

CHAIRMAN'S PERSPECTIVE

Elegantly Simple, Uniquely OHI

*"'Tis the gift to be simple, 'tis the gift to be free,
'Tis the gift to come down where we ought to be,
And when we find ourselves in the place just right,
'Twill be in the valley of love and delight."*

— Elder Joseph Brackett of the Alfred, Maine Shaker Community, 1848

The words and tune to this much loved spiritual song became famous when Aaron Copland included the melody in his score for *Appalachian Spring*.

Elder Joseph was trying to make the point that of all the Creator's gifts, the greatest is being salt-of-the-earth, humble, or 'simple.' It leaves us free to be joyful in the Lord and His creation, freeing us to pursue happiness, love and our true purpose in the world.

The elegance of this unencumbered simplicity is at the heart of what the Optimum Health Institute (OHI) is all about. For 33 years, we have helped our guests achieve a natural balance and reconnection to the Divine by providing the elegantly simple tools to allow each person's mental, physical and spiritual dimensions to heal. Supporting the body with pure water, organic food and colon cleansing; engaging the mind with inspiring materials and journaling, and nurturing the spirit with prayer, fellowship and meditation are all relatively simple disciplines. When they're woven together at OHI into at least a week of dedicated effort, though, these simple elements become the core for transformational change and healing in a person's life.

Give yourself
the elegant gift
of