



Summer 2017  
Connecting the OHI Community

## CHAIRMAN'S PERSPECTIVE

### Celebrating OHI's 40 Years of Holistically Healing the Mind

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will."*

-- Romans 12:2

Warm greetings to you during this 40th summer of our holistic healing mission. To mark this significant milestone, and celebrate our growing Optimum Health Institute (OHI) community, each newsletter this year is focusing on a specific aspect of our program. This past spring, we shared tips on healing and detoxifying the body. In this summer issue, you will find practical tips for quieting the mind, and achieving mental clarity. Coming up in the fall, we'll nourish and heal your spirit with inspirational and uplifting articles and contributions from OHI team members and guests. And this winter, we'll weave it all together with a look at OHI's past, present and future

### In This Issue...

Chairman's Perspective.....	1,2,3
Meditation: Gift to Your Whole Self..	4
Positive Mental States .....	5
Summer Recipe: Spinach Tortillas .....	5
Guest Testimonials.....	6
OHI Scholarship Fund.....	7
Ask the OHI Community.....	8
Staff Spotlight .....	9
Stay Connected .....	9
Mental Nourishment Kit .....	10
Benefits of Summer Fun .....	10
Sign Up for Your Optimum Summer Retreat .....	11
About Us.....	12

work to help you integrate, balance and heal body, mind and spirit.

Inspiring stories of mental clarity and total commitment to one's spiritual mission are woven throughout both the Old and New Testaments of the Bible. Time and time again, people attuned to God's purpose for them shrugged off the judgments of others and the seemingly impossible demands of the task to persevere, with miraculous results.

A mere boy dispatched a giant with a simple sling and a stone, and became a wise and just king. A righteous man received a directive from God to build an enormous ark, and gather up animals, two by two, that the Earth could be restored after a devastating global flood. A virgin is told, by an angel no less, that she is carrying the child destined to become the spiritual savior of the world.

In all these accounts, and hundreds more throughout the scriptures, each person faces very real challenges and adversity. Each is called upon to go deeply within themselves and find that lucid place of peace, resilience and mental toughness that will keep them moving forward to fulfill their purpose. They must overcome fear, failure and disappointment to go into that state of divine knowing.

In that place of centered awareness, what we call the "Alpha state" of mind, we become one with God. We touch into the Biblical "peace that passeth all understanding," and we feel a positive strength that empowers us to deeply relax as our mind turns off inner chatter to elevate us to a place of calm awareness. In this



(Continued on page 2)

(Continued from page 1)

mental transformation, our mind sharpens, and we embrace a quiet clarity. When we achieve this Alpha state, the miracles can start to unfold in our own lives.

As I pause to reflect back on the tens of thousands of guests who have turned to Optimum Health Institute (OHI) during the past four decades, I immediately see this same “mental toughness” at the heart of every story of healing. Countless guests have shared their stories with me where they faced hardships and used the OHI Alpha technique to improve and enrich their lives. You desire a safe, healing space where you can focus, without worldly distractions, on detoxifying your body, quieting your mind and rejuvenating your spirit. You know OHI will provide the support, inspiration, validation and tools you require to release past harmful thoughts and behaviors, and substitute beneficial new ones.

All of that is a given.

The big synchronicity that truly launches you on a healing path is that same divinely inspired “mental toughness” in the Biblical accounts. You begin to see yourself, your health opportunities, and your life in a new light. You make that essential mental shift into taking personal responsibility for changing your lifestyle. You know it will

