

CHAIRMAN'S PERSPECTIVE

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

Romans 12:2 New International Version (NIV)

Spring Renewal

It’s an ancient but true adage: seeds you plant in the Spring will reward you in the Fall. Traditionally, Spring is the ideal time for deep cleaning and renewal. As the days get lighter, it’s the season to “lighten up” by decluttering our bodies, minds and spirits, and also our physical environment. We simplify, and release things that no longer serve us. By clearing out the old, we’re making way for new opportunities. We’re welcoming Spring at Optimum Health Institute (OHI) by clearing out old physical, mental and emotional clutter to make way for new growth, awareness and connection.

Cleanse Body, Mind and Spirit

Spring marks the beginning of nature awakening after the dormancy of Winter. Whereas Winter represents stillness, quiet reflection and going inward, Spring is symbolic of birth, newness and renewal. Spring is the time to dust off, clean out, refurbish, simplify, streamline and reset – to cleanse in order to make way for a fresh, new start.

After a long winter, where activities tend to slow down and move indoors, the body may feel more congested than usual and is

ready to recharge and rejuvenate. Transitioning from sedentary behaviors and bouncing into Spring may sound like a big chasm to cross for most of us. That’s why a deep cleanse, along with juice fasting can give you the kick-start necessary to “spring” into action.

Fasting is mentioned in both the Old and New Testaments. Fasting is an ancient spiritual discipline designed to renew the body, mind and spirit. It is viewed as a way to reveal the condition of your spirit by creating a keen awareness of subtle spiritual forces, and eventually results in deep transformation of one’s thoughts and behaviors.

Cleansing the body, mind and spirit allows us to release old mindsets and behaviors that keep us stuck in old patterns. By releasing old habits that no longer serve us, we create space and fertile ground to plant seeds for positive and life-giving activities. We let go of old, so that we are better able to be open and embrace new change. The act of opening allows you to locate your inner power, peace and purpose, which establishes a foundation for a meaningful life.

Plant New Seeds

Once the body, mind and spirit are cleansed, then it’s time to plant new seeds. Now the question becomes, “What types of seeds will I plant?” Our FOCUS classes teach how to focus on what matters most in our lives and how to effectively carve out time to achieve healthy balance and optimum health.

The first part of our FOCUS class teaches you how to hone in on your vision and set goals. Your vision gives you a clear picture of what you want to achieve. Setting clear, quantifiable goals helps you measure your progress along the way to achieving your vision. In other words, you can’t get *there*, if you don’t know where you’re going.

Once you identify your vision and goals, then it’s time to make a plan that supports you meeting your goals. The second part of our FOCUS class teaches you how to reach your goals and vision by prioritizing and planning daily life activities. This is where



Robert Nees, Jr.

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you plant the seeds for change by asking yourself, “What activities will I do daily, weekly, monthly and annually that will help me achieve my goals?” Your response might look something like this:

- Annual – Goals and intention setting (New Year’s resolution)
- Annual – Body-Mind-Spirit tune-up at Optimum Health Institute
- Monthly – Social event (Raw Meetup group)
- Monthly – Volunteer event (Community Garden)
- Weekly – Menu planning that supports 80% raw and 20% cooked organic foods
- Weekly – Spiritual worship (Sunday church service)
- Daily – 20-minute physical exercise (Hoola-hooping!)
- Daily – 20-minute Alpha practice (Visualization)
- Daily – Positive affirmations and gratitude practice
- Daily – Cultivation of kindness, joy and laughter

You are in essence planting the seeds by creating a task list for a healthier, happier you!

Nourish, Grow and Be Significant

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle

Once your seeds are planted, it’s important to nourish the seeds with the “water” of discipline and follow-through. Discipline is just another way of saying “developing a practice” or a “habit.” Establishing practices that focus on the process, versus the end-result, helps you to be present in each moment noticing simple qualities in life that make up “significant” moments. You start to become mindful of and grateful for “little things,” and grow in awareness. This newly found self-awareness lets you experience life more intensely resulting in a stronger connection to oneself, one’s Higher Self, others, nature and God. Focusing on the process and the significant moments leads us to be a person of significance both in our life and in the lives of others. The key is not to allow excellence or perfection to get in the way of significance.

A daily discipline of practicing the 5 P’s to optimum health (purpose, positive mental attitude, persistence, patience and

prayer) helps your resolutions take root. You’ll be amazed at how planting your seeds, nourishing them daily with spiritual practice will yield growth and result in you meeting your goals – and ultimately, your vision.

