

CHAIRMAN'S PERSPECTIVE

Summer Growth and Celebration

"For everything there is a season, and a time for every purpose under heaven."

— Ecclesiastes 3:1

Scripture reminds us there's an orderly progression as one season purposefully flows into the next. Winter's introspection gives way to Spring's promise of new growth. It's the divinely ordained cycle of planting seeds, physically, mentally and spiritually, that will develop with Summer's warmth into Fall's bountiful harvest.

In Summer there's definitely an upbeat energy as we all bask in the warmth of more sunlight, longer days, and a desire to come together in joyful celebration. It is during this season of growth and tending the seeds we planted that we can live in the mindfulness of patience and perseverance, two of the Optimum Health Institute (OHI) "5 Ps to Optimum Health." We can also draw on the wisdom of God shared in OHI's classes to insure we'll be reaping big rewards in due time.

Cultivating A Spiritual Garden

"He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers."

— Psalm 1:3

Planting the seeds of transformation and optimum health you wish to bring into your life is just the first step.

Summer demands patience while the seeds of new ideas, goals and positive change take root. We can't sow a seed one day and pluck an ear of corn the next; neither can we change a non-beneficial, life-long habit overnight.

Patiently, we must honor the process of slow, steady change and growth. Don't mistake patience for passivity – on the contrary, Summer is the ideal time to focus on multiple opportunities to grow our awareness and our connection to God. We refer to this as the spiritual discipline of noticing God in Creation.

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

— Galatians 6:9

Doing good deeds is nurturing those seeds of positive connections with others on a very wide scale. When people witness an act of compassion, their brain is hard-wired to do likewise, generating a bumper-crop of kindness.

Patiently waiting for our crops to mature also gives us the opportunity to go within, and meditate on the new spiritual opportunities being presented to us in this season of growth, expansion and coming into our power.

Persistence is a Summer Virtue

Summer requires us to be persistent in watering the crops we desire to harvest in the Fall. The sun can leave those seeds, and us, parched. Water represents spirit, emotion, life and rebirth. In the Bible it's equated with the Word of God to emphasize we can't survive without it.

We must also be persistent in tending our garden. Doubts, fears, jealousies, worries, anger – these energetic "weeds," if not removed, can easily choke the life from the things we *do* desire to cultivate in our lives.

Using the techniques OHI teaches in our Emotional and Mental

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Robert Nees, Jr.

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Detoxification classes, you learn how to “weed out” potentially toxic feelings. Just knowing your emotions have a measurable impact on your physical health can be enough to process and understand them.

Summer is the ideal time to replace the habit of holding on to old hurts with positive new habits, like journaling, affirmations and expressing gratitude.

Cultivating your ability to forgive and “reframe,” or see something in a new light, also effectively removes many of those symbolic weeds in your mental garden.

Nurturing our gardens is a committed process, not a one-time event. Seeking Divine guidance will help you persevere.

While Summer heralds a time of mindful responsibility, the longer days and pleasant nights also invite celebration. When enjoying fellowship with family and friends, why not share a delicious sprouted salad, Essene crackers and dehydrated “pizzas,” all recipes we teach in our Food Prep and Menu Planning classes. You can have fun and still eat smart.

Summer Connections

OHI graduates who wish to strengthen their connection to the OHI Program are invited to apply to the OHI Missionary Pro-

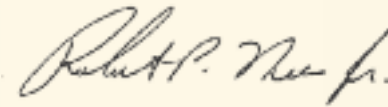
gram. The Missionary Program is designed for those who wish to immerse themselves in the healing process 24 hours a day, 7 days a week for three months. We encourage all who have a calling, passion and commitment to serving others to apply.

Another way to stay connected to OHI is plugging into our social networking community this summer. You can join one of our Facebook groups, follow us on Twitter, give us a rave review on Yelp, view our Guest Testimonials on YouTube or connect with us professionally on LinkedIn.

I hope you enjoy our Summer newsletter. It was designed with perspectives and tips on how to grow and nurture your garden to bear fruit for a bountiful harvest.

May the light and warmth of the Summer bring you another season closer to reaping rich rewards in body, mind and spirit.

Yours in prayer,



Robert P. Nees, Jr.
Chairman

Optimum Health Institute
of San Diego and Austin



Living in the Moment

Effective multitasking is a myth. Research shows the brain only handles one thing at a time. Trying to do several tasks at once can cause us to make lots of mistakes.

Lack of mindfulness has another downfall. When we're not living in the moment, which is about 46% of the time, we imagine – or fear – what might happen in the future or rehash the past. People stay stuck, regretting the past and fearing what's to come, until they hit a crisis point like death, illness, job loss or divorce.

Cultivating the healing practice of living in the moment lets us better handle big things as they happen. Set aside 5 minutes a day to mindfully “be IN your body.” Breathe deeply, feeling the sensation of your lungs expanding. Exhale through your mouth, hearing the air leaving your body. Dissolve away any thoughts that might pop up. Technically you're not “meditating” – you are, as Zen Buddhism teaches, just “sitting.”

