



Winter 2016

Connecting the OHI Community

## CHAIRMAN'S PERSPECTIVE

### A Spirit of Generosity is at the Heart of OHI

*"All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God."*  
— 2 Corinthians 4:15

Blessings to you and yours during this glorious time of Thanksgiving! In this season of gratitude, we reflect on all the selfless acts of compassion and generosity that have helped Optimum Health Institute (OHI) continue to grow and be of service for the past 40 years.

It is through the selfless acts of so many in the OHI community – from our founders and volunteers, to our missionaries, team members and certainly our guests – that we continue our mission to be a change agent for human-kind by improving the physical, mental and spiritual well-being of everyone we touch.

We are so grateful for the spirit of generosity our founders showed when they made the commitment to leave their previous careers and create a plan to bring their vision of bringing people into wholeness a reality. Pam and Robert "Bob" Nees, Sr., my parents, and Raychel Solomon were inspired by the selfless acts of the ancient Essenes, who followed strict spiritual disciplines that included eating only raw plant-based foods, praying and meditating. They were intrigued by the teachings of Rev. Russell Nees, who studied with Jose Silva and developed powerful guided imagery techniques to bring spiritual transformation.

The founders blended these concepts, along with those they learned from Hippocrates Institute founder Ann Wigmore, to create the blueprint for the OHI body, mind and spirit healing center in southern California.

From day one, it was evident there was a unique and powerful energy of compassion, generosity, relationships and service that brought people to OHI, and inspired them to contribute their time, talent, touch and treasure to helping it grow. For the first few years, all of the work – from landscaping to kitchen prep to housekeeping to building maintenance – was done by dedicated volunteers. It was only when the number of guests increased significantly the founders determined it was necessary to hire a permanent paid staff. In the ultimate demonstration of selfless generosity, the founders themselves did not accept any compensation until there was a steadily growing number of guests, and all staff members had been paid.

It was even an early volunteer – Sam Dunbarr – who became responsible for major construction projects at OHI, including the multi-purpose room. Sam used his background in construction to generously support the growth of the Institute while his wife, Afton, was a cherished part of the team handling guest reservations for years.

Another beloved volunteer couple was Jeanette and Anso Bergonzi, whose daughter married Raychel's grandson. Anso, like Sam, was a professional building contractor, while Jeanette supported the OHI office operations.

*"Iron sharpens iron, and one man sharpens another."*

Proverbs 27:17

Each member of the OHI community has such an important connection with all the others, just as the Proverb says, serving to sharpen each other's resolve to adhere to the spiritual disciplines necessary to achieve optimum health. A generosity of spirit is so evident every day, in countless numbers of simple actions that are divine in nature because they come straight from the heart.

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Robert Nees, Jr.

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We can see it in the way guests have been moved by a fellow guest's health opportunities, and have joined together to purchase an additional week or two of the holistic healing program so their new friend can remain in a healing environment. This has happened numerous times in our four decades, and the result is always transformation, gratitude and joy for both the guest, and the givers.

It shows up in the You Validation class, where strangers come together in a compassionate circle to share sincere compliments. Years of emotional toxicity can be released and healed in this space of unconditional love and support.

Each Friday morning, many guests generously choose to open up their hearts and souls to everyone, and share the details of how their persistence in following OHI's holistic disciplines have brought new balance and healing to their bodies, minds and spirits. There are tears, and laughter, and deepest gratitude in these moments of spiritual fellowship and celebration.

