

CHAIRMAN'S PERSPECTIVE

Embracing the Spiritual Identity of the OHI Community

“Know thyself.”
-- Ancient Greek aphorism

One of the most important elements of the OHI holistic healing program we share with our guests at the OHI missions in San Diego and Austin is how to quiet the mind by entering into the Alpha brain wave state – that peaceful, focused, prayer-meditation state of mind where we reach clarity and touch our Divine inner core. Recently, while in that space of reflection and connection to God, and inspired by our approaching 35th anniversary, I contemplated how serving as the Chairman and Senior Pastor of the Free Sacred Trinity Church and the OHI missions has changed me for the better on every level – body, mind and spirit. That led me to look deeper into what OHI has meant through the years not only to me, but to our founders, all our guests, Missionaries and staff members. I found myself asking, “What is the essence of OHI’s spiritual identity? How do we embrace it? How do we grow it?”

Through prayer and thoughtful discussions with the church’s board of elders, we realized the importance of creating a dedicated group within the church whose sole focus was to encourage, inspire and grow the spiritual culture of OHI throughout our

community, and to those in need of healing. Putting this inspiration into action required an exceptional leader from our community who exemplified our mission, values and principles and who could articulate and bring forward our Spiritual Identity. I am happy to announce Tina Pallitto, a frequent guest and a member of the Austin OHI community, will lead our Community Development group. Prior to accepting the director position of this group, Tina worked closely with the board of church elders to create an inviting new website, identify the key characteristics of our spiritual identity and establish the OHI Community Care Team. This team is comprised of employees throughout the organization whose primary function is to nurture the spirit of the OHI community and promote the five main characteristics of our unique spiritual identity.

When combined, these five main characteristics capture OHI’s unique spiritual identity and set us apart from other organizations:

1. God-Centered
2. Holistic Healing
3. Spirited Community & Fellowship
4. Trusted Partner
5. Best Value

In this newsletter Pam Nees, Program Director, and I will share how these characteristics manifest daily in OHI community’s nurturing environment of healing, support and transformation.

We appreciate this opportunity to share our spiritual identity with you, and invite you to share your thoughts on how being part of our growing community has impacted your own sense of self. By knowing who we are, and why we are, we can live healthier, happier, more fulfilling God-centered lives.

Yours in prayer,



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



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On OHI's God-Centered, Holistic Healing, Spirited Community



focus in a safe environment.

Just recently, a guest diagnosed with cancer came to see me. She was ending her second week at the San Diego mission and couldn't afford the third. She also didn't feel a strong connection to God. We didn't have the scholarship funds to pay for another week. I felt her deep sadness, and invited her to pray with me. God gave me the simple, heart-felt words to help ease her pain, and the shift in her attitude was immediate. We embraced, and she went to sit in the healing sun of the courtyard.

What happened next was nothing short of miraculous. The guest she happened to sit beside began talking with her, and soon learned of her need. He insisted on paying for her third week at OHI. He explained that he and his wife learned from Scripture that the more they gave, the more they got back. He also recommended the woman start reading the Bible. Shortly afterwards, she had the most powerful spiritual experience of her life when she saw a purple light, then a vision of God and Jesus.

The man's generosity and compassion were just what that woman needed to take off her imaginary armor, and open her

heart to God's presence in her life. The other guest's act of generosity truly represents the fellowship that binds together guests, Missionaries, facilitators and staff at OHI San Diego and Austin, and helps to give OHI its unique spiritual identity.

I believe people are starved for spiritual community, and long to fill a hole in their heart with a personal connection to God. At OHI, it's safe to openly talk about how the Divine works in your life. As people share their own experiences feeling God's grace, everyone starts to feel more secure in themselves, and truly embrace the opportunity for Holistic Healing.

While the welcoming Spirited Community and God-Centered teachings at OHI balance and heal the body, mind and spirit, those experiences are magnified by the raw, organic vegan meals we provide to detoxify the body. These clean, pure foods help people get back in rhythm with the planet while they rejuvenate and nourish every cell of the body. It's an important part of a sacred journey that integrates body, mind and spirit, and can truly lead to a holistic healing on every level.