Shift your full attention to eating. Feel your fingers close around the apple, and how your arm lifts your hand to your mouth. Experience biting into the apple, hearing your teeth crunch through the skin, feeling the juices escape onto your tongue, slowly chewing, then swallowing.



Walking outside, be fully conscious of every sound, each color, all the noises, the subtle or pungent aromas. Be aware of how your body navigates each step; your arms move, and your breathing changes. While you're practicing being fully present, surrender yourself to the moment. When we shift to being present and stop worrying, we become much more efficient, and the work we do is of higher quality.

Independence from Unhealthy Habits



There are two sneaky things about bad habits. First, we often don't remember why we started doing them. And second, they become imprinted not just in our conscious mind, but also in our muscle memory. That means if you've been a smoker for years, the physical act of smoking becomes automatic. You've built neural pathways in your brain, which means the neurons can

communicate directly with your muscles, bypassing conscious thought. The good news is, psychologists say unhealthy habits can be broken. Here are some steps:

1. Breathe — When you catch yourself falling into an old unwanted habit, stop and take three deep breaths. It will clear your mind and help you break the old pattern.
2. Be gentle with yourself — Avoid negative self-talk. Choosing more positive behaviors is all about nurturing, respecting and loving yourself.
3. Watch your words — Things your conscious mind says are immediately taken literally by your subconscious. Instead of "I'll try," say "I will." Instead of "I smoke," say, "In the past, I smoked."
4. Break state physically — Take a deep breath and stretch. It will bring you into awareness of what your body is doing, and help you regain control over the actions required to sustain a healthy habit.
5. Substitute a positive behavior — Instead of reaching for a sugary treat or biting a nail, think of something for which you are grateful. Shifting into a positive state diverts your attention away from the old habit.
6. Celebrate victories — Every evening, review your three most-positive changes and realize you're making real progress. You didn't develop bad habits overnight, and you won't change them overnight, but you're on your way!

Healthy Hints for Happy Trails

Once you've made a commitment to pursue the healthier Optimum Health Institute (OHI) lifestyle, opportunities to help you succeed are everywhere – even on the road. Follow these travel tips:

- Pre-trip, dehydrate fruits, vegetables, nuts, pumpkin seeds, crackers and even OHI-style "pizzas" for fresh, healthy, energy-rich snacks or satisfying meals.
- Resist grabbing any fast food. The physical, mental, and emotional hit you'd take for backsliding isn't worth it, particularly when you're on the go.
- Organic apples, pears, carrots, and celery travel well. Try jicama or rutabaga slices. Store sliced fruits and vegetables in insulated lunch bags, and eat them the day you prepare them.
- Check out raw vegan-friendly restaurants, organic markets, and farmer's markets along your route, and at your destination:
 - www.LocalHarvest.org
 - www.ams.usda.gov/AMSv1.0/FARMERSMARKETS
 - www.EatWellGuide.org
- Google "juice bars" in your city of destination to see which carry wheatgrass juice. As a "better than" option, dehydrated wheatgrass juice powder travels well.
- Do a daily "stretch and stroll". Even in a hotel room you can do body-strengthening and stress-soothing stretching. A brisk morning stroll resets your body's clock while it energizes your brain.
- Get at least 8 hours of sleep. You're not going to be much good for anything if you're sleep-deprived.
- Stay hydrated. Make sure you're getting eight glasses of pure water daily. Airplanes are notorious for dehydrating passengers, so drink extra water on flight days.
- Meditate! Just minutes of conscious breathing and mindful meditation will put your body, mind and spirit into a relaxed alpha state to better resist stress, fatigue and illness.
- Practice spiritual disciplines. Take a few moments before bed to journal, meditate and pray. Create a fellowship with colleagues, friends or relatives.



Celebrate God, Family and Friends

School's out!! It's summertime! This time of year brings excitement and enthusiasm for play, travel, leisure activities and sharing time with family and friends. It is an opportunity to nurture relationships with one another not only by getting support and attention from others, but by being able to give it in return as well. Relationships with family and friends are part of God's plan for us as it allows us to have the experience of affirming love, happiness and enjoyment in our lives through others. When we engage in the enjoyment of others, we tend to laugh more and thus release more endorphins which heal the weariness of too much work. All work and no play could lead to illness and an imbalanced life. So the fruits of our labors could very well be to harvest some time for play, for non-goal oriented fun and allow the delight of each other's company to restore our energies.

It is enriching to our own wellbeing and self-esteem to connect with those who celebrate you, encourage you, and lift you up and speak faith about the value of your life. Connection with others affords us the greatest opportunity for personal spiritual growth. It is because of our relationships we can fulfill the call in scripture to practice compassion, kindness, humility, gentleness and patience with one another.

As preparation for relationship building and being present to the gift of others in our life, we as individuals can begin to develop a habit of spending time in solitude and making connection with God every day. There are many ways in which we can seek deeper awareness of God in our life, such as noticing nature, by study of spiritual readings, by being in service to each other, and practicing prayer and meditation.

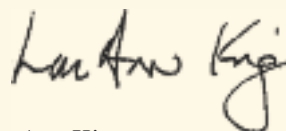
Critical in building a relationship with God is to rest. We can rest, by remembering to keep the Sabbath, which can afford us an opportunity to remember what is Holy and sacred in our lives. In

rest, we can also remember who is most important and special in our lives. We can examine if we have created space and time for those people in our lives. For example, have we made a long awaited visit to aging parents? Have we contacted the longtime friend who walked alongside us during the ups and downs of our life? Have we planned a celebration for our grandchild's graduation? Have we thanked God for the special people who are in our lives today?

As we develop a deeper understanding of service and sacrifice, our capacity for love is made broader. Consequently, we can trust that God has arranged the right people at the right time to come into our life to inspire, to help and to challenge us to grow. How can we nurture those most sacred people in our lives, our family and our friends? Consider the following:

1. Be considerate, sensitive and practice the Golden Rule.
2. Listen, laugh and cry with those you love.
3. Compromise; make minor adjustments in your view of the situation.
4. Study the other person and find out what makes them happy; then do that.
5. Find out what the other person needs; then give it to them.
6. Do something unexpected to surprise and delight someone.

Blessings Always,



Lou Ann King
Executive Director
OHI Austin



OHI Is My Miracle: Joe Kapp's Holistic Healing Experience at OHI



When I was diagnosed with prostate cancer, I considered a \$16,500, 3-week stay at a health spa, but a friend mentioned the Optimum Health Institute (OHI). The entire staff was so friendly, and I felt like I was taking a biology class about how the human body works. Despite my cravings for sugar, I stuck with the plan the week my wife and I were there, and continued it at home.

By 60 days into the program, I didn't know I could feel that great. I crave salads now, I'm not eating meat, and I'm about

70% raw. I'm down 35 pounds, and my wife is bragging she's back at her high school weight. On fishing trips I will have fresh fish for dinner, but it's fruit for breakfast, and a salad for lunch.

Here I was ready to go to a spa, watch Padres games and lounge by the pool. If I'd known I'd be having salad for breakfast, or I'd be ready to wrestle Genghis Khan for a red bell pepper after a juice fast – I'm joking. I'm so grateful I found OHI. I feel like a million bucks! Everything in my life is better. My doctor calls me a miracle. OHI is my miracle.

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

The Importance of Spiritual Community



A lack of social connection can be more dangerous for your physical health than obesity, smoking or high blood pressure.

People who have close friends and a supportive social community enjoy stronger immune systems, 50% chances of living longer, and have happier, more optimistic dispositions. They experience less anxiety and depression, and are more empathetic. Brain scans from a University of Michigan study show that feelings of social rejection activate the same areas of the brain as physical pain. Humans place a high value on being loved, appreciated, and part of a community.

Constantly feeling isolated or worried taxes the immune system, setting up the body for a reduced ability to fend off illness. Even though the importance of friendships for physical, mental, emotional and spiritual health has been proven, sociological research suggests the number of people who have one or several close connections is actually dropping. Divorce, death, a new job, or a move makes it hard to stay in touch with old friends or make new ones. How does an adult create those essential social connections?

- Volunteer — It has the dual benefit of making you feel like a million bucks and connecting you with like-minded potential friends.
- Take a class — Improve your skill set while meeting others with similar interests.
- Do things you love — Visit an arboretum, attend a gallery opening, and then grab a refreshing beverage with people you meet there.
- Express yourself! — Join a church choir or a community theater group.
- Work out — Find potential friends at fitness centers.
- Feed your spirit — Churches, meditation groups, or spiritual centers are natural places to connect.

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:	\$1,205*	\$1,263	\$1,813	\$2,211	\$3,340
Weekly cost for a Private Room, starting at:	\$1,455*	\$1,753	\$2,793	\$2,491	\$4,683

* Weekly cost for programs is based on a 7-day week (June 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.**

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 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.**

Find Out More

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

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

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 testimonial videos!

LinkedIn

Connect with us on LinkedIn.

OHI has gone 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

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



OHI - San Diego

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

Our Mission

We will serve as a change agent for human-kind by improving the physical, mental and spiritual well-being of everyone we touch.

Core Values

Holism, Generosity, Relationships, Life-Long Learning, Stewardship and Service.

Guiding Principles

Trustworthiness, Respect, Empowerment and Alignment.

The Five P's to Optimum Health

Purpose to achieve a natural balance and reconnection to the Divine.

Positive mental attitude that supports the healing process.

Persistence in following the holistic disciplines of the OHI program.

Patience with your body and yourself, as you allow your body-mind-spirit to heal.

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