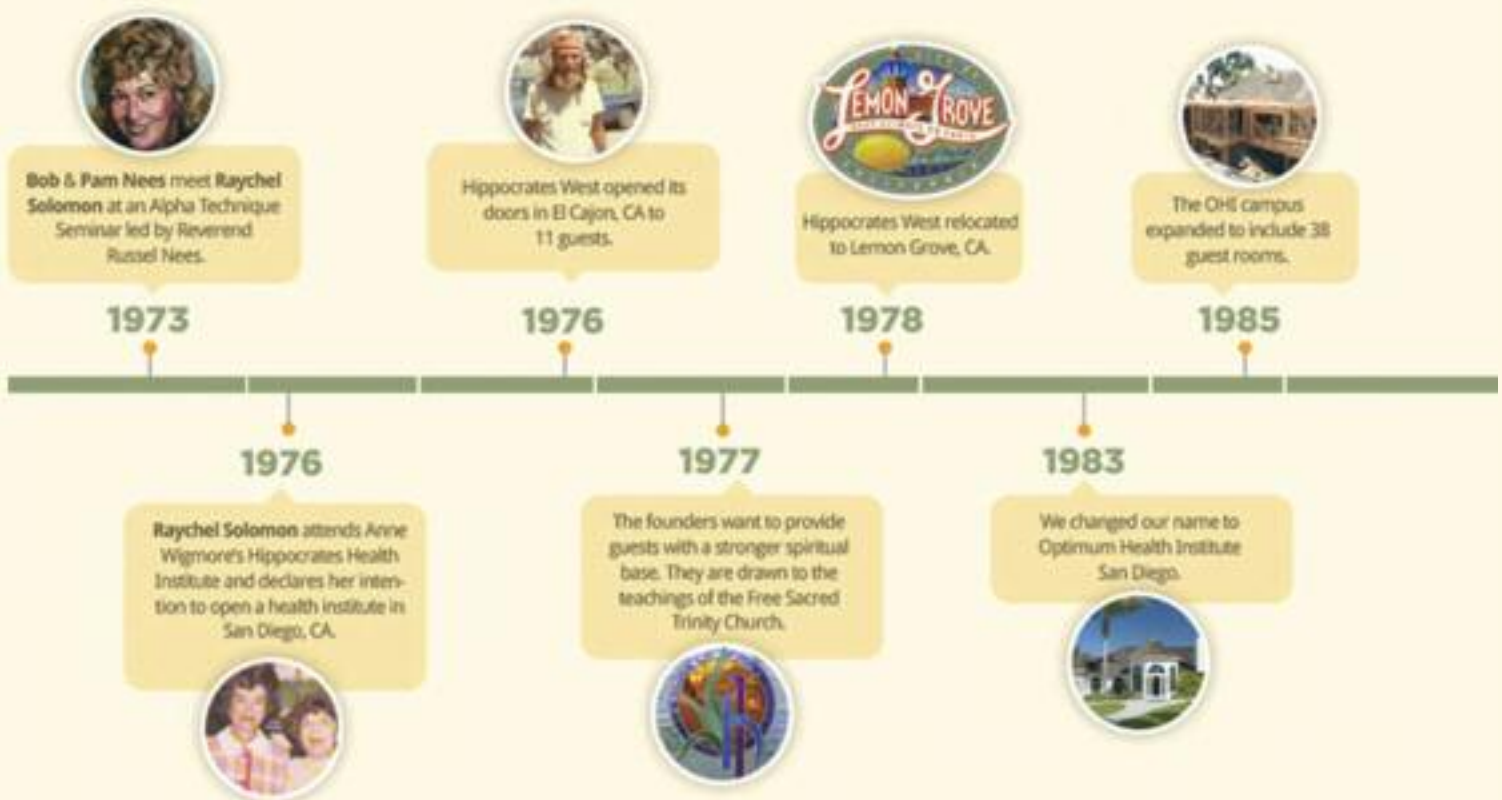
The spirit of generosity is evident in the way a kitchen team member prepares a special meal at a guest's request, or a house-keeping team member knows a particular guest appreciates getting two new bars of soap each week. It's the way a facilitator will sit with a guest long after a class has ended when the guest feels the need to talk, or cry, or simply have someone they trust be present for them. It's how the OHI team of ministers lovingly counsels guests who are seeking a stronger connection to God.

As the Prayer of St. Francis beseeches, OHI's team of missionaries are active instruments of peace, love and hope. They personally make sure each guest feels valued, safe and guided from the moment they arrive here. Missionaries encourage guests if they're feeling overwhelmed with so much new information, and help keep them motivated to integrate OHI's teachings into their daily lives, deepening their healing and transformation of body, mind and spirit while being of service to all in our God-centered community.

The missionary program grew organically through the years, fulfilling two missions at once: to generously share their time in ministering to both guests and staff, being of service as needed, and simultaneously intensifying their own spiritual development as they continued to integrate and apply the teachings and spiritual disciplines of OHI's holistic healing program.

