helps fight the aging process in a number of different ways, including promoting joint health, better vision, and brighter, healthier skin and hair.
- **Weight Loss** – Your body is able to metabolize properly combined foods more efficiently, reducing the amount that is converted into stored fat.

One final tip: Food combining works best with higher quality, optimal foods. At OHI, we recommend using raw, organically grown fruits and vegetables as much as possible to get the most out of every bite.



Here's to a Healthy Colon



When it comes to total body health, nothing is more important than a clean, healthy digestive system. There are plenty of foods, products and natural remedies out there to boost digestion and promote colon health. Here are just a few:

Sprouted Grains

Sprouted grains contain more fiber, antioxidants, and amino acids than unsprouted grains, while improving the body's ability to absorb nutrients and vitamins. They can work wonders on your colon health and digestion. Grains can be difficult to digest, however, so the key is to work them into your diet in a balanced way.

Fermented foods

Fermented foods are delicious, easy to make, and loaded with gut

and colon-friendly probiotics. Although you can create a fermentation kit out of things you have around the kitchen, if you want to get serious about making your own fermented foods, it's important to have the right tools.

Coriander Seeds

Coriander has a lot of well-known health benefits, which is why it has been used in traditional Chinese medicine for centuries. It can help with high blood pressure, and it has powerful, cell-producing antioxidant qualities. Coriander also helps to naturally relax contracted digestive muscles. This means that it can help with a wide range of digestive disorders, including IBS, indigestion, and diarrhea. Raw ground coriander makes for a delicious spice that can be used in soups, or sprinkled on raw vegetables.

Raw, Sugar-Free Sauerkraut Recipe for a Healthy Gut

Fermented foods are pure magic. Not only are they delicious, but they are budget-friendly, and hands-down some of the healthiest foods you can eat. They have been found to improve digestion, strengthen immune function, help fight allergies, and even reduce the risk of colon cancer. That's because they are packed with probiotics. Foods like sauerkraut actually introduce beneficial bacteria into your digestive system, which helps to crowd out unhealthy bacteria and promote better absorption of nutrients and minerals, and providing better gut health overall.

So, with that in mind, here is a quick and easy recipe for gut-friendly sauerkraut that you can make at home:

Fermented Sauerkraut Ginger Beet

- 3 Peeled Beets
 - 1 Cauliflower
 - 2 Tablespoons grated fresh ginger
 - 1 Tablespoon ground Cinnamon
 - 1/2 Tablespoon ground allspice
 - 3 Cups green Cabbage
- Approx. 1 average sized head's of cabbage

Yields about 48 servings



Save outer cabbage leaves to cover during fermentation. Pulse all ingredients in food processor, leaving thoroughly chopped but still chunky, not mushy. Transfer to mixing bowl and massage firmly for several minutes to release juices. Pack tightly into crocks and cover with cabbage leaves. Place a weight over the leaves, cover crock and allow sauerkraut to ferment for 4-5 days at room temperature. Transfer to storage container and refrigerate until ready for use (discarding outer leaves). Enjoy!

OHI Guest Tessa Hooper



The year was 2007, and chronic Lyme disease had invaded every joint in Tessa Hooper's body. It left her arthritic, fatigued and mentally foggy. A friend mentioned a recent visit to Optimum Health Institute Austin, and Tessa decided to go.

"My husband died in 2004, and I had three kids," Tessa said. "I had to redo my life, so on faith alone, I went to

OHI. Just the smell of wheatgrass juice my first day knocked me over!" In that first week, she felt her immune system rebound.

Her energy returned, her joints stopped aching, and she felt such a sense of peace and reconnection

"Each time I go – and it's usually several weeks a year – I recharge both my physical and spiritual batteries. I am always grateful for more insight and another piece of information to embrace."

In the OHI environment of unconditional support and peace, Tessa deepens her spiritual commitment, reconnects with other long-time guests who have become close friends, and even brings her paints and canvas with her. She's created many lovely watercolors in OHI's serene setting of artfully designed flowerbeds, a forest and manicured lawns.

Tessa is deeply grateful to the OHI Austin team. "As soon as I walk in the door," Tessa said, "I'm letting everyone know how thankful I am to be there. It is such a safe place – nurturing and healing. There are SO many miracles, and I watch the Holy Spirit dropping in all the time. It's just such a sacred experience."

Janis Patterson: A Real Shepherd Embraces Her OHI Missionary Path

Fatigue, brain fog and a diagnosis of MS brought Janis Patterson to Optimum Health Institute in 1999.