I share with people that I feel OHI is like a lighthouse – we stand on a rocky coastline, shining a brilliant beacon of love, faith and hope to light the way, and help people feel safe to be the magnificent beings they truly are. And I know it's working when, after visiting with us, guests return home, glowing with peace, joy and health, and their friends and family say, "I want some of that!" That's the "love in motion" of our spiritual identity.

Love,

Love,

Pam Nees

Program Director



OHI By the Numbers

Dan Strobhar, Garden Manager and Senior Facilitator at OHI San Diego, has been keeping an eye on things since he became part of the OHI community back in 1987. He shares some fun statistics on what the OHI San Diego mission uses in a year:

- OHI San Diego plants 750 trays of wheatgrass, buckwheat and sunflower seeds a week, or almost 2.7 acres worth each year. That's the equivalent of covering all of OHI in sprouts.
- We use 20 tons of wheatgrass seeds a year, the same weight as 3 elephants. All that weight to help lighten your load!
- Our guests walk half a mile a day for an annual average of 22,000 miles, which is almost four round trips from OHI to New York. Walking our way to a healthier you!
- The Front Desk team handles over 25,500 calls a year. That's a lot of exceptional customer service!
- On average we prepare 210 gallons of rejuvelac a week, enough to fill 182 bathtubs annually. Soaking in good digestive aid.



OHI: Proud to Be Your Trusted Partner and Proven Best Value

By Robert P. Nees, Jr.

True healing and transformation can happen when people can know that everything around them has been created to assure their comfort, well-being, safety, privacy, sense of peace and belonging, and opportunity to be happy and joyful. From day one, as your Trusted Partner in healing, the Optimum Health Institute has fiercely stood behind our promise to establish and maintain just such an environment for all who enter our gates.

From the moment guests set foot on our manicured grounds, they can rest assured they are in a safe and sacred place. With the exception of our Sunday open house, our campus is closed to the public to ensure this sacred space while healing. Staff and guests wear name badges to proudly claim their part in our community.

Everything our guests eat has been inspected and is 100% certified organic; all the information taught in our classes has been reviewed, evaluated and proven valid and effective; all our Missionaries and staff members receive continuous focused training, guidance and support to be able to fulfill our mission "to serve as a change agent for humankind by improving the physical, mental and spiritual well-being of everyone we touch." Similarly, all the products in our onsite Optimum Health Store must meet the highest standards of quality, purity and effectiveness to support the guests during their stay. We back up this promise to our guests with our "100% unconditional, no questions asked" return policy.

We also invite the public to get a taste for our program at our

Sunday Open House, where they can tour the grounds, share a meal, learn about our mission, and join us in prayer, celebration, and fellowship.

All of these qualities, along with our continued efforts to support our community after they return home, create that solid bond that can only exist with a proven, "trusted partner" – a privilege and commitment that we are passionately called to fulfill.

Going hand in hand with being a Trusted Partner is providing our community with the highest quality healing experience in an affordable way. We work to keep tuition and fees to a minimum while providing the platform for transformation that is truly priceless. OHI is proud to offer an economical, all-inclusive holistic healing program that continuously scores high marks on our guest surveys. As a non-profit mission of the Free Sacred Trinity Church, OHI channels all proceeds from the missions back into the OHI holistic healing program, the facilities, the Missionary Program, or out to the larger community. Net proceeds from the Optimum Health Store go to both the OHI program and the OHI Scholarship Fund to help those in need.

Check out the Optimum Value Chart insert in this newsletter, and compare what guests experience in a week at OHI to what other programs offer. See for yourself how our pledge to be your Trusted Partner in your journey towards optimum health means we deliver an exceptionally effective program, at the best possible price.



We'd Love to Hear From You!

As part of the Optimum Health Spirited Community, you definitely have a story to share, and we'd love to hear it.