Springtime at OHI

This Spring, we continue to cultivate our vision of being the leader in God-centered, holistic healing by nurturing our OHI community. To meet our vision, we’ve set goals to:

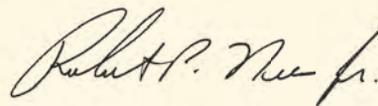
- Renovate the grounds and facilities at our San Diego and Austin missions.
- Update and create new classes for our program graduates.
- Connect the OHI Community through social media using Facebook and weekly email newsletters.
- Increase our scholarship donation contributions to help keep our rates low while sponsoring those with financial hardship to participate in our program.

It’s early in the year, and we’ve already achieved some of these goals. On your next visit, we hope that you enjoy Austin’s improved landscaping and San Diego’s updated rooms and pool area. We also invite you to attend our new “Pray, Eat, Live – in the Graduate’s Kitchen” class which teaches diet maintenance recipes and techniques.

And we’re not stopping there...we will continue to meet other goals planned for this year, like replacing carpet, furniture and fixtures with environmentally-friendly and energy efficient alternatives in San Diego. We plan to continue growing our program by updating our approach to food combining and developing a new class on Forgiveness later this year.

As we nurture our program and facilities, we’re also nurturing you, our OHI community. In your honor, we’ll continue creating the fertile environment for you to grow into being your best self, and reap an abundance of optimum health in body, mind and spirit.

God bless you this Spring and in all seasons to come,



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



Five Tips for a Healthier Home



You've been to OHI and eliminated toxins from your mind, body and spirit—but, what about your home? Many toxic substances are used in the construction of our homes and furnishings. The average home contains 500-1,000 chemicals, most of which we can't smell, see or taste. Indoor air is typically two to five times more polluted than outdoor air! Taking more care to mindfully reduce our

exposure to toxins in our homes allows the body's natural detoxification system to function more efficiently.

There are many simple things you can do to maintain the healthiest, most toxin-free home possible. Here are just a few to get you started:

1. Don't wear shoes in your house. Household dirt, pesticides and even lead enter the home on our shoes. Go barefoot or wear slippers instead.
2. Keep your windows and doors open to ventilate the air as much as possible. Use plenty of green plants as natural "detoxifiers."
3. Nix the toxic dryer sheets. Sometimes your socks will stick to your pajamas. It's OK. If you use a dry cleaner,

find a green one. Conventional dry cleaners use a chemical called perchloroethylene which has been proven in labs to cause cancer in animals.

4. Throwback to Grandma's household cleaning products. For an all-purpose cleaner, mix one quart of warm water with four tablespoons baking soda and one teaspoon vinegar.
5. Reduce your exposure to chlorine and chloramines in the bath and shower. You can purchase shower filters and tablets that contain de-chlorinating agents at the Optimum Health Store. Create your own all-natural, detoxifying bath soak solution by adding 1-2 cups Epsom salts, one-half cup baking soda and a few drops of lavender essential oil to your bath.

Your home should be your sanctuary—a safe and sacred place for you and your family to live in optimum health. You now know where to begin. But when will you begin? Spring—for generations associated with an annual household "spring cleaning"—is an ideal time. In fact, I'm starting right now...excuse me while I open a window.

Peg Harvey

Director, Program Development & Training

Attitude of Gratitude

Every night before you fall asleep, think of the three most wonderful things that happened that day. You will automatically cultivate an "attitude of gratitude." Instead of wondering what can go wrong today, you're already focusing on what's going to go *right*. You will be anticipating, and then experiencing, a steady flow of things to feel grateful about – day after happy day.

Plato said: "*A grateful mind is a great mind which eventually attracts to itself great things.*" By being thankful for the good things you have, you'll automatically attract more.

Gratitude is the parent of all spiritual virtues in Judeo-Christian tradition. Both Old and New Testaments are filled with verses encouraging the faithful to have grateful hearts, and express gratitude for their blessings.

Gratitude does more than nurture the spirit – it has mental, emotional and even physical benefits.

Studies show grateful people are happier and more satisfied in both their personal and professional lives, have more positive

relationships, and are quicker to forgive. They're less stressed, jealous, depressed and anxious, and more likely to "not sweat the little things."

Those who choose to feel and express gratitude, in general, experience greater psychological well-being than those who focus on the negatives. This gives grateful people better ways of coping with challenges, and more ability to learn and grow from these experiences. They tend to have more self-respect and a greater sense of purpose in their lives, which fosters a more positive attitude.

The body also benefits from a conscious attitude of gratitude. Those who are more optimistic and grateful experience fewer sleep disorders, better immune function and even a healthier heart rate – all measurable side benefits of thankfulness.

Prove it to yourself, and tonight, review the three things for which you felt the most gratitude today. You'll probably immediately experience a deeper, more restful sleep tonight, and eagerly start your day tomorrow on the lookout for still more positive things to reflect on tomorrow night.