"A friend suggested OHI," Janis said. "My body responded so well that the woman who walked in and the woman who left were two very different people." She continued a maintenance diet of 20% cooked food and 80% raw for months.

Five years later, fatigued and mentally scrambled, she returned to OHI for a second week. She wanted to become an OHI missionary, but couldn't leave her young family for three months.

When she and her family moved from San Diego to a sheep farm in Oklahoma, new doctors told her that she actually had Lyme disease. Years later, physically and mentally exhausted, Janis felt God prodding her to complete OHI's third week, and apply to become a missionary.

Janis immediately felt transformations begin for herself, and everyone she met. "OHI is a sacred space," Janis said. "Miracles happen every day. To be on the inside as a missionary and watch that week after week, is phenomenal."

"OHI is a place of unconditional love and acceptance for people from all walks of life. Everyone is accepted and encouraged, and given tools to heal through support, detoxifying food and the classes. It's one of the best things I've ever done for myself."



The OHI missionary program is a volunteer extension program for those who have graduated from the OHI holistic healing program and desire to continue on a spiritual path to heal themselves and others. As a missionary, you are able to immerse yourself in the healing process 24 hours a day, 7 days a week. We encourage all who have a calling, passion, and commitment to serving others and who want to be in a community focused on healing to apply.

Scholarship Helps Heal a Health Care Provider

Being a psychiatric technician in a bustling hospital took a toll on Roberta Garcia's body, mind and spirit. The constant stress left her fatigued, 50 pounds overweight, in pain, and plagued with bacterial infections. She took antibiotics for a year without getting any better.

When she could no longer work, Roberta's sister found the Optimum Health Institute (OHI) on-line. Her sister gifted her with tuition for the 3-week program.

"That first week," Roberta said, "I broke out in a rash, and called my sister sobbing that I didn't think I could do it." With the support of her family and the OHI team, Roberta decided to stay. Everything fell into place.

"I realized I had food addictions," Roberta said. "I learned about food combining, and noticed drastic improvements in my body and mind."

Roberta learned how to read food labels, meditate, grow and juice wheatgrass, and replace negative thoughts with positive ones. The release ceremony helped motivate her to shed 40 pounds so far. As her health and confidence grew, so did her desire to stay even longer. She applied for a scholarship, and was overwhelmed and grateful to receive one.

Several weeks into her OHI stay, Roberta experienced a health opportunity that required her to return home briefly. Her time away made her appreciate what a real value OHI is. "A glass of vegetable juice at an organic market is \$10," Roberta said. "The food alone at OHI is more than worth the tuition."

"It's important to complete the entire program," Roberta said. "If there's any way you can do all 21 days at once, DO it." She also encouraged people to apply for an OHI Scholarship "You have nothing to lose, and it's such a blessing if you're approved. I am so grateful for the opportunity to continue to learn and heal."

Your kind donations have helped to support the amazing miracles and transformations that occur for our guests every week at our missions. Please know how very much we appreciate your generosity, and what an important difference your gifts make in so many people's lives.



Larry Taylor
Executive Director,
OHI San Diego

The Greatest Gift of Love is the Gift of Healing

The **OHI Scholarship Fund** was established to help those who have a life-threatening health opportunity and require financial assistance. The OHI community relies on **acts of kindness and generosity** to support those in need.

Thanks to your support in 2016, we were able to provide **98 scholarships**. Our overarching goal for 2017 is to **raise \$500,000 in scholarship funds**.

You can give the gift of healing for those who are ill, and in need by supporting the **OHI Scholarship Fund** by making a:

- One-Time Donation
- Sustainable Monthly Contribution

Three Ways to Give

1. Donate by mail: **Use the newsletter donation envelope**
2. Donate online: **www.optimumhealth.org**
3. Donate by phone: **(800) 993-4325**

Optimum Health Institute is a non-profit, religious organization. Your donation is tax deductible.

Stories from the OHI Community

How has OHI helped you transform physically?



Neil Klemow

OHI Community member since 1994

OHI helps change my body, which is why I come every year. After 3 weeks I feel physically transformed, like I did in high school. I have a glow that people say never stops. My blood pressure and cholesterol are down, and I have a spring in my step.



Debbie Eller

OHI Community member since 2009

OHI saved me from what was a proverbial cycle of bad health and medication. My time here allowed me to restart my body so I require fewer meds and enjoy increased movement and vitality.