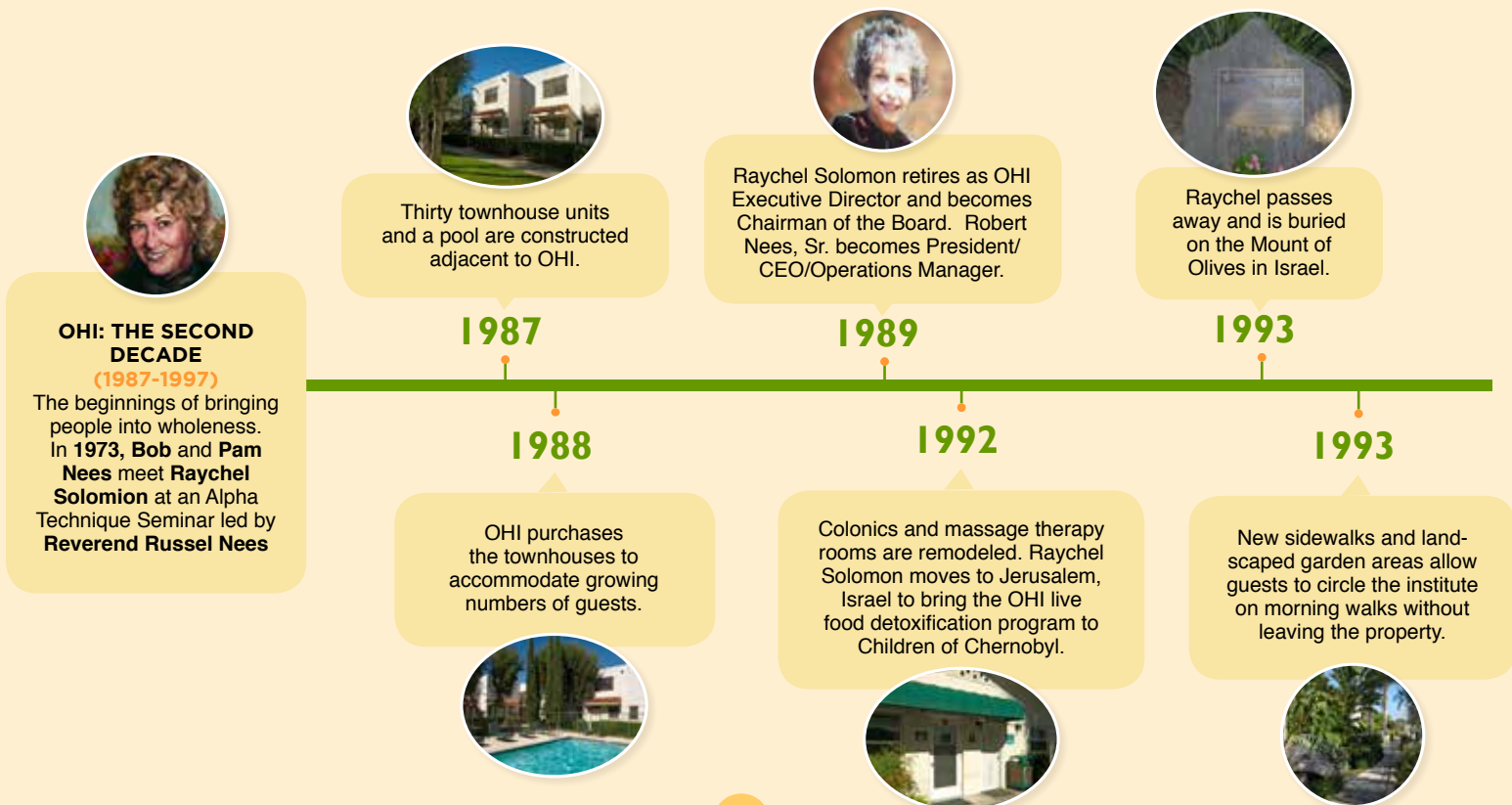
take considerable effort, but you also know you are investing in yourself, and honoring the spiritual being you are at your core. The moment you embrace that new mindset, you truly begin your healing journey.

Only an authentic positive mental transformation will give you the perseverance, persistence and patience you will require to achieve your goal of reaching, and maintaining, optimum health in body, mind and spirit.

When we truly click into that space of mental clarity and purpose, nothing, not even a Goliath-sized obstacle, can dissuade us from our chosen path. It was that kind of perseverance that kept our founders committed to keeping OHI going in the early days when they faced down challenge after challenge. While many components of our holistic healing program have now become mainstream, 40 years ago, Pam and Bob Nees, Sr., and Raychel Solomon encountered much skepticism, ridicule and suspicion from the medical establishment, and people in general.