Particularly because Optimum Health Institute is celebrating our 35th anniversary this fall, we want to know how your visit and your experience with our holistic healing program helped to transform you in body, mind and/or spirit. For instance,

1. We'd love to hear your story about Raychel, Bob Sr., Pam, Russell or Mary Helen if you stayed with us in the early years at OHI San Diego or Austin.
2. Do you have any photos from your stay in the 70s, 80s or 90s?
3. Tell us about friendships you made here that have continued through the years.
4. How have you experienced emotional or spiritual healing as you've continued meditative and prayer disciplines since your stay with us?

5. Tell us how your faith in God was restored during a visit to OHI.
6. Which aspects of the program have you been able to incorporate into your own life?
7. Have you experienced victory over a health opportunity by continuing to follow the OHI holistic healing program? Please share your experience.

Whether your story is from the last three decades, or the last three weeks, we'd love to hear it. Please share your experience via email at testimonials@optimumhealth.org, or send us a letter at **OHI Spiritual Identity, 9665 Granite Ridge Drive, Suite 310 San Diego, CA 92123.**

Please include a stamped, self-addressed envelope if you would like your photos returned to you. Then, watch for the next newsletter to see the images and hear the stories that mark 35 years of sharing the path to optimum health.

A Healthier Bang for the Buck: Open, Sesame!

Even though it might seem as if buying organic foods is too expensive, the extra health boost you get from eating pure, clean, chemical-free meals and snacks is truly priceless. To help you stretch your grocery dollars further, OHI Austin Assistant Kitchen Manager Sara Reyes shares some ways to make those organic purchases go those extra miles by doing double, or even triple, duty.

For instance, just one cup of organic raw sesame seeds will provide three cups of sesame milk, a healthy, savory vegan version of Parmesan cheese and a natural skin exfoliator. Here's how:

Sesame Milk

Soak 1 cup of raw, organic sesame seeds in water overnight. Rinse the seeds until the water runs clear, then put the seeds in your Vitamix, or other blender. Add three cups of pure water, and blend for 90 seconds. Strain through a cheesecloth, reserving the seed pulp. The sesame milk will keep in the refrigerator for up to three days. It's delicious plain, used in a raw soup, or poured on sprouted wheat or rye cereal.

Gomashio (Faux "Parmesan Cheese")

Spread sesame seed pulp on a dehydrator tray and dehydrate at 105 for 24 hours. With your fingers, break the dried pulp into course clusters and put in a large mixing bowl. Stir in up to 1 teaspoon of dulse. Sprinkle savory mixture on salads, dehydrated pizzas or raw soups.

Sesame Facial Exfoliator

Spread sesame seed pulp on a dehydrator tray and dehydrate at 105 for 24 hours. Grind the course clusters of seed pulp into a powder with small granules. With a fork, mash 1 tablespoon of sesame powder with 1 teaspoon of avocado or banana to form a paste. Smooth the mixture over a clean face, then sit down, lean back, and relax for 10 minutes. Wash off the paste. It will exfoliate and hydrate the skin, naturally.



TO YOUR HEALTH



Here comes summer, and fresh vegetables are at their crispest, juiciest peak. This scrumptious corn salad showcases tastes and textures fresh-picked from the garden, and blended with the zing of fermented cabbage.

Fresh Organic Corn Salad*

3 cups organic corn, cut off cob
2 organic celery ribs, finely chopped
1 organic red bell pepper, diced
1 organic orange bell pepper, diced
1/2 cup organic raw sauerkraut
1 tsp. organic basil, chopped fine
Dulse or sea salt to taste

Mix all ingredients and serve immediately.

In the rare event you have any leftovers, blend them until smooth and dehydrate until completely dry. Blend the dried mixture, and you have a delicious salsa seasoning to kick up the flavors in any dish.