Create Happiness

Pursuing Happiness

Back in the days of the nation's infancy, Benjamin Franklin wisely said, "The Constitution only guarantees American people the right to pursue happiness. You have to catch it yourself."

Because everyone has a different idea of what their personal happiness is, the means to attain it can be equally elusive. There are some simple steps you can take, however, to bring you closer to your happy goal.

Spend time with friends

People are social creatures, so embrace your desire to interact with others by making more time for your close friends and family. Even taking a short walk with a good friend every day can remind you of the simple joys in life, help you let go of negative feelings and cultivate an attitude of gratitude.

Do more of what you love

A great start to being happier is taking note of activities you enjoy. If you love to prepare dinner for your family, try incorporating more cooking into your routine. If painting makes you happy, calm and peaceful, then make sure to



schedule time with brushes and canvas. If singing along to your favorite tunes gets you going, crank up the music on your morning commute.

Relax with a bath

Stress releases hormones that trigger emotions of anger or sadness, so build de-stressing time into your busy day. A relaxing warm bath with scented oils can ease your mind and revitalize your body.

Start a garden

Get a healthy dose of sunshine each day by cultivating a small garden to grow food or flowers. The plants will enhance your environment, and the time spent outside can help you ground yourself and appreciate things like chirping birds or a breathtaking sunset.

Savor your food

Eating actually triggers pleasure signals in the brain, so meal times can also stimulate positive emotions. Take the time to be "in the moment" and savor each bite. You'll enjoy the experience even more if you prepare your own food from items you have grown in your garden and are eating fresh organic foods.

Kindness is Contagious

In just weeks, the group One Republic raised over \$100,000 for the Newtown, Connecticut community reeling from a deadly school shooting. On 12-12-12, Paul McCarthy, Bruce Springsteen, the Rolling Stones and others performed to raise \$50 million for Hurricane Sandy relief.

Fifth graders in Oakland, California raised more than \$2,000 to put latrines and supplies in a dilapidated African school. Their goal had been \$800.

In each case, and random acts of kindness around the globe, the stories literally compel others to get involved.

Thomas Jefferson spoke about actions that "elevate." When people saw others doing virtuous acts of charity, he observed, they too desired to be of service. His theory was confirmed in a collaborative study by the University of California, Los Angeles, and the Universities of Cambridge and Plymouth in the United Kingdom. The study created the first empirical research documenting human

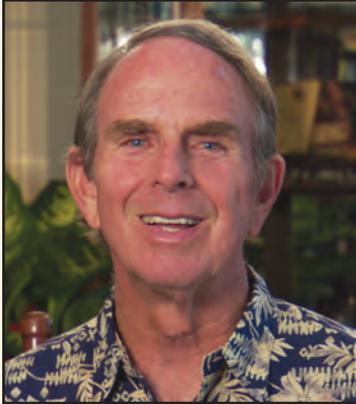
tendency to be compassionate when we observe that trait in others.

This isn't the same as happiness – it's a unique emotion that actually compels others to jump in and help. We don't just "feel inspired" when we see others doing good deeds – we spring into action. This is why sharing stories of human courage and goodness is important. Each selfless act of valor and assistance we hear about compels us to do the same. Practicing random acts of kindness triggers a wave of "compassion in action."

We at OHI see how kindness is contagious. When guests with serious health opportunities cannot afford tuition for a second or third week, gifts to our Scholarship Program might make it possible for them to stay. Sometimes other guests raise the money or just write a check to cover the cost.

Know that any compassionate action you take will prompt others to do more of the same. As Gandhi said, "We are the ones we've been waiting for!"

Tommy Henderson's Holistic Healing Experience at OHI



My three-week stay at Optimum Health Institute San Diego as a guest, and then three months as a missionary, seem to have improved my health opportunity of early Parkinson's symptoms. But it was getting to take the Focus class a total of five times that really helped me transform my life.

I heard about the Optimum Health Institute (OHI) from a friend of my sister. I was very interested in trying out a completely different approach to my health opportunity, and flew from my home in Honolulu to OHI San Diego. I immediately loved the live raw vegan food.

While the mind and spirit classes were in alignment with work I'd been doing, the body classes were new, and I felt three weeks of eating and learning to prepare raw meals was just not enough for me.

I applied for the three-month missionary program and was accepted.

I had the opportunity to talk with guests, particularly first timers, answer their various dietary questions and help them navigate that important initial week of the program. So many of them asked me about my own personal experience with the detoxification and adhering to a new diet, and I was happy to share my testimony. I met fantastic people and made some wonderful new friends.

With all the powerful things I learned, it was the Focus class that's made the most difference for me. It teaches you to focus on your goal and define your intention, and then stick with it. That discipline has made such a difference in all areas of my life.