Betty Souch

OHI Community member since 2006

Whilst at OHI I've gone down to my lowest weight in 50 years! As a result the arthritis in my knees has improved as well as my flexibility. Additionally, the cleansing revealed I have a lot of curly hair – what a surprise at age 72! And the dentist said that there was no plaque on my teeth between annual cleanings.



Steven Notter

OHI Community member since 2011

Physically, I feel cleaner and lighter. I feel more at peace and more motivated. From my first day I get a turnaround mentally and physically, and experience an emotional cleansing. One week can make such a big difference. I celebrated my birthday here yesterday with so many lovely people!



Kelley Turner

OHI Community member since 2014

I'm a registered nurse, and I've been in hospice case management for over eight years. My work put me in touch with too many younger people, 65 and under, dying from cancer. I started researching alternatives for better health, and discovered OHI. OHI has completely transformed and enhanced both my physical and emotional health. People need to experience OHI. It will make your life so much better.



Leah Cox

OHI Community member since 2008

After spending three weeks here my skin cleared up. I lost weight that was no longer needed. My eyes became clear and bright. My skin stopped itching. I felt mentally sharp and emotionally balanced. The transformation was profound. I had more energy and slept more deeply. My friends asked me what I had been doing and where I had gone!



Staff Spotlight



Pam Veers
 Manager of Massage
 Department, OHI Austin
 OHI Community Member
 since 1999

Your fondest memory at OHI:

There are so many...it's hard to choose. A woman arrived on a Monday, crying in pain and feeling overwhelmed and hopeless. I told her, "You will not feel like

this by Wednesday – by Wednesday you will feel better, I promise you! And I don't promise lightly." I walked in Wednesday and heard someone singing down in the great hall – I looked down and it was her! We gave each other a little wave and a 'thumbs up.'

Why you love working at OHI:

I love working here because it gives my life such meaning and joy.



Louis Giordano
 General Utility, OHI San Diego
 OHI Community Member
 since 1989

Your Fondest Memory at OHI:

I always feel humbled when returning guests I don't remember working with remember *me*, and how I helped them when they were here.

Why you love working at OHI:

Working at OHI, where a healthy balance in one's body, mind and spirit are constantly emphasized, helps me stay focused in my life.

Stay Connected

To support our **OHI community** we have expanded our communication lines to include various social media platforms.



Optimum Health Institute
 Blog website

www.optimumhealthusa.com

Articles about the OHI Program, healing, nutrition and creating balance in your life.

Come on in and connect with us...it will be fun!



Facebook

www.facebook.com/OptimumHealthInstitute

- Visit and "Like" us on our Facebook page
- Join one of our Facebook Groups:
 - Optimum Health Institute of Austin
 - Optimum Health Institute of San Diego
 - Optimum Health Institute Missionaries



YouTube

www.youtube.com/optimumhealthinst

View our promotional videos ad guest testimonials on our OHI YouTube Channel.



Twitter

www.twitter.com/optimumhealthus

Following us on Twitter and get notified of our special offers and special announcements.



LinkedIn

www.linkedin.com/company/optimum-health-institute

Follow us on LinkedIn and stay up-to-date with OHI career opportunities

A 3-Week Optimum Spring Cleanse



You will be amazed at what a huge difference three weeks can make. After a short stay at OHI, community members feel healthier, clear-headed, happier and more energized than before. One of the primary reasons for this quick transformation is the deeply cleansing and nourishing benefits of the OHI diet.

With a diet that consists of raw foods, fresh, organic fruits and vegetables, blood-purifying wheatgrass juice, and colonics to detoxify and aid in digestion, your three-week cleanse at OHI

will have you feeling lighter, brighter and full of more energy than you thought possible.

It all starts with a two-and-a-half-day vegetable juice fast to help jump-start the cleansing process. From there, guests move on to a diet of raw organic vegan meals. Many guests feel and see a physical difference in just a few days.

During the second week, toxins that have built up in your system are noticeably diminished. Your energy and strength start to surge as your immune system regains its natural vigor. Whether it's chronic headaches, fatigue, or symptoms related to a long-term illness, guests have reported that symptoms become less severe.

After the third week, the body reaches a healthy alkaline balance and guests notice improvements in their ability to concentrate and quiet the mind. This is also when weight loss becomes pronounced, with guests shedding off the pounds on their way to a healthier, happier lifestyle!

With newfound energy, and stronger, healthier bodies, guests leave OHI with a fresh new outlook on healthy eating and positive living. With body, mind and spirit aligned and focused on positive results, good health is within reach.