The idea that raw, organic plant-based meals were much healthier than a traditional American diet of meat and fried foods; the possibility that exercise might reduce the need for some medications; the concept of regular

## OHI Celebrates 40 Years of Holistic Healing



colon cleansing, even daily meditation were all quickly dismissed by many.

To their credit, the founders, and the steadily growing numbers of people who were drawn to OHI in the early days, refused to be deterred. Pam, Bob, Sr. and Raychel maintained mental clarity and focus utilizing the ancient spiritual disciplines at the heart of our holistic healing program. Through prayer, meditation, journaling, quiet reflection, spiritual fellowship and thanksgiving, they continued their heart-centered mission to become a change agent for humankind by nourishing the physical mental and spiritual well-being of everyone they touched.

Cultivating this same mental toughness and clarity of purpose is an essential aspect of achieving optimum health. That is why our holistic healing program has evolved to include a minute of guided Alpha meditation at the beginning of every class. We've added instruction in how to use Alpha to control pain, how to reframe and replace negative thoughts with positive ones, how to build self-esteem, and how to let go of unhealthy expectations.

Each class that shares tools focusing on healing and quieting the mind strengthens our spiritual ties to our Biblical roots. Inside each of us is a divine purpose and calling.

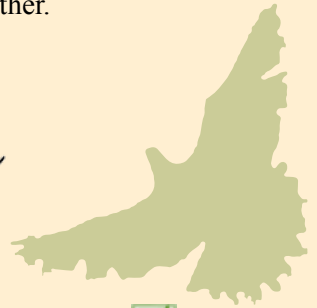
Only when we can transcend the busyness and distractions of the day-to-day world can we truly transform mentally, and come into wholeness.

The longer days and slower pace of the summer create an ideal time to focus more on relaxing in the sun, celebrating with family and friends, and reducing stress. **Bringing your body, mind and spirit into balance with a personal retreat in this season of easy living is even easier when you take advantage of our Optimum Summer Retreat savings, featured on page 11 of this newsletter.**

Let us make that healing journey together.

Yours in prayer,

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



Bob Nees, Jr. becomes an OHI community member, bringing his experience as a corporate executive to assist in growing OHI's structure, organization and consistency.

1993



Raychel Solomon's old apartment is converted into a food prep classroom; a new digital phone system is installed.

1996



FSTC purchases a 14-acre wooded property with a retreat center in central Texas, 14 miles east of Austin, and prepares the building to become a new healing mission.

1996

1995

The Optimum Health Store moves to its current location. An extensive construction project is launched to create the Wheat Grass Cathedral, chapel, new rooms, library and office space.



1995

Lee Hall first visits OHI as a guest; later becomes a member of FSTC Board of Directors.



1997

Larry Taylor joins the OHI Community, and becomes a member of the Free Sacred Trinity Church Board Of Elders



1997

Grand Opening OHI Austin Campus



## Meditation: The Gift You Give Your Body, Mind and Spirit

When a spunky 6-year-old Johnson City, TN girl got the sniffles, her mom didn't think too much about it. But the next day, the little girl couldn't move her legs. The girl was rushed to Children's Hospital in Knoxville as paralysis quickly spread to her hands, then arms.

Even though the child was paralyzed and on a respirator while doctors tried to find the reason for the catastrophic condition, the girl remained calm. Little Beka stayed in a peaceful meditative state throughout her ordeal, listening to the guided meditations for kids her mom put on a loop on her iPod. She's back home now, fully mobile, and expected to make a complete recovery.

Meditation is becoming the go-to solution for releasing stress and negative feelings, increasing self-confidence and awareness, and bringing the body, mind and spirit into gentle balance. By mindfully turning our focus inward, we can tune into our authentic self, tune out distractions, and touch into a state of peace and grace that helps us solve problems, get clarity, and achieve optimum health.

One of the big draws to meditating regularly is that it's not a "one-size-fits-all" practice. From sitting in mindful silence, to listening to a guided visualization, to toning in a big group to simply lying quietly in bed a few minutes before you get up, meditation is anything that lets you quiet your mind through contemplation and reflection.