*Editor's Note: This recipe is for the maintenance diet

Miracles for the Asking

For 30 years, as the Director of Education and Strategic Planning for the San Diego Zoo, Peg Harvey faced daily challenges that would have thrown less confident people for a loop. Then, two years ago, she found herself in a completely different kind of zoo. She was diagnosed with uterine cancer, and endured surgery and radiation.

Although the aggressive treatments beat the disease into submission, her physical victory was brief. The cancer returned last May, challenging Peg with golf-ball sized Stage 4 tumors in both lungs, too close to her heart for surgical intervention, and innumerable tiny tumors.



“One doctor said to just live joyfully in the time I had, which didn’t empower me very much. Another doctor said I could do chemotherapy, which

would make me sick for six months, but it would only extend my life by four months. To me, that sounded like a proposition for people who are bad at math,” Peg laughed.

It was during a trip to a San Diego farmer’s market that Peg’s life began to radically change. As she and her husband completed their shopping and started back to the car, he suggested an alternate route. She started to argue, then agreed. They found themselves at a stand where a vendor was touting the health benefits of wheatgrass, and even showed them a book, *Curing Cancer with Wheatgrass*.

“If I had a serious health problem,” Peg remembered the man saying, “I would get myself to the Optimum Health Institute in Lemon Grove.”

“It was as if I was in a white fog,” Peg remembered. “I knew he was being divinely inspired to give me that specific message. I had never heard of OHI, but the very next week, I was a guest.”

Starved for information about helping her body’s ability to heal, Peg devoured everything the facilitators and staff shared during her three-week stay. That first week, she met many people who were celebrating their victories over health opportunities that medical doctors had deemed incurable. One woman was marking her 5th anniversary of curing

breast cancer; a man celebrated his 11th year of beating pancreatic cancer.

“All I heard from my oncologists was that I was going to die,” Peg said. “At OHI, everyone gave me enormous doses of hope, and I finally gave myself permission to live.”

After completing the three weeks at OHI and religiously continuing the program at home for another four weeks, chest x-rays revealed the largest tumor was completely gone, and the second largest was a third of its size.

“My doctor said, ‘I don’t know what you’re doing, but keep it up!’” Peg laughed. She applied for OHI’s Missionary program, and was accepted for a 3-month term.

While her body was relishing this new healthy lifestyle, Peg’s mental and spiritual selves were thriving with the alpha techniques, like meditation, that she learned at OHI.

“One day I’m meditating in my room and all of a sudden, it felt like someone placed an iPod ear bud in my left ear and switched on a radio. A man’s voice said, ‘Just because you have Stage 4 cancer doesn’t mean it’s all about you. I, I, I! You don’t need to worry — we want you to get out and talk with people who are in the healing process, and in pain. The path to your healing is walking alongside others who are on their healing journey. You’ve been placed here to share your story and inspire other people.’ Then the voice switched off.”

Peg tried to decipher the experience, and figure out if she’d been dreaming. After several days, she decided it truly was God giving her reassurance and guidance, and she was to focus her energy on healing.

While Peg continued to share inspiration and encouragement with others as a Missionary at OHI, her body continued to heal. After 19 weeks of following the OHI program to the letter, Peg’s cancer was completely gone. In addition to her heart-felt gratitude for a second chance at life, she feels an obligation and desire to dedicate herself to walking with others on their healing journeys.

“My experience at OHI has been part science and part miracle,” said Peg. “When you understand the relationship between body, mind and spirit, you can get out of your own way and allow healing to occur.”



**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

OPTIMUM HEALTH INSTITUTE

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(512) 303-4817 or (800) 993-4325



OHI - San Diego

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

Our Mission

We will serve as a change agent for human-kind 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 mind-body-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	Hallelujah Acres	Esalen Institute	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:	\$1020	\$1078	\$1944	\$1360	\$2600	\$3724
Weekly cost for a Private Room, starting at:	\$1270	\$1148	\$1944	\$2605	\$3300	\$3724

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

* Offered by independently operated third-party service partner

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.
- All stays beginning January 3rd, 2010 are eligible for calculating the 12-month period

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.