*"So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets."* — Matthew 7:12

The founders were always committed to making a healing stay at OHI a reality for as many people as possible, and that generous spirit gradually evolved into the formal OHI Scholarship Fund. Deserving people who desire to experience the complete 21-day holistic healing program, but don't have the financial means to do so, might be eligible for financial assistance. Purchases at the Optimum Health Store, sales of proprietary OHI products like the OHI for life® organic skin care products, donations from the Free Sacred Trinity Church and tax-deductible donations from





contributors funded 77 scholarships so far this year. Our vision is to double that number, which is possible with your compassionate assistance.

It is through the boundless generosity of our guests that so many significant improvements have happened at OHI that benefit us all on our path to optimum health. The beautiful baby grand piano in the multi-purpose room at OHI San Diego; a labyrinth, currently in the planning stages at OHI Austin, spiritual literature in the OHI chapels at both the California and Texas locations -- these and so many other enhancements that enrich the OHI experience are made possible through the enthusiastic and continuous support of our tight-knit OHI community.

In this time of Thanksgiving, we extend our deepest gratitude to you. You are the reason we exist, and you are also the reason we are able to continue to be of service to so many, in such divinely inspired and transformational ways.

As we look to our collective future, we're focusing on maintaining the core values and program content at the heart of OHI for 40 years. We're also striving to continuously upgrade and enrich each guest's experience. To that end, in January we'll be adjusting prices and implementing a 5-year accelerated capital improvements program, funded by a tax-deductible donation that will be included in guest tuition fees. I'll be explaining more about the program, and the benefits to you, in the new year.

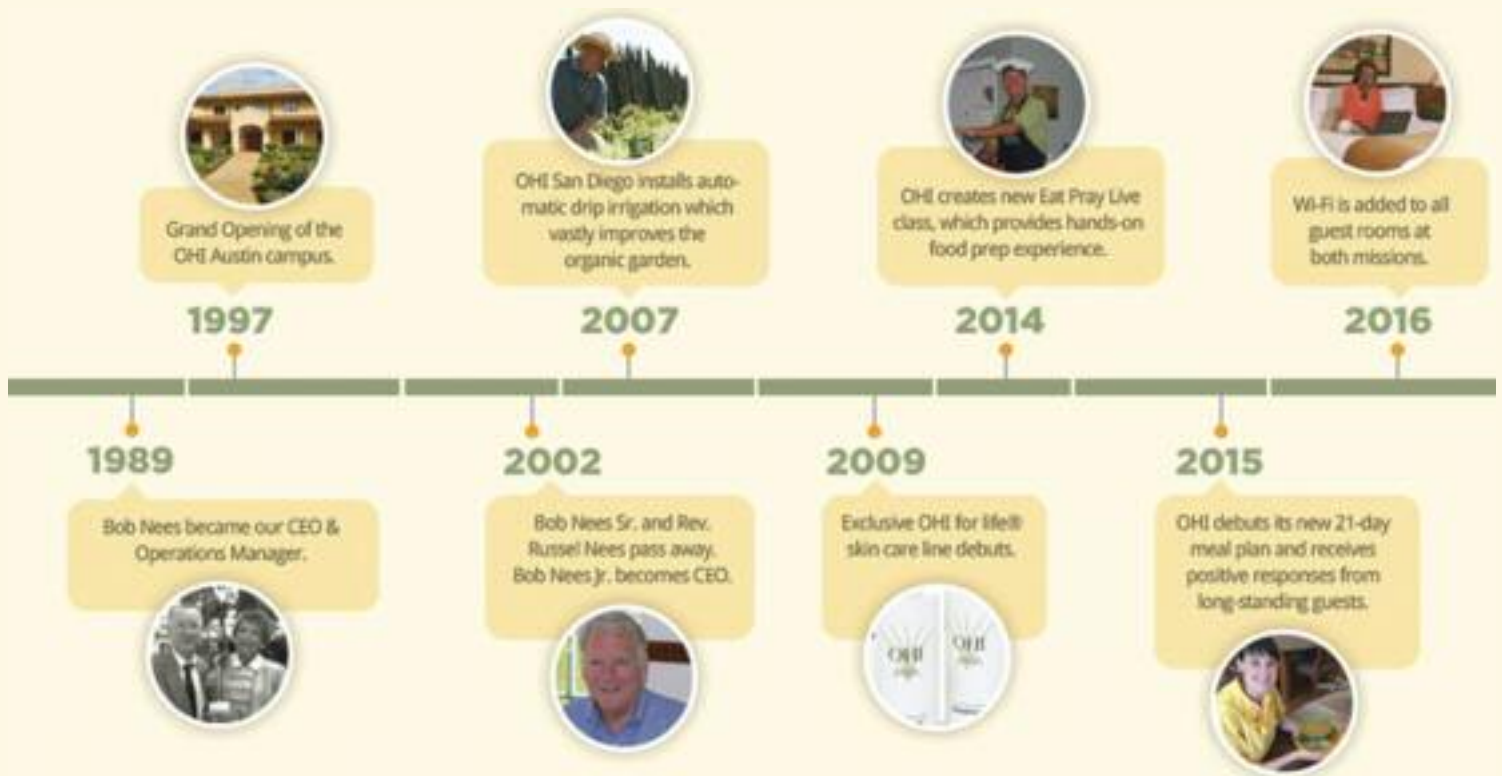
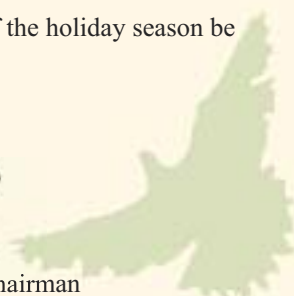
And as 2016 comes to a close, we express our deepest gratitude to each of you for being such a treasured part of our community. Please help us help others, and reach more people who may be in need of coming into a healing balance in body, mind and spirit. Stay connected with us on social media through our OHI Facebook pages for OHI San Diego, OHI Austin and OHI Missionaries. Tell your friends about your transformational experience at OHI. Support the OHI Scholarship Fund through purchases at the Optimum Health Store, or through generous donations.