While it's a deeply personal and self-affirming exercise, meditation is proving that it's also a valuable tool for defusing tensions and sparking creativity for groups.

In some communities, police officers meditate with members of the community. Fortune 500 companies like Ford, Google and General Mills teach and encourage meditation to their executives and employees. Even both Super Bowl teams this year meditated before and during breaks in the game.

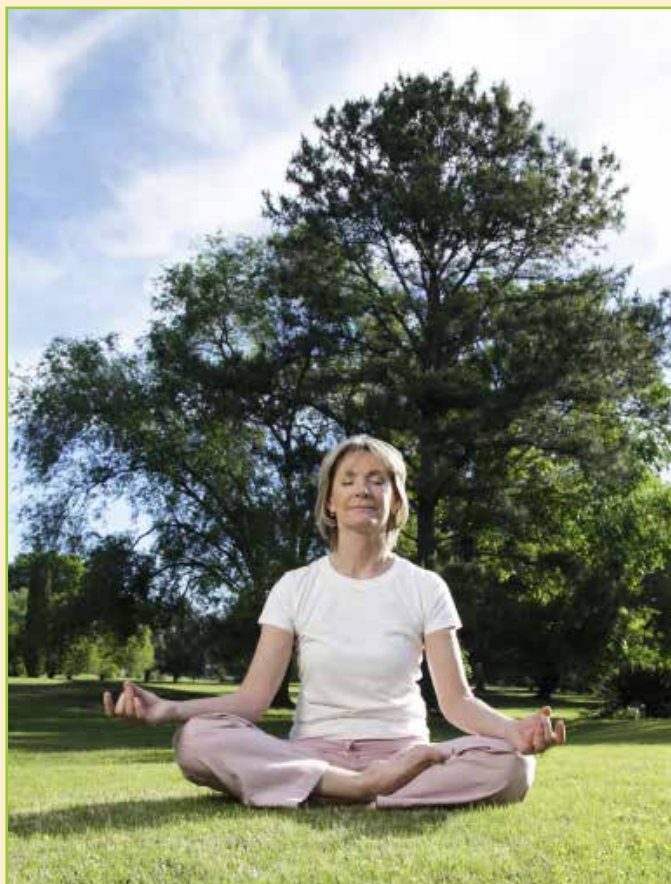
Optimum Health Institute (OHI) teaches the Alpha Method method to enter a meditative state. Sit straight with your feet firmly on the floor, place your thumb, index finger and middle finger together, and rest your hands, palms up, on your legs. Close your eyes and focus on your breath. You can repeat a word or phrase that has meaning for you, like "peace," "I am surrounded in light," or "love." Imagine a relaxing sensation, like a wave of tranquil water, start at the

crown of your head and gently flow through your entire body, exiting at your feet.

Slowly repeat your phrase, or just count, as you drift into a state of complete relaxation. At this point of deep receptivity, you can focus on a specific intent – like resolving a conflict, pain control or forgiveness – or simply continue conscious breathing and heightened awareness.

When you have completed your meditation, take a deep breath, and affirm, "Every day in every way, I am getting better and better, healthier and healthier, happier and happier." Slowly count from one to five, becoming more alert with each number. Take a moment to reflect on insights you may have received in the Alpha state.

Alpha meditation is just one of the transformative things you will learn during a life-affirming visit to OHI in San Diego, California or Austin, Texas. Our caring team can help you achieve your mental, physical, emotional and spiritual goals for optimal health. Visit our website at [www.optimumhealth.org](http://www.optimumhealth.org) or call us at (800) 993-4325 to make your reservation.



## Positive Mental States

The link between our mental and physical states is so profound and closely integrated scientists have even coined a term for it – the Mindbody. The late Dr. Candace Pert, a globally respected neuroscientist and pharmacologist, broke new medical ground with her research offering evidence that “your body is your subconscious mind.” The OHI Store carries Dr. Pert’s books and CDs.

