

Fall 2016

Connecting the OHI Community

CHAIRMAN'S PERSPECTIVE

Celebrating OHI's 40 Years of God-Centered Holistic Healing

"The Lord has done great things for us. We are glad."

— Psalm 126:3

Warm greetings to the members of our growing Optimum Health Institute (OHI) community, and thank you for sharing our spiritual journey of 40 Years of Holistic Healing. Since OHI opened its doors four decades ago, over 150,000 guests have received the tools, encouragement and hands-on practice necessary to pursue optimum health in body, mind and spirit.

This particular observance is so important to all of us not just because of the length of time we've been of service, but because the number "40" is mentioned over 146 times in Scripture. Forty frequently symbolizes either a specific time or amount of testing, trial, or probation before a new beginning. In Genesis, it rained for 40 days and 40 nights. Moses spent 40 years in Egypt, and then 40 years wandering in the desert with the Israelites, seeking the Promised Land. Moses also spent 40 days and nights on Mount Sinai, receiving God's laws.

Jesus fasted for 40 days and nights in the desert before beginning his ministry on Earth. He also appeared to his disciples for 40 days after his Resurrection, preparing them to begin their own ministries.

Forty can also represent a generation, with each subsequent generation representing a new beginning. God swore that because of their sins after being freed from bondage in Egypt, the children of Israel would not get to claim Canaan as their own. They wandered in the desert for 40 years, making it the next generation of Israelites, not all of the original tribe, that finally arrived in the Promised Land.

For OHI, our 40-year "testing" has been blessed time after time with divine synchronicities

We believe it was the hand of God that in 1971 brought my parents, Robert "Bob" Nees, Sr., and Pamela Nees, together with Raychel Solomon in a spiritual and mental development class taught by my uncle, the Rev. Russell Nees. Those connections happened at the perfect time to initiate what would become OHI.

Bob Sr., Pam and Raychel were fascinated with the techniques Russell shared to use the power of prayer with the mind as a powerful healing energy. He had studied with Jose Silva, founder of the Silva Mind Method while pursuing a PhD in psychology at the University of Texas at Austin. Russell taught the three how to tap into the limitless potential of quieting and focusing the mind to bring spiritual transformation and healing.

Raychel and Pam attended a lecture by Edie Mae Hunsberger, author of *How I Cured Cancer Naturally*. Edie's book detailed her experience at Ann Wigmore's Hippocrates Institute of Boston, where she learned how to detoxify and heal her body through a cleansing diet of wheatgrass juice and live, raw, organic vegan meals. Again, the hand of God moved them, and Raychel traveled to Hippocrates to study with Ann, and experience for herself the body's miraculous and positive response to switching to raw, live, organic foods.

United in their passionate desire to be of service, and their strong belief that combining these elements of body, mind and spirit awareness could create health, on September 19, 1976, the three opened "Hippocrates West" to 11 guests in



Robert Nees, Jr.

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a 2-bathroom home in El Cajon, San Diego County. The positive response from our community was immediate, and they soon moved into a much larger facility in nearby Lemon Grove in 1978.

While the three were in complete alignment on the healing benefits of detoxifying the body and quieting the mind, the initial program needed a deeper spiritual component. Pam started researching the Essene sect of Judaism and noticed that the God-centered ancient Essene teachings encompassed both the teachings of cleansing the body, and the spiritual disciplines similar to what Russell taught. She read the series, “The Essene Gospels of Peace” books 1-4 which describes the importance of eating “the herbs of the field,” or a plant-based diet, and cleansing the body of impurities. The Essenes taught that following strict spiritual disciplines, like fasting, prayer and meditation, bring adherents into wholeness from the Holy Spirit within. From this point of divine balance, the Essenes taught, we are prepared to receive the grace of God, and heal. Pam was then able to draw parallels between Hippocrates West’s program and the Essene teachings.

Again feeling the Holy Spirit moving within them, Raychel, Pam, and Bob Sr. transferred the assets of Hippocrates West to the Free Sacred Trinity Church, a non-denominational Christian church rooted in Essene traditions. They also changed the name of the growing facility to The Health Institute, and then in 1983, to Optimum Health Institute.

Then, as now, the OHI holistic healing program follows a monastic lifestyle drawn directly from Biblical and Essene teachings. Mornings are dedicated to inspiring guests to take up the challenge of releasing old habits, and choosing healthier options. In the afternoon, OHI team members encourage everyone to practice transformative spiritual disciplines, like reading sacred texts, personal development, gratitude and service. Evenings are reserved for the disciplines of deep contemplation and prayer while guests integrate the day’s experiences and teachings into their life.

Responding to growing demand, in 1997 OHI Austin opened in Cedar Creek Texas, 25 miles east of Austin. A third facility, OHI San Francisco, is currently in the planning stages.

Since our founders initially dedicated themselves to delivering a truly holistic healing program, our focus hasn’t changed. However, the Holy Spirit has continued to lead us in new opportunities to minister to our next generation of guests and adherents.

In the spirit of ‘40’ symbolizing new beginnings, we are pleased to offer quite a few “new beginnings” to enhance the OHI experience. We have continuously updated our facilities in both OHI San Diego and OHI Austin for our guests’ comfort and conven-

ience. New flooring and paint, furniture crafted from sustainable resources, the purest alkaline reverse osmosis water systems, a new 21-day menu with different dishes each lunch and dinner, adding an Alpha meditative experience to each class, “Eat, Pray, Love” and “Focus” classes – all have been seamlessly blended into the core program our founders created four decades ago.

Then, and now, the goal of OHI has been to create a safe, sacred and tranquil space for healing and renewal. Because so many of you said you could focus more on the program if you were able to occasionally touch base at home or work during your stay, we’ve added complimentary Wi-Fi. We’re intentionally keeping a lower signal so it’s not accessible in common areas – only in the privacy of guest rooms.

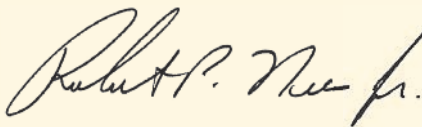
Other OHI “new beginnings” in the works are a guest referral program, online reservation for returning guests, and a centralized contact center to handle reservations and personal care appointments for guests. We are also cultivating a leadership team who is responsible for expanding our growth in the San Francisco Bay Area.

Optimum Health Institute, as the primary healing ministry of FSTC, has witnessed many miraculous guest transformations during our 40 years of God-centered holistic healing. Supporting the Church’s doctrine of unity, and putting biblical truths into action and service, OHI provides a safe and sacred environment for inquirers, adherents, and people of all traditions to heal in body, mind and spirit.

Today, we are honored to be your trusted partner on your healing journey. We are grateful for the opportunity to be of service to a whole new generation of people seeking to experience their own “Promised Land” of optimum health.

We invite you to come home to OHI, and experience for yourself that while our facilities have been expanded and improved, particularly with the “new beginnings” I mentioned, our core values, classes and purpose remain the same. Because of you, we are marking 40 years of God-centered holistic healing. Please join us in celebration!

Yours in prayer,



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



Founders' Spotlight



Raychel Solomon – Founder



Bob Nees Sr. - Founder



Pam Nees – Founder

Divine guidance and synchronicity run through every aspect of Optimum Health Institute's creation and 40 years of growth. It all began in 1973, when technology specialist Robert "Bob" Nees, Sr., nurse Pam Nees, his wife, and Raychel Solomon met at an Alpha Technique Seminar, taught by Bob's brother and Presbyterian minister, the Rev. Russell Nees. Russell shared mental techniques for healing, and showed students how to use the mind as a force for physical, mental, emotional and spiritual transformation.

Three years later, Raychel and Pam attended a lecture by Edie Mae Hunsberger, author of the book, *How I Conquered Cancer Naturally*. Edie Mae shared how a stay at the Hippocrates

Health Institute in Boston transformed her health. That same year, Raychel studied the work of raw food and holistic healing advocate Ann Wigmore at Hippocrates, the facility Ann founded.

Raychel, Pam and Bob decided to blend Russell's techniques, which reflected ancient disciplines of the Essene spiritual community, with the body detoxification program taught at Hippocrates. They create Hippocrates West, later Optimum Health Institute, in 1976. Thanks to the shared vision and dedication of the founders, 40 years later, tens of thousands of people have visited OHI and learned the tools to achieve optimum health in body, mind and spirit.

Celebrate our 40th Anniversary with Us

We are thrilled that 2016 marks the 40th anniversary of OHI. Since the late 1970s, OHI has been committed to promoting complete physical and spiritual wellness. Join us for what is sure to be one of the most exciting moments in the history of OHI.

Throughout the month of September, both OHI campuses in Austin and in San Diego will be celebrating this accomplishment, and we encourage you to participate. Below are just a few of the activities we have planned between our two locations.

Concerts

Join us every Sunday afternoon for concerts, featuring talented musicians including cellists, violinists and more.

Future Stay Giveaways

At OHI, we recognize the power of multiple-week stays. Guests who stay with us throughout the month of September will automatically be entered in a weekly drawing for complimentary stays.

Free T-Shirts

Represent OHI even when you're off campus with our special edition anniversary T-shirts.

OHI 40th Anniversary Offers

For stays between September 4 – October 8, 2016

OHI Austin

**Flat Rate on Private Single-Occupancy
Large Rooms* (King or Queen Beds)
Savings up to \$340**

OHI San Diego

**Save \$100 plus receive up to 2 FREE colonics
when you stay in a select Private Single-
Occupancy Premium Room*
\$266 Value**

***All rooms offer complimentary WiFi**

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

* Call for terms and conditions
View all offers: www.optimumhealth.org

40 Years of Holistic Healing & Growth

“Miracles do happen through positive thinking and the belief in spirituality that manifests itself thru life.”
— Robert Nees, Sr.



The dream of three visionaries to create a sacred environment for people to heal body, mind and spirit came into reality Sunday, September 19, 1976.

Founders Robert “Bob” Nees, Sr., Pam Nees and Raychel Solomon welcomed 11 guests to Hippocrates West — a large home with two bathrooms in El Cajon, San Diego County.

Within months, the facility had outgrown its humble beginnings. More space was needed to accommodate a flood of guests. The founders also wanted a stronger spiritual base for their work. They transferred assets to the Free Sacred Trinity Church, a Christian church in the tradition of the Essenes spiritual community, and became the Health Institute of San Diego.

In 1978, OHI relocated to a former assisted living facility in Lemon Grove, also in San Diego County. Extensive renovations included constructing a multipurpose room.

The Optimum Health Institute of San Diego officially became the new name in 1983. Two years later, to meet demand, OHI built 38 additional guest rooms on the property.

When Raychel noticed new townhouses and a pool being constructed adjacent to OHI, she thought they would make an ideal addition. The 30 brand new units were added in January of 1988.

Spring of 1993 saw a new landscaped concrete walkway connecting the front of the institute with the rest of the grounds, creating a pleasant .3-mile path around the periphery of the institute.

1995 and ‘96 launched extensive construction to meet demands for additional space. OHI expanded the “Wheat Grass Cathedral” with state-of-the-art technology. New rooms and office space were added, and many rooms were upgraded. A new entranceway, refurbished multipurpose room, expanded kitchen facilities and the OHI Salon, a personal care center for guests, were also completed.

January 15, 1997 marked a whole new era for OHI — the grand opening of Optimum Health Institute Austin in rural central Texas. The heart of OHI Austin is a majestic Spanish Hacienda with a pool and lush landscaping, surrounded by 14 acres of woods. OHI acquired the property from Johnny Carson’s son, Casey, whose plans for a celebrity retreat never materialized.

Both missions continually upgrade facilities, seeking environmentally friendly and sustainable materials that assure guest comfort. Wi-Fi was recently added to the rooms, allowing guests to occasionally connect with the outside world while focusing on their path to optimum health. Today, up to 150 guests each week receive support on their healing journey at OHI San Diego and OHI Austin. Future plans include an additional OHI mission in San Francisco.

Essentials for Healthy Living

During your stay at the Optimum Health Institute, you'll experience the ultimate healthy lifestyle with freshly prepared meals, gentle exercises and our body cleansing initiative. But healthy living should extend to all the areas of your life. Whether it's preparing your own meals or using the right skin care products, there are so many ways to achieve complete physical wellness outside of the OHI environment.



OHI for life®

Having healthy smooth skin is an important part of the spiritual renewal process. Dry, irritated skin can be a sign of dehydration and poor diet. Strengthening your spiritual relationships can be difficult if your physical health is weighing you down. You can replenish and purify your skin with one of our specially made skin care products. Using one of these products once a day will exfoliate and repair your skin. Every bottle

of OHI for life® contains rich antioxidants and soothing vitamins and minerals. 100% of net proceeds after direct and indirect expenses benefit the OHI's Scholarship Fund.

Organic Seeds for Growing Your Own Food

There's something inherently peaceful and rewarding about growing and cultivating your own supply of food. Gardening has been proven to lower stress levels, reduce anxiety and give individuals a sense of purpose. Optifresh Farms® sells a wide variety of seeds that you can use to start your own at-home garden. You'll find garbanzo beans, pumpkin seeds, sunflower seeds, alfalfa sprout seeds, and so much more.

Wheatgrass Juicers

The benefits of drinking freshly made wheatgrass juice are endless. At OHI, we believe in the power of nutrition. That's why wheatgrass juice is a fundamental part of your stay with us. A juicer is exactly what you need to continue making delicious, nutrient-rich wheatgrass juice at home.

Staying health all year long is easy when you have these amazing products and appliances from the Optimum Health Store. Cleansing your body and purifying your diet are two of the first steps towards achieving complete physical wellness. Visit the store or call (888) 643-7867.



The Benefits of Wheatgrass You Might Not Know Yet

How Wheatgrass Cleanses the Body and Promotes Longevity

Cleansing the body is one of the first steps toward restoring your body's natural balance. Too often the foods we eat can harm our physical health. You can achieve a new level of physical well-being by choosing the all-natural, raw foods that your body needs to properly sustain itself.

Wheatgrass juice is one of the most powerful nutritional supplements on the planet. Prized for its diverse range of precious vitamins and minerals, wheatgrass juice will help cleanse your body of so many of life's toxins. Restore your body's sense of balance and physical well-being with a daily dose of wheatgrass juice.

The Surprising Benefits of Wheatgrass Juice

Wheatgrass is known for being rich in chlorophyll, one of the nutrients necessary for producing healthy blood cells. Rich with natural light and energy, chlorophyll contains powerful enzymes that can help reduce the presence of harmful bacteria and slow down the aging process. In its liquid state, chlorophyll has the power to actually get into the body's cells and improve them from the inside out. The chlorophyll in wheatgrass is an essential part of the cleansing process at OHI.

As a healing agent, wheatgrass juice has nearly every vitamin

and mineral needed to rebuild and repair the body's broken cells and tissues. With 17 amino acids, vitamins A, C, E and K, wheatgrass restores the body to its natural state. It can help reduce and relieve the effects of so many common diseases and ailments.

Wheatgrass has been known to prevent and remove various skin problems, including acne scars. If consumed on a regular basis for several months, wheatgrass can also be used to treat the effects of eczema and psoriasis, two common conditions that result in dry, red and irritable skin.

The benefits of taking just 4 ounces of wheatgrass juice on a daily basis are wide reaching. This powerful all-natural juice also helps reduce eye irritation, remove harmful heavy metals from the body, and reduce high blood pressure. It can also improve the body's natural scent, reduce issues related to the body's digestion system, and reduce the pain associated with arthritis.

Overall, consuming wheatgrass juice on a regular basis is an easy, effective solution for so many of the problems that hamper our physical health. We invite you to experience the powerful cleansing effects of wheatgrass juice at the OHI Body-Mind-Spirit Program!

OHI Becomes a ‘Family Tradition’



For frequent OHI guest Nick Thomas, it all started in 2004, when his uncle stayed at OHI to recuperate from hip surgery. He raved about his experience to Nick’s parents. Nick’s mother suggested a cousin who had brain cancer and a prognosis of 8 months give OHI a try.

Tamara, the cousin, booked a 3-week stay, and continued following the OHI holistic healing program. A dozen years later, Tamara is alive and well, and 13 other family members regularly return to OHI for healthy versions of a family reunion.

Nick’s mom first went to OHI to address her asthma health opportunity. “When I went to OHI to pick her up,” said Nick, “She

came jogging up the hill towards me. I’d never seen her jog before in my life!” Even though Nick didn’t consider himself unhealthy – he runs races with his dad, skis and sails – after seeing how much other family members improved, he made a reservation.

“I was blown away,” said Nick. “I completely transformed myself!” He regularly drinks double servings of wheatgrass juice for a huge energy boost, and thorough detoxification. “I appreciate that OHI gives you a basic schedule and an idea of what to do to, but then you create your own path to meeting those goals,” Nick said.

Nick travels extensively – he’s visited 79 countries — yet still follows OHI guidelines, like choosing healthy foods, practicing mindfulness, and avoids drinking liquids during meals.

“An important thing OHI taught me,” Nick said, “is how to support others through their health opportunities.” He’s planning yet another OHI visit this fall.

Popular Missionary Says OHI is ‘Family’

For Oregon organic farmer Salty Green, each of the six times he’s served as an Optimum Health Institute (OHI) missionary has felt like “coming home.”

He first visited OHI San Diego for three weeks in 2006 and had a fantastic experience. When he was diagnosed with prostate cancer the following year, he chose to recover from surgery with another two weeks at the San Diego mission. During that visit, he asked if he could serve as a missionary for several more months. It would be the first of his many missionary experiences.

“It’s a lot of work,” said the gregarious farmer, “but getting to meet interesting people from around the world, sharing their experiences and being in the moment with them – I always get a tremendous amount from each visit.”

Salty regularly works with guests who see OHI as their last resort. For many, they’ve exhausted more traditional options for dealing with health opportunities. “I watch them change as they learn how to make food their medicine, and heal themselves. They regain hope. They’ll ask my advice, and share their journey with me. I’m a lucky guy!”

Even when he’s not at OHI, Salty’s missionary experience enriches his life. “If I get frustrated about something, I’ll start thinking, ‘if I was at OHI, what would I do?’ It always brings me clarity.”



OHI Missionary Program

The OHI Missionary Program is a volunteer extension program for those who have graduated from the OHI holistic healing program and desire to continue on a spiritual path to heal themselves and others. As a missionary, you are able to immerse yourself in the healing process 24 hours a day, 7 days a week.

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 providing 18 hours a week of service. Missionaries serve as mentors and role models, leading prayer circles, assisting in the kitchen and other opportunities. Missionaries pay a nominal fee for housing, food, wheatgrass juice and classes.

OHI Scholarship Fund Transformation

Shortly after Tamara had recommended Optimum Health Institute (OHI) to a friend, she herself ended up at the San Diego mission. After receiving a diagnosis of cancer, the photographer, life and business coach opted to recover from surgery while weighing her future healing options with a week of OHI's holistic healing program. "This is how the universe works," she said. "Where ever I need to be, a door opens up."

For Tamara, one of those open doors was an OHI scholarship, which kicked in after she had paid for and completed Week 1. The gift of Weeks 2 and 3, she said, let her relax for 21 days while she obtained clarity in what directions to pursue for her future healing. She continued the detox diet at home for another six weeks while waiting to be accepted into OHI's missionary program.

Her extended stay, thanks to her scholarship, empowered Tamara with a new confidence and peace of mind to choose what would be next on her healing journey and sit quietly for the next door to open. Her willingness to surrender allowed her to

accept the changes in her life, and release that which was no longer serving her.

"Food is supportive," Tamara said, "But it's about the time and environment to go within to do deep emotional and spiritual healing." She is thankful to OHI for being a safe space and giving her the extra time she needed to find a new balance in her body, mind and spirit.

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 2015, we were able to provide **70 scholarships**. 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**
3. Donate by phone: **(800) 993-4325**

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

Staff Spotlight



Dan Strobhar
Garden Manager/
Senior Facilitator
OHI Community Member since 1987

Your fondest memory at OHI:

I have many fond memories, but perhaps the one that stands out in my mind is when Raychel Solomon asked me to work here back in 1987 and she gave

me a night to think it over. It was a week before Christmas. I did not know what to do because I had plans back in Ohio. That evening I walked the streets of Lemon Grove, just asking for an answer. When I walked back on campus I spoke to a guest about the big decision I had to make, and she said, "You know Dan, life is sometimes that happens while you're making plans." I went to my room even more puzzled about what to do.

At circle the next morning, I was still unsure. Raychel turned to me and announced to the group, "I have good news! Dan Strobhar has decided to become my assistant. For some reason, I think he will flourish here." The crowd applauded and I realized that "life just happened." In hindsight, it seemed that Spirit intervened and led me here. I am forever grateful.

Why you love working at OHI:

What I enjoy the most here are the guests. I have enjoyed them all. They are why I am here.



Karen Labat
Senior Facilitator
OHI Community Member since 2002

Your Fondest Memory at OHI:

My fondest memories seem to happen in Vocal Toning where so many wonderful stories of healing and spiritual inspiration happen. We have had grieving

guests whose recent loss was so raw receiving a comforting message from a loved one, a young man with stage four lymphoma reporting the experience of tumors releasing and subsequent test confirming only one encapsulated tumor left, and my favorite thirty-seven year old who had been told her chances becoming pregnant were almost non-existent yet she heard a voice in toning affirming she would make a wonderful mother and nine months later giving birth to a baby boy.

Why you love working at OHI:

Well, working at OHI keeps you on your toes! You can't be a slacker. It is a constant reminder of my spiritual, mental and physical goals to be healthy, happy and God-centered. You are surrounded by healing and that healing is like a wave in the ocean, it takes you with it whether you want to go or not. I also love the visual beauty that is OHI. As I drive on campus, walk the path indoors and set up my classroom, I often think how lucky I am to work in a place so esthetically beautiful.



Elenita Suazo
Food Preparation
OHI Community Member since 2005

Your fondest memory at OHI:

My fondest memory is working with all of the amazing staff here at OHI. Each person I get to know has a great spirit and kind heart.

Why you love working at OHI:

I love the healthy lifestyle and being able to surround myself with a positive healing environment.



Sheryl Haupt
Senior Facilitator
OHI Community Member since 2000

Your Fondest Memory at OHI:

One of my fondest memories at OHI is of a Release Ceremony that I facilitated. There was such an atmosphere of love and peace as each guest put their paper (stating what they want

to release from the past) into the burning canister. As the ceremony progressed, there was an incredible feeling that we were being surrounded by angels. One of the missionaries was quietly taking photos of the ceremony and when we printed the photos, one had a rainbow ray of light shining down into and around the circle. That photograph hangs in the entry of OHI San Diego. I believe we truly were encircled in Divine Love that day, which blessed us all.

Why you love working at OHI:

Working at OHI is such a rewarding experience because it makes such a difference in our guests' lives, which ultimately makes a difference in the world around us.

It is incredibly inspiring to see the transformation that takes place. As people cleanse and heal physically, they cleanse and heal mentally and emotionally. The end result is a vibrancy of life that begins to radiate from them physically. That, in turn, causes a shift in how they relate to the world around them. People become more loving, tolerant and kind. The entire experience is like coming home again into a state of wholeness and our natural state of health and well-being.



Join Our Team and Make a Difference

From its opening in 1976 through 1983, Optimum Health Institute only had a handful of employees. Instead of a traditional staff, it was a tight-knit group of volunteers who dedicated their time to keep things running smoothly, and create a well-run, safe and sacred environment for the guests.

Also in OHI's earlier years, guests were expected to work an hour daily assisting with landscaping, kitchen prep, gardening and other duties as needed.

As OHI continued its dramatic growth, Pam, Bob Sr. and Raychel made the transition to a larger and more permanent staff to maintain the high standards everyone appreciated.

Today, the growing OHI community means an expanded need for more team members to assist with Program Facilitation, Guest Services, Kitchen, Housekeeping and Maintenance, Greenhouse and Garden, Administration and Ministry.

Then and now, people in alignment with OHI's core values and spiritual mission are considered for employment. Since OHI is committed to serving as a change agent for human-kind by improving the physical, mental and spiritual well-being of everyone it touches, potential new team members all have certain traits. They have a passion and commitment to make a positive difference in people's lives; experience in providing excellent



customer service, and a sincere desire to work in a God-centered, smoke-free, drug-free spiritual environment.

Generous employee benefits include affordable healthcare plans for comprehensive medical, dental and vision coverage; Health Savings Accounts; 401K retirement savings plan; life insurance; short and long term disability insurance; and discount at the Optimum Health Store.

Community members who refer new OHI team members could receive a free week at OHI in a Courtyard apartment, or equivalent -- a \$1880 value. The referral must be in good standing after receiving a 90-day review to qualify for the offer.

People can apply for open positions at OHI San Diego and OHI Austin online on OHI's Careers Page at www.optimumhealth.org

A 3-Week Stay at OHI is Best for Body, Mind, Spirit

"The three weeks I spent at OHI were the greatest single investment I've made to my health...I especially want to emphasize the importance of staying for at least two weeks. The greatest benefit may not occur until the second week of this building program with the education on emotional toxicity. We each have a tipping point that must be met before release can occur, and that doesn't necessarily occur on our schedules." — Sally O'Brien

I've been to OHI eight times, and I feel it's the best gift I can give myself. It's as if I wheel myself in on a Sunday, and dance hop my way out Saturday! OHI reminds me how everything is energy, and encourages my own nightly inquiry: Where did I invest my energy, where did I spend it, where did I waste it today? I get so much clarity, which makes me more mindful and joyful in every aspect of my life." — Diane Miller

Week 1: A Good Start

The first week **inspires** you to become more aware of the body, mind and spirit connection. Through the detoxification diet, full class schedule and fellowship activities, you immediately begin to feel improvements in all areas of your life.

Weeks 1 + 2: A Deeper Understanding

Building on the foundation you created the first seven days, the next week delivers more powerful tools as you **explore** deep inside your heart and mind. Clarify and commit to your values. Learn to communicate effectively. Touch into the limitless joy that self-love and a cleansing diet can bring.

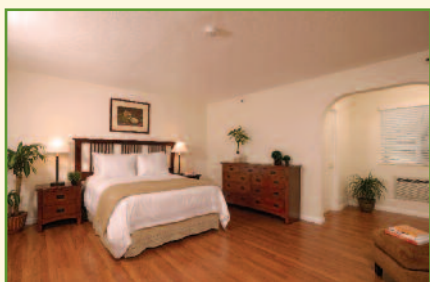
Weeks 1 + 2 + 3: Putting It All Together

After 14 days of releasing self-limiting thoughts and behaviors, all the while nourishing your body with cleansing foods, you're ready to **integrate** everything you've learned. In your final week at OHI, constructive new behaviors will have time to become positive new habits, empowering you to create optimum health as you take the program home.

Save on Your 3-Week Stay

You get a special savings of 5% when you stay two consecutive weeks, and 10% when staying 3 consecutive weeks. You'll also only pay tuition plus \$140 on your room when your fourth week stay occurs within a 12-month period.

Did You Know?



At OHI, we understand that it takes courage to step out of your comfort zone and take real steps toward your optimal wellness. For many guests, it is the “unknown” that can create some uncertainty. Here are some quick facts about OHI to reduce the “unknown” and some tips that you might not know yet.

All OHI Rooms are Equipped with Free WiFi. While we encourage guests to fully immerse themselves in the OHI experience, we understand that it’s important to stay connected with friends and loved ones, particularly if you’re staying for multiple weeks. We’ve recently upgraded our rooms so that all are equipped with free Wifi.

OHI is Affordable. At OHI, we offer the very best value to our guests. Our program features premium benefits at an affordable cost. We also work with our guests to help them experience OHI, without having to worry about finances. Our scholarship program and our missionary program have helped hundreds of guests experience all that OHI has to offer.

You Can Bring a Friend. If you’re nervous about visiting OHI because you don’t know anyone in the program, the good news is that you can bring a friend. Both OHI San Diego and OHI Austin feature premium double-occupancy rooms with both private and shared bathrooms. Don’t let the fear of going it alone hold you back, you don’t have to!

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

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

- 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

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



Twitter

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

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

Ask the OHI Community

What prompts you to return to OHI?



Rebecca

OHI Community member since 2000

I know when I come here, I will discover again the love and magic of this place. The consistency and the groundedness of the OHI program always reconnect me with my spiritual self and the truth of the body. I feel at home here, rooted in love and truth.
Rebecca M.



Israel

OHI Community member since 2000

I keep coming back to OHI for the community friendly atmosphere, and the relaxing, peaceful environment. It helps me to get centered and receive better clarity on my life. I feel very energized, and know I've received a great spiritual tune-up when I leave.
Israel H.



Bridget

OHI Community member since 2005

I first came to OHI at the recommendation of fellow girlfriends who overcame health opportunities here. The natural, raw, spiritual approach attracted me when I was given my own health challenge. I come back to OHI because I believe in the purest dedication towards holistic practice and health. I am eternally grateful.
Bridget C.



Lois

OHI Community member since 2013

At OHI I always get my life back on track, and feel so much better after each visit. It brings me back to balance. When I'm at home I follow at least 50% of the program. I have brought two friends and my husband to OHI.
Lois T.



Daniel

OHI Community member since 2004

Originally I came to lose weight, and I lost 50 lbs. Now, I come three or four times a year for a variety of reasons, like to get back into balance and to *deflammanate* – a term I coined that describes the reduction of inflammation. When I return to OHI, I feel like I'm coming home.
Daniel G.



Andi

OHI Community member since 2010

I come to OHI for help in losing weight, eating healthy and eating right. I have lost as much as 15 pounds during a 2-week stay. The program helps me change my lifestyle and eating habits.
Andi S.



**A Mission of
The Free Sacred Trinity Church**

The Free Sacred Trinity Church and its subordinate religious missions, the Optimum Health Institute of San Diego and the Optimum Health Institute of Austin, are not-for-profit organizations exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code.

Support OHI's Mission

We are a non-profit religious organization and your donation is tax deductible. On behalf of all those who benefit from the OHI Scholarship Fund, we offer our gratitude!

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VISIT WITH US:

Visit our weekly Open House every Sunday starting at 4:00 p.m. in San Diego and Austin. The OHI Program offers visitors, guests and adherents a personal tour of the facility, lecture, prayer circle and an all raw vegan meal. A \$3 donation is appreciated, but not required.

CONTACT US:

We'd love to hear from you. To receive special offers and updates, email us at newsletter@optimumhealth.org or call us at (800) 993-4325. For more information about the OHI Program, please visit our website at www.optimumhealth.org

OPTIMUM HEALTH INSTITUTE

PO Box 23878, San Diego, CA 92193-3878

RETURN SERVICE REQUESTED



OHI - Austin

265 Cedar Lane, Cedar Creek, TX 78612
(512) 303-4817 or (800) 993-4325



OHI - San Diego

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

Our Mission

We 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.