You can view Tommy Henderson's video testimonial along with other OHI guest testimonials on **OHI's YouTube Channel** at www.youtube.com/optimumhealthinst

OHI Scholarship Fund

Scholarships Build a Golden Bridge to a Future of Optimum Health for Those in Need

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 OHI Scholarship Fund to commemorate the 38th 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.

OPTIMUM HEALTH INSTITUTE

OPTIMUM VALUE

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.

Detoxing the body without quieting the mind and enriching the spirit won't give you optimal, lasting results. That's why Optimum Health Institute (OHI) is proud to offer you a balanced program to bring every facet of your being into harmony.

OHI is the one place you'll learn how what you eat, how you move and what you think are key for your physical, mental, emotional and spiritual well-being. Experience the transformative power of ancient spiritual disciplines that are still relevant in today's world. Get the tools you need to create and maintain complete balance in every aspect of your life, and practical tips for sticking with the holistic program when you get home.

Our elegantly simple message hasn't changed in 38 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**

Connect with us:



OHI Holistic Healing Program Features	OHI San Diego & Austin	TrueNorth Health Center	Hallelujah Acres	Tree of Life Rejuvenation Center	Hippocrates Health Institute
21-day holistic healing (body-mind-spirit) program that can be broken up into one week increments	✓				✓
40+ classes and activities designed to empower you in your healing	✓				✓
Biblically-based, non-medical, all-natural methods for healing (No supplements, non-medical facility)	✓		✓		
Daily spiritual activities (Including reflection, prayer and celebration)	✓		✓	✓	
100% certified organic raw live, dehydrated and fermented foods	✓	✓	✓	✓	✓
Juice fasting as part of detoxification program	✓	✓		✓	✓
Wheatgrass juice as part of the program	✓			✓	✓
Onsite colon hydro-therapy services**	✓			✓	✓
Onsite chapel	✓		✓	✓	
Financial assistance (Scholarship Program)	✓				✓
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:	\$1,180*	\$1,263	\$1,813	\$2,211	\$3,340
Weekly cost for a Private Room, starting at:	\$1,430*	\$1,753	\$2,793	\$2,491	\$4,683

* Weekly cost for programs is based on a 7-day week (March 2014). Prices subject to change.

** Colon hydro-therapy services for OHI are offered by an independently operated third-party service partner.

OUR OFFERS

For our community members who have completed the Program

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. **Some restrictions apply.**

Early Bird Special

Ideal for the one who plans and books early with us. Receive \$100 off any best-available, single-occupancy room for your 1st week when you book your reservation 3 weeks in advance. **Some restrictions apply.**

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

Call us toll free at **(800) 993-4325** to speak to one of our expert reservation staff for details or see all our offer details on our website at **www.optimumhealth.org**

Connect & Share. Let's Get Social!

Our best way to share OHI news and special offers is through email. We offer our OHI Community some great savings throughout the year, but in order for you to be eligible to take advantage of the exclusive email offers we must have your valid email address on file.

Want to receive email offers from us? Then please call us to update your email address at **(800) 993-4325** or email us at **optimum@optimumhealth.org**

To support our OHI community we have expanded our communication lines to include various social media platforms. We invite you to take a few minutes and check out our new social presence.

Optimum Health Institute Blog website

Our OHI blog site is located at **www.optimumhealthusa.com** This is a robust site with great information on incorporating the OHI program into your daily life, articles on healing, nutrition and creating balance in your life.

Facebook

Make sure to stop by and “Like” us and join one of our groups. To view information shared on any of our group pages you must first join that particular group.

- Facebook Page - Visit and “Like” us on our Facebook page at **www.facebook.com/OptimumHealthInstitute**

On this page we post offers, links to our blog articles and any new updates about OHI.

- Facebook Groups - The OHI groups were set up to encourage conversation and support to guests who become members of the group. We have three OHI group pages. To find our groups just enter “Optimum Health Institute of Austin”, “Optimum Health Institute of San Diego” or “Optimum Health Institute Missionaries” in the Facebook search bar.

Twitter

Follow us on Twitter at **www.twitter.com/optimumhealthus** By “Following” us on Twitter, you will be updated when any new articles, offers or announcements are posted to our Optimum Health USA blog site.

YouTube

Our OHI YouTube Channel is **www.youtube.com/optimumhealthinst**. On this channel, you will find our Optimum Health Institute of San Diego and Austin guest testimonials videos!

LinkedIn

Connect with us on LinkedIn.

OHI is going social to better connect and support our OHI community! Come on in and connect with us...it will be fun!



**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 OHI Scholarship Fund, we offer our gratitude!

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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

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 body-mind-spirit to heal.

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