When our brain is stressed with worries, fears and visions of all the things that could or are going wrong in our life, our body will respond accordingly. Back and chest pains, high blood pressure, insomnia, constipation, fatigue, headaches and weight gain or loss can frequently become physical manifestations of poor emotional health.

A recent TIME magazine special showed that more positive emotional states – like happiness, optimism, contentment and hopefulness – could lessen the severity or even the

risk of developing physical symptoms. A similar study reported that optimism could reduce the risk of coronary heart disease by 50%.

Besides making a conscious decision to choose positive, optimistic meanings for things unfolding in our lives, meditation is another excellent way to quiet the mind, increase our optimism, and nurture the body and spirit.

Meditation advocates from Buddhists to cardiologists encourage us to make the practice a regular part of our daily lives. MRI brain scans show that taking time daily to enter into a deep meditative state even changes the brain’s structure, increasing gray matter in the area of the brain governing learning and memory. Meditation also reduces gray matter in the region associated with anxiety and stress.

## Serve up the Tastes of Summer with Spinach Tortillas

The sun is warm, the days are long, and backyard gardens and Farmer’s Markets are overflowing with the beautiful colors and luscious taste of the freshest summer vegetables. These spinach tortillas not only pack a nutrient-dense punch – they’re the perfect base for your favorite sprouts, chopped vegetables and healthy toppings, like seed cheese.

**Yield: 48 ounces** | **Servings: 24**

### Ingredients:

- 1 lb. baby spinach
- 1 cup ground flax seeds
- 2 cups diced zucchini, 2 each diced avocado
- 1 tsp. kelp powder
- ½ cup water
- Juice of two lemons

Mix all ingredients in food processor until nearly smooth. Spread evenly onto 6 dehydrator trays and score into 4 squares approximately 1/4 inch thick.

Dry completely for approximately 24 hours.

Garnish your spinach tortilla with healthy toppings like seed cheese, red bell pepper, avocado, cabbage and scallions for a delicious, nutritious and filling meal.

Store dehydrated tortillas in a tightly covered container for up to one month.



## A Guest's Spiritual Path Leads Right to OHI



Terri Roberts didn't realize she was sick. It wasn't until she had to have a radical mastectomy and eight rounds of chemotherapy that she remembered a friend had a positive experience at Optimum Health Institute, and she decided to give it a try.

She was amazed to see the transformations so many guests experienced in just three weeks, and started to feel vibrant again herself. Terri loved the live, raw, vegan food, and even started a raw food potluck when she returned home to Lancaster, PA.

When she was rediagnosed in August 2014 with stage 4 cancer she returned to OHI, and recommitted herself to making disciplined choices and adhering closely to the holistic healing program.

"A family tragedy in 2006 and the cancer diagnoses have forced me into a new perspective," Terri said. "I believe from my personal experience that the body, mind and spirit can all heal themselves when you give them the tools they need."

Terri felt the tuition and housing fees were very reasonable. She said that even the cab driver who picked her up from the airport commented that people get the most bang for their buck at OHI.

"I am so thankful for everyone there, the way my questions are answered, and how everyone truly cared about me," Terri said. "I know that even if you experience the most devastating situation in your life, God can create something new for you." Terri has shared her inspirational message of healing and forgiveness with groups across the country and in her book, *Forgiven: The Amish School Shooting, a Mother's Love, and a Story of Remarkable Grace*.

## OHI Inspired a Missionary's Life-Saving Transformation



Natalia had to make drastic changes in her life to survive. In six years, she'd had several forms of cancer, surgeries and chemotherapy. She discovered the Optimum Health Institute's holistic healing program online, and immediately signed up.

She booked the entire three-week program, but was ready to return home to Toronto after her third day. The detoxification process after her aggressive chemotherapy was a painful shock to her system. Everything changed the morning of the fourth day, when she finally began to feel healthy.

She absorbed class information for all three weeks, strictly followed the live, raw, plant-based diet, and had dramatic improvements in her medical checkup after returning home. She wondered if three weeks could do this much good, what could three months do?