Most importantly, please continue to practice the OHI spiritual disciplines that assist you on your path to detoxify your body, quiet your mind and rejuvenate your spirit. Each of you is our best proof that the holistic healing program our founders envisioned 40 years ago continues to improve the physical, mental and spiritual well-being of everyone we touch.

May the promise, joy and holy grace of the holiday season be yours today, and every day.

Warmest regards,

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



## Spend Your Holiday Season at OHI

The holidays can be a whirlwind of excitement and joy for some, and a stressful, daunting chore for others. So many of us feel obligated to do what feels like a million different things at once. The holidays are meant to be a time for healing, celebration, and spiritual growth. You can experience a relaxing, health-oriented retreat this holiday season by booking your stay at the Optimum Health Institute. Discover the benefits of planning a pre-, during, or post-holiday stay at OHI.

### Cleanse Your Body

At OHI, we promote holistic health practices that are designed to help you be your best self. Our 21-day menu is filled with ingredients that promote positive health and a strong immune system. A stay at OHI before, during and after the holidays can help you cleanse your body so that you enter the New Year feeling refreshed, rejuvenated and healthy.

### Focus Your Mind

When you spend the holidays at OHI, you can participate in many different activities that will quiet your mind and ease your stresses. Through regular meditation sessions, we'll help you focus on the positive aspects of your life. These techniques will

help you visualize what you want to achieve, boost your creativity and strengthen your sense of self.

### Find Spiritual Harmony

December is the holiest time of the year, one in which we're meant to put aside our differences and focus on the true nature of our beliefs. At OHI, we spend every day focusing on prayer and personal reflection. The entire community comes together to celebrate all that our Lord has done for us.



## This 'Serial Missionary' Is Devoted to Serving

A decade ago, a friend told Anne Harman about miraculous healings at Optimum Health Institute (OHI). At the time, Anne assumed the holistic healing program was just for the seriously ill.

When Anne began experiencing carpal tunnel and insomnia in 2012, she decided to give OHI a try. After her first week, she knew she wanted to be a missionary.

Anne completed weeks two and three over the next few months and submitted her missionary application right before she and her husband left for a three-month trip to South Africa. She came home to an acceptance from OHI – and a diagnosis of rheumatoid arthritis from her doctor. Undaunted, she eagerly embarked on what would be her first of four – so far! – summers as a missionary.

Anne makes a point of greeting first time guests warmly, and helping them feel safe. "I love providing lots of hugs and encouragement," Anne said. She has breakfast with newcomers on Monday, and shares suggestions to help them get the most from their stay.