Lesser Known Benefits of Colon Cleansing

At OHI, our three-week program teaches the importance of proper ingestion, digestion and elimination as the basis of a healthy body, mind and spirit! It's important to put an emphasis on a happy healthy colon and the role that colon cleansing plays in your overall health and well-being. Here are a few of the lesser-known benefits of colon cleansing:

1. Immune System

As much as 70% of the immune system's optimum function can be driven by how well the colon functions.

2. More Energy

Colon cleansing clears toxins out of the body. This process can help naturally improve circulation in the bloodstream, which means better oxygen flow and increased energy levels.

3. Healthier Skin

High levels of body toxins take a toll on your organs, including your skin. Many people report clearer, brighter, healthier-looking skin after colon cleansing treatments.

4. Weight Loss

As your body strains to fight off toxins, your body's other natural energy functions slow down. This includes your metabolism. Getting rid of burdensome toxins means allowing your body to refocus that energy on boosting your metabolism and helping you burn off excess weight.



5. Reduced Acid Levels

Regular colon cleansing will help restore the body's natural alkaline levels and create a healthier balance.

6. Better concentration

A study by the Harvard Medical School on the "Gut-Brain connection" found that an unhealthy intestine can send disruptive signals to the brain which can impair focus and hamper the ability to concentrate. Colon cleansing can help to clear up that fogginess and keep you a bit sharper throughout the day.

OHI promotes colon cleansing as one aspect of a healthy, well-balanced life. We invite you to book a retreat at OHI and experience the many benefits of being clean from the inside-out!

Ready to Recharge?

Sign Up for Your Optimum Spring Cleanse

Springtime is the best time to do a deep cleanse from the inside out – clear the clutter and rid your body, mind and spirit of toxins that built up over the holidays and long winter months. When toxins are flushed from the body, we feel lighter, brighter, nurtured and re-energized.



Over the past 40 years, thousands of people have benefitted from OHI's proven holistic healing program. Guests tell us their Springtime cleanse sets up a strong foundation for the upcoming year. This year, we invite you to join our Spring Cleanse community and enjoy the following benefits and savings:

1. Boost your energy and vitality
2. Strengthen your immune system
3. Increase clarity of thought – get focused
4. Improve the radiance of your skin
5. Feel lighter, brighter and more confident



The earlier you cleanse your body – the sooner you'll enjoy these benefits!

Our Best Offer for a Spring Cleanse

OHI San Diego - Value up to \$1,057

OHI Austin - Value up to \$1,132

Designed specifically for your 2 to 3-Week Optimum Spring Cleanse for the week beginning 3/19/17 through the week beginning 6/11/17

- Save up to \$300 on our best single-occupancy rooms
- Get up to 3 free colonics
- Get up to 3 free massages
- Spring Cleanse Kit: OHI for life® skincare products, bath salts, body brush and more
- Priority services for colonics, massage and counseling appointments
- Daily room service

Can only stay for one week?

Call us and we'll help you figure out how to take advantage of this great offer.

Rooms are limited - don't miss out!

Call Now (800) 993-4325 | Offer Code: SPRING17

Offer Terms: Reservations must be booked 3-weeks in advance. Offer good for 2 or 3-week consecutive stays. Offer good for returning guests only. Other restrictions apply. Call for details.



**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.

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SPG17

VISIT WITH US:

Visit our weekly Open House every Sunday starting at 4:00 p.m. in San Diego and Austin. The OHI Program offers visitors, guests and adherents a personal tour of the facility, lecture, prayer circle and an all raw vegan meal. A \$3 donation is appreciated, but not required.

CONTACT US:

We'd love to hear from you. To receive special offers and updates, email us at newsletter@optimumhealth.org or call us at **(800) 993-4325**. For more information about the OHI Program, please visit our website at www.optimumhealth.org

OPTIMUM HEALTH INSTITUTE

PO Box 23878, San Diego, CA 92193-3878
RETURN SERVICE REQUESTED



OHI - Austin

265 Cedar Lane, Cedar Creek, TX 78612
(512) 303-4817 or (800) 993-4325



OHI - San Diego

6970 Central Avenue, Lemon Grove, CA 91945
(619) 464-3346 or (800) 993-4325

Sign Up Now for Your Optimum Spring Cleanse

Rooms are limited - don't miss out!

Call now (800) 993-4325

OHI San Diego – **Value up to \$1,057**

OHI Austin – **Value up to \$1,132**

**Save on your room, get free colonics and massages -
plus enjoy free products and priority services**

See page 11 for details

Our Mission

We serve humankind by nourishing 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.