Natalia applied and was approved for OHI's missionary program. She loved meeting and helping people from around the world, while also healing herself. Other guests resonated with her story of devoting time to her children and grandchildren but never focusing on her own needs.

She credits OHI's supportive team, and the positive attitude of the facilitators and other guests, for her physical and spiritual transformation. Serving as a missionary three times, Natalia has shed 92 pounds, become an enthusiastic vegetarian, and found a joyful, personal connection to God.

Guests who complete all three weeks of the OHI holistic healing program, and feel called to continue to heal themselves and others, may apply to become a missionary. The three-month program allows people to continue their personal growth while also working 18 hours per week. Missionaries pay a nominal fee for housing, food, wheatgrass juice and classes.

## “Health Nut” Daughter Shared OHI with Dad

Tom Janosevic’s daughter is a self-professed “health nut,” who frequently chided her dad about his sedentary lifestyle and unwholesome pizza and beer habit. It wasn’t until Tom’s deteriorating health spiraled into a depression and fatigue that he began to actually listen to her. She urged him to join her for a week at Optimum Health Institute in San Diego, and he reluctantly agreed. His daughter even picked up the tab – he wasn’t working because of health issues, and couldn’t afford one week’s tuition.

From the moment Tom and his daughter walked in the gates at OHI San Diego, everything began to change. He always thought he was in control of his life, but quickly learned in the OHI classes he wasn’t in control of anything. Instead, his poor lifestyle choices were controlling HIM. He wasn’t eating correctly, he was constantly stressed, and his idea of a good time was sitting around with friends, eating junk food. Daily exercise, healthy food combining, meditation and quiet contemplation just weren’t in the picture.

With his daughter’s constant support, and the encouragement of the OHI team and other guests, Tom embraced everything about OHI’s holistic healing program. His constant mental fog began to lift, and he even started to enjoy the gentle stretches and daily brisk walks through the beautifully landscaped grounds. When his daughter urged him to apply for a scholarship so he could complete the entire three-week program, Tom did – and was thrilled to be approved.

Now, his life has completely transformed. Thanks to the scholarship, he’s juicing, sprouting, dehydrating and chopping vegetables. A walk in the park, conscious breathing and a stretching routine have become a regular part of his day.

Tom said that when he learned how to really take care of himself, and make disciplined decisions, he became so much happier and healthier in body, mind and spirit. He even applied for, and landed, a rewarding new job. His daughter is thrilled he finally listened to her, and so is Tom. They are both so grateful for the compassionate assistance they received from the OHI Scholarship Fund.

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 \$50,000 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](http://www.optimumhealth.org)
3. Donate by phone: Call (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 achieve mental clarity?



**Terri Hohener**

**OHI Community Member Since 2004**

I come to the Optimum Health Institute every year to restore my body, mind and spirit. Before I found OHI, I went to Hawaii every year to feed my spirit and recharge. Now, every year I choose OHI over Hawaii because it is my “Health Paradise!” Mahalo, (thank you), OHI!



**Melissa L. Quimby**

**OHI Community Member Since 2005**

OHI makes me feel safe, relaxed and secure. The food and exercise clear my brain and the classes help me connect spiritually. Best of all, the staff and guests offer such wisdom and kindness so I can slow down and get clarity on what is really important to me.



**Amber Amlie**

**OHI Community Member Since 2001**

Prior to OHI, my mental health was slowly becoming unstable. My memory was failing, and I had difficulty finishing my sentences. In one week, my memory has improved, and my mental clarity is the best in years. OHI restored my faith in God, as well as faith in myself.



**John Worcester**

**OHI Community Member Since 1985**

I’ve been coming to OHI for over 30 years with positive results, always feeling younger, lighter and happier. I arrived not only overweight but also feeling mentally foggy. After two weeks, I felt a sense of renewed purpose in life, and by week three, real mental clarity. Thanks, OHI!



**Elissa Diener**

**OHI Community Member Since 2017**

OHI encourages authentic self-expression with no judgment. When we feel loved and accepted, ailments are less of a focus. I have not had the same amount of emotional or physical pain here that I typically would. Here we can focus ourselves spiritually; we gain clarity and begin to heal.