While she's passionate about supporting guests, she's equally passionate about getting more out of the holistic healing program each

time she serves as a missionary. She says she's depositing into her longevity account, and enriching her 32-year marriage.



Anne has completely transformed her diet, bringing a healthy balance and new vitality to her body, mind and spirit. "Vegan meals, food combining, wheat grass juice – it's like jet fuel," Anne joked.

When she's not working as an OHI missionary, Anne is combining two passions – being of service, and world travel – in her non-profit organization that develops and distributes board games internationally to spark positive dialogues about tough subjects, including AIDS.

*Guests who complete all three weeks of the OHI holistic healing program, and feel they could benefit from an extended stay, may apply to become a missionary. The three-month program allows people to continue their personal growth while also being of service 18 hours per week. They serve as mentors and role models, leading prayer circles, assisting in the kitchen and other opportunities. Missionaries pay a nominal fee for housing, food, wheat-grass juice and classes. The rest of the costs are covered by OHI through generous donations to the scholarship fund.*

## Prepare Nutritious Meals at Home

During your stay at the Optimum Health Institute, you'll discover a range of delicious healthy dishes made with certified organic ingredients. We encourage our guests to experience the benefits of eating a raw vegan diet.

But changing a person's diet for just a few weeks often isn't enough. That's why we sell a range of healthy products at our on campus store. You'll find many kitchen essentials that you can use to make nutritious meals at home.

### Juicers for More Nutrients

When you drink a glass of store-bought juice, so many of the nutrients are already long gone. You can make your own delicious drinks at home by owning your own juicer. Raw fresh fruits and vegetables have many benefits, including more fiber to help with digestion, and more essential vitamins for improving your metabolism and boosting your immune system.



### Dehydrators for Homemade Snacks

Dehydrators give you the ability to try many exciting new dishes, including homemade raw crackers and nutritious sweets. You can make dozens of different snacks for nutrition on the go, including dried fruit or kale chips. You can expand your healthy eating options with a dehydrator.

### Sprouters for Growing Your Own Herbs

Sprouters take the hassle out of cooking healthy meals at home. Adding a dash of freshly picked herbs is an easy way to add more nutrients to any meal. You can enjoy fresh alfalfa, broccoli, buckwheat, and flax sprouts all year long.

To order any of the products we offer in our store, give us a call at (888) 643-7867.

## Holiday Recipes

The holidays are a time for making memories, many of which happen right around the dinner table. But instead of indulging in hearty holiday favorites, you can enjoy the same great flavors with a healthy twist.

Try these recipes at home this holiday season and share your photos with us on our Facebook page!

### Yam Bisque

- 1 ½ cups Sesame milk
- 4 cups peeled sweet potato
- 2 avocados
- 1 red bell pepper
- ¼ tsp ground nutmeg
- ¼ tsp ground cardamom
- ¼ tsp ground mace
- ¼ tsp ground allspice

Juice sweet potato and red bell pepper. Let juice settle for approximately 10 minutes to allow starch to separate. Transfer juice into vitamix. Add all remaining ingredients to vitamix and blend until smooth. Portion to serve at room temperature. Yields 15, 6-ounce portions.



### Butternut Squash

- 10 cups filtered water
- 8 cups diced butternut squash
- 8 cups diced carrot
- 4 avocados
- 2 cloves peeled garlic
- 4 tsp peeled fresh ginger
- 4 tbsp ground cinnamon
- ½ cup soaked pumpkin seeds
- ¼ cup fresh mint

Blend all ingredients in vitamix. Heat at 105 degrees for 2 hours. Serve warm. Yields 21, 8-ounce portions. Optional: garnish with chopped basil or sprinkle of cinnamon.

## For This Guest, OHI Was a Matter of Life or Death

Sometimes we'll say something is, "A matter of life or death." For frequent Optimum Health Institute (OHI) guest Kevin Rozynek, deciding to come to OHI in 2004 was exactly that.

Back then, Kevin was – in his own words – "A mess." His junk food diet of triple cheeseburgers and beer shot his weight up to 240. His brain was fuzzy, his energy level was nil, and he had just been diagnosed with multiple sclerosis. His sister in Minneapolis mentioned a friend had discovered OHI, and Kevin wanted to learn more. He found OHI's website, booked a visit, and was there the very next week.

Now, 12 years and 70 weeks at OHI later, Kevin is a healthy 180-pound vegetarian with mental clarity, limitless energy, and the firm belief that OHI is "hallowed ground."



"Just driving through the gate," Kevin said, "My spirit changes, and I start to glow." Even though he's completed the 3-week holistic healing program many times over, he said he still learns new things on every visit. He served as a missionary in March, April and May of 2009, and was one of four gardeners. The team helped produce 30% of the organic vegetables served to OHI guests. He and Garden Manager Dan Strobar became close friends, and still meet each other for breakfast several times a month.

Kevin sells super computing to NASA for their climate analysis program when he's not mentoring others or staying at OHI. The holistic healing program, he said, not only helped him detoxify his body and bring it into balance, but also supported his mental, emotional and spiritual health. "Healing above, healing below, healing all around, healing within. Of course I learned that at OHI from Dan," Kevin said.

## How Acts of Generosity Transform the Spirit



The winter is about bringing communities and loved ones together in a way that warms the heart and invigorates the spirit. At OHI, we believe that acts of generosity have the power to transform the body, mind, and spirit of both the giver and the receiver. We work to foster a strong, inclusive community that focuses on building relationships and giving back to those in need. The holidays are a great time of the year to remind yourself how important acts of generosity are to your emotional and mental well-being.

During the holidays, we tend to get so worked up over our own lives and the insignificant stresses of everyday life. While finding the time or energy to give back may seem stressful, being generous with someone can actually have a positive effect on

your entire demeanor, and help you re-focus on what is important in your life. It will also help you see the world from another person's perspective and recognize the needs of others. You can internalize those experiences in ways that will help you further develop your spirit.

Even the smallest acts of kindness can make a big difference in your life and the lives of others. For example, offering to share a meal with someone who is feeling lonely, donating old clothes to those in need or simply writing a thank you note for someone's hard work.

### Healing the Heart

We encourage our guests to look beyond themselves as a way of dealing with emotional pain and dampened spirits. During this special time of the year, you can step back from your yearly to-do list and focus on someone other than yourself. Seeing another person's face light up with joy as you perform an act of generosity can touch your heart in new and surprising ways.

Both of you will learn to be grateful for the connection you've made. You'll be amazed at the affect such an experience can have on your own life. Acts of generosity are a fundamental part of building ties with your community and feeling connected to those around you. Discover the benefits of giving back this holiday season and reach out to a friend, a family member or a person in need.

## Scholarship Recipient Gets the Ultimate Referral

Many Optimum Health Institute (OHI) guests say they were referred to our holistic healing program. In the case of OHI Scholarship recipient Kimberly Garner, I can honestly tell you her referral came from God.

Kimberly logged 33 years as a flight attendant, and raised two boys – now both college students – as a single mom. All those years of taking care of everyone and everything else finally caught up with her, and this May she found herself so fatigued she could barely walk, and was in bed 20 hours a day.

She was so completely exhausted she didn't think she could keep going when she suddenly heard God's voice say, "I have an abundant life for you!"

Kimberly immediately called OHI – friends had told her about us – and booked a week's stay with financial help from her father. She was there the very next morning. After she greeted a few other guests, she went right to bed.

The next morning she drank a shot of wheatgrass juice, went to the stretch class, then went back to bed. That wheatgrass seemed to flip on a switch inside of her body, mind and spirit. Tuesday she attended all the classes, soaking up encouragement and

compassion from guests and facilitators. She applied for and received a scholarship, and completely dedicated herself to absorbing all the information she could.

The lights really came on for her in Peg's Focus class, where Kimberly clearly saw in her pie chart she had no healing time to focus on herself. She knew she needed what OHI offered – not just body detoxification, but time for deep emotional and spiritual self-care. These days, she continues to improve dramatically on physical, mental, emotional and spiritual levels. She credits OHI with giving her the tools to reclaim a healed and happy life.

It is only through the kind donations of people like you that we can continue 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 for so many!