**Ronda Culp**

**OHI Community Member Since 1984**

Once I felt the benefits of my first visit to OHI in 1984, it made me realize the importance of a healthy body-mind-spirit balance. I felt wonderful after shorter visits, and am excited to stay three weeks for the first time this year! It’s the best form of prevention.



## Staff Spotlight



**Rosario Covarrubias**  
**House Person II**  
**OHI Community Member**  
**Since 2001**

### Your fondest memory at OHI:

I have been working at OHI for 15 years and I love seeing both new and repeat guests. I

remember one guest in particular who has been coming to OHI for about 15 years now. The very first time we met he told me that I looked like a nice person because of my smile. I said, "Thank you." He shared his health opportunity, and he said he would like two bars of soap for each week of his 3-week stay at OHI.

I told him he came to the right place to heal, and I would be more than happy to help him! Every time I saw him, he thanked me for smiling. He always told me how it brightened his day, and made him feel comforted. I made sure he got his two bars of soap, and he was very grateful. Whenever he comes back, I always make sure to give him those two bars of soap.

### Why I love working at OHI

I love helping others on their journey to healing and bringing them some comfort for whatever health opportu-

nity they are going through. I've seen over and over how every LITTLE thing can make a BIG difference, even if it's just two bars of soap!



**Dr. Suzi du Toit**  
**Secretary of the OHI Austin**  
**Board; Senior Facilitator**  
**OHI Austin Member since 1997**

### Your fondest memory at OHI:

I love how so many weeks feel like a 'homecoming' as our repeat guests return for their tune-up.

Yearly, we experience our 'British Invasion' as we lovingly call it! Our guests from across the pond return to reconnect with state-side guests they previously met at OHI Austin. There is such an electrical energy of like-minded people coming together for self-improvement, good conversation and a shot of wheatgrass juice

I am privileged to be part of the miracles that happen at OHI on a weekly basis. Our classes discuss tools to balance body, mind and spirit, how to live a healthier lifestyle and we create a safe space for our guests to look within. So whether their changes are big or small, they leave feeling empowered to continue these positive habits!

## Stay Connected With OHI

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](http://www.optimumhealthusa.com)

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

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



**Facebook**

[www.facebook.com/OptimumHealthInstitute](http://www.facebook.com/OptimumHealthInstitute)

- Visit or "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](http://www.youtube.com/optimumhealthinst)

View our promotional videos and guest testimonials.



**Twitter**

[www.twitter.com/optimumhealthus](http://www.twitter.com/optimumhealthus)

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



**LinkedIn**

[www.linkedin.com/company/optimum-health-institute](http://www.linkedin.com/company/optimum-health-institute)

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

## A Mental Nourishment Kit

To mark Optimum Health Institute's 40 Years of Holistic Healing, the Optimum Health Store is offering a special deal on six items selected for their effectiveness in helping you achieve mental health and wellness.

### **The Five Things We Cannot Change: And The Happiness We Find by Embracing Them**

In this inspiring and sometimes painfully honest book, therapist David Richo challenges the reader to accept that there are definitely some things in our lives we can't change. Only after we acknowledge that, he says, can we truly start to discover freedom and fulfillment. When we are willing to agree that: (1) everything changes and ends, (2) things do not always go according to plan, (3) life is not always fair, (4) pain is a part of life, and (5) people are not loving and loyal all the time, the path to happiness unfolds before us.

### **Relax and Wellness CD from Health Journeys**

Whether we desire to destress, stop panic attacks or simply relax, this guided meditation can help us achieve optimum mental balance, peace and an overall sense of wellness.

### **Louise Hay Wisdom Cards**

"If good comes into my life and I deny it by saying, "I don't believe it," I literally push my good away."

"I can heal myself on all levels."

These empowering thoughts and affirmations, and dozens of others, are emblazoned on 64 vibrantly colorful cards you can pick at random for an instant emotional boost, or a daily ritual to start your day feeling empowered.

### **The Shift DVD**

When you have a strong sense of purpose in your life, you can overcome any obstacle. That's the inspiring and powerful message in this thought-provoking film by the late Dr. Wayne Dyer. Find out why so many call it "transformational" and "life-changing."

### **Inspiration Your Ultimate Calling CD**

Who would you be if you had a blueprint for your life – if each choice was made from a place of divine knowing and empowerment, and you knew you could not fail? That's the inspiring message behind Dr. Wayne W. Dyer's groundbreaking work that provides specific steps for living a purpose-driven life.

### **Mind Over Medicine Book**

When her own medical background couldn't help her regain her health, Dr. Lissa Rankin began a more holistic exploration for other ways to heal. She shares a radical new wellness model based on her scientific findings, and her own successful return to optimum health in body, mind and spirit. Put her six-step program, which guides you spiritually, creatively, environmentally, nutritionally, and in your professional and personal relationships -- to work for you.

**All six items are available through the Optimum Health Store for a limited time at a 15% savings.**

**Contact the Optimum Health Store at 888-643-7867 today to order your Mental Nourishment Kit.**

## The Benefits of Summertime Fun

Summertime is coming with longer days filled with laughter and sunshine. It's a great time to spend with family and friends, enjoying the warmth of the outdoors. Why not take advantage of the beautiful extra hours of sunlight to soak in some beneficial vitamin D?



Vitamin D helps maintain healthy bones and teeth, and helps with the regulation of calcium and phosphorous absorption. Spending time outside has also been shown to improve focus, reduce symptoms of depression and anxiety, and lower stress levels.

This makes summer the perfect time to cleanse your body and clear your mind, to come and reset at OHI.

Stretch outside in the OHI San Diego courtyard or take a walk along the beautiful walking trails at OHI Austin.

This summer is the perfect time to bring the ones you love together and experience the benefits of a multiple week stay at OHI. Bring your family or your friends to experience the benefits of a 3-week mental retreat together.

## Ready to Go Deep?

### Sign Up for Your Optimum Summer Retreat



Summertime is coming - a time of fun, fellowship and focus. It's a time to take a break from work and begin to work on yourself to find stillness and mental clarity. When we begin to focus and center ourselves, we reduce stress, increase happiness and feel more peaceful.

Over the past 40 years, thousands of people have come to OHI and experienced the incredible benefits of our proven holistic healing program. This summer we want to invite you to take a few weeks out of your summer to build yourself up and go deeper. For our most loyal returning guests, we invite you to join our OHI Summer Retreat community and enjoy the following benefits and savings:



1. Reduce stress and increase happiness
2. Develop concentration, self-awareness and mental sharpness
3. Slow the aging process
4. Improve cardiovascular and immune system
5. Feel peaceful, centered and more content

### Go Deep This Summer

#### Sign Up for Your Personal Optimum Summer Retreat!

### Our Best Offer for Summer

Value up to \$1,000

*This offer was made just for you and your 2-3 week Optimum Summer Retreat for the week beginning 6/18/17 through the week beginning 9/10/17.*

#### When you stay for 3 weeks:

- Save up to \$300 on our best single-occupancy rooms
- Get up to 3 free colonics
- Get up to 3 free massages
- Summer Mental Nourishment Kit: Books, CDs, DVD
- Priority services for colonics, massage and counseling appointments
- Daily room service

#### Can't stay for consecutive weeks?

Call us now and we'll help you figure out how to take advantage of other great offers.

#### Rooms are limited - don't miss out!

**Call Now (800) 993-4325 | Offer Code: SUMMER17**

**Offer Terms:** This exclusive offer is good for returning guests only. Reservations must be booked 3-weeks in advance.

Offer good for 2 or 3-week consecutive stays. Other restrictions apply.



**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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SMR17

**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](mailto: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](http://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 Summer Retreat**

**Rooms are limited - don't miss out!**

**Value of up to \$1,000**

**Save on your room, receive up to 3 free colonics and 3 free massages, receive a Mental Nourishment Kit and more!**

*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, Relationship, Life-Long Learning, Stewardship and Service.

**Guiding Principles**

Trustworthiness, Respect, Empowerment and Alignment.