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 **77 scholarships** so far this year. Our overarching **goal for 2016 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](http://www.optimumhealth.org)**
3. Donate by phone: **(800) 993-4325**

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

## Staff Spotlight



### Wendy Metzler Facilitator

**OHI Community Member  
since 2001**

#### Your Fondest Memory at OHI:

I have so many fond memories of OHI, having worked here for 15 years. One of my best memories is of actually finding this hidden oasis in the heart of Lemon

Grove. This discovery changed my life dramatically! A friend of mine worked here at the time and she invited me to the OHI 25<sup>th</sup> year anniversary celebration. It took place right out on the front lawn. There was a beautiful spread of raw cleansing food. The

OHI community of guests, missionaries, employees, friends and family came together to honor the existence of this healing mecca. Two of the founders, Bob Nees, Sr. and Pam Nees walked around graciously greeting everyone. I was in awe of the whole atmosphere and I immediately knew that I wanted to be a part of this amazing place...to immerse myself within this peaceful, healing environment. I applied and was hired the next day!

#### Why you love working at OHI:

I love working here because I have the opportunity to share my gifts in a way that is very meaningful to me. At the same time, I am continually growing as a person due to my rich interactions with the guests. I may have the title of facilitator, however, through the years the guests have truly facilitated my transformation into a more confident, compassionate and patient human being. In essence, I love working here because of the wonderful guests that I have the opportunity to meet, and the time we share learning and growing with each other.

## OHI Enhances Guest Experience with Program Consultants



There's an exciting new paradigm shift at Optimum Health Institute (OHI) San Diego, and it's all about making your stay with us even more inviting. As you know from experience, one of our top priorities is providing exceptional customer service to our guests. So, in 2014, we took a long, hard look at our Guest Services area and brainstormed some ways to 'step it up' so that we could enhance our service to you even more.

For past 10 years, members of our Guest Services team rotated between working in the Optimum Health Store, handling questions at our Front Desk for our onsite guests and answering phone calls from prospective and returning guests. In the spirit of innovation, we had a recent epiphany that we could enhance our customer service in those areas by focusing and specializing the skillsets required in those departments.

We hired folks with professional retail experience to better serve you in our Optimum Health Store. We also cross-trained staff from a variety of departments by exposing them to different parts of the organization, and putting them on the Front Desk to be of service to guests on-site. Our next step was to create a Contact Center with the sole purpose of supporting off-site guests, and answering questions from new and returning guests through phone, email and other communication channels. Using consultative sales techniques, team members in the newly created position of Program Consultant at the Contact Center qualify potential guests and book reservations while delivering extraordinary customer service.

Program Consultants discover exactly what each guest desires to accomplish by actively listening, and answering all questions about our holistic healing program. They give guests the information they require to make informed decisions about an upcoming stay, and book their reservations for them.

Our Program Consultants provide a whole new level of personalized service and care, making sure each caller receives focused attention, immediate results and a new appreciation for how very much we value them as an important part of the growing global OHI community. Program Consultants also book reservations after delivering all the information a guest requires to make the best decision.

#### Job Opening - Program Consultant

If you or someone you know is interested in this position, please visit OHI's Careers page at [www.optimumhealth.org](http://www.optimumhealth.org).

If you have been a guest with us and help us fill this position, you could qualify for a FREE week at OHI (\$1880 value).



## Take Advantage of Our Great Offers

### Celebrate with OHI Before, During and After the Holidays

This year, OHI has a lot to celebrate – including our 40th anniversary! We'd love to spend this special time of year with you. December and January are our busiest months.

Reserve your retreat today so you don't miss out on our holiday festivities.

Call (800) 993-4325

#### RECEIVE A FREE ROOM at OHI San Diego or Austin

Stay at OHI San Diego or Austin the week beginning November 27, 2016 through the week beginning December 18, 2016 and receive a FREE room during a second week stay between January 22, 2017 – March 4, 2017. **Some restrictions apply.**

**Offer Code: NewYear**

#### Extended Stay Savings

Stay in any best available single or double-occupancy room and receive 10% off your entire 3-week stay or 5% off your entire 2 week stay. **Some restrictions apply.**

#### Early Bird Special

Ideal for the ones who plan ahead. Receive \$100 off any best-available, single-occupancy room for your 1st week when you book your retreat 3 weeks in advance. **Some restrictions apply.**

#### Find Out More

Call us toll free at (800) 993-4325 to speak to one of our expert reservation staff for details.

**Internet access now available  
in all rooms.**



## Discover the Benefits of Spending 3 Weeks at OHI

While many guests choose to come to OHI for 1 or 2 weeks at a time, the true transformation of body, mind and spirit happens for those guests who complete our entire 21-day holistic healing program. Spending 3 weeks at OHI gives you the opportunity to learn new skills and techniques and then integrate them into your daily life outside of our campus. Learn more about what each week at OHI brings for our guests, particularly during the Winter months.

#### Week 1: Starting the Cleansing Process

You'll try a number of activities that will help you cleanse your body, calm your mind and focus on your health. You'll learn how the body, mind and spirit relate to one another in ways that can affect almost everything you do. This week gives you time to explore new ways of living and the positive effects they can have on your everyday health.

#### Week 2: Building on the Progress You've Made

This week is about delving deeper into the spiritual teachings and healthy living practices that you've discovered. You'll have more time to reflect as well as look ahead to the New Year. You'll be able to take a deep look inside yourself as you learn to harmonize the relationship between your body, mind and spirit.

#### Week 3: Completing the Healing Process

You'll see and feel the positive effects of your stay in real time. You'll achieve a new level of self-awareness that will help you focus on the goals you want to achieve. At the end of your stay, you'll have the knowledge and experience to continue these healthy living habits at home.

## Did You Know?



This year, OHI is celebrating 40 years of holistic healing. And while some things remain the same since 1976, including our commitment to helping guests heal body, mind and spirit, our program has evolved over time into what it is today. Here are some quick things we thought you might like to know about OHI.

**We Introduced a New Menu.** The Optimum Health Institute of San Diego and Austin recently introduced a revamped menu that includes 21 different lunches and dinners for each day of the three-week program. Following the principles of a raw, vegan diet the menu features recipes that not only help with detoxing and digestion, but they're delicious too!

**All OHI Rooms are Equipped with Free WiFi.** Although we encourage guests to “unplug” in order to engage fully with the program and the community, we understand that it is important to stay connected to friends and loved ones, particularly if you're staying for multiple weeks. That's why we've recently added free WiFi to all guest rooms at OHI San Diego and OHI Austin.



**You'll Get the Most Benefit from a 3-Week Stay.** The OHI program is a 21-day holistic healing retreat. While not all guests are able to stay for a full three weeks at once, they're encouraged to come back throughout the year to reap the full benefits of the program. Spending three weeks at OHI helps guests learn new skills and techniques and also understand how to integrate them into daily life at home.

## 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](http://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](http://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](http://www.youtube.com/optimumhealthinst)

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



### Twitter

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

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

## Ask the OHI Community

As a community member, what ways are you inspired to give back to the OHI community?



**Tony Di Martino**

OHI Community member since 2004

I was fortunate enough to have been a scholarship recipient and spending three weeks in the program made a huge difference in my life. I get inspired at Friday morning testimonials and have made donations to the OHI Scholarship Fund.



**Kathi Hertz**

OHI Community member since 2012

I've helped guests research and find natural remedies for corrective skincare. Then guided them towards using wheatgrass, rejuvenac and OHI for life® products to improve their confidence around their appearance.



**JoJo Lewis**

OHI Community member since 2014

I tell everyone about OHI. I've told my hairdresser, the person that changes the oil on my car or anyone who asks. They all want to know. So I tell them I'm a missionary, about the guests that I've met and the reasons people come to OHI. I tell them that it's a mini oasis in the middle of Lemon Grove.



**Mike Rose**

OHI Community member since 2001

5 years ago I was challenged with a health issue that I was not able to fully address in my home environment. Here at OHI, I was submerged in a caring, healing environment. I have returned to both repay and to continue to receive that gift of caring, healing environment. There is no greater gift than to be free of disease.



**Anne Lewis**

OHI Community member since 2016

Improv is a way of being present and getting in touch with creativity. I find it to be a joyful hobby. A guest wanted to get over her stage fright, so I invited her to perform improv with me at Friday Night Live. The improv, she was able to get in touch with her own creativity she didn't know was there. She found it freeing and wanted more, so she signed herself up for improv classes.



**Jan Patterson**

OHI Community member since 2001

I just love this place. When I see people come to OHI and they have a health opportunity and they're feeling scared, tired or sick, I reassure them that they are in the right place, that this is a sacred place where miracles happen and encourage them to surrender to the program. I think it gives them hope to know that miracles happen here.



**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](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

**Our Mission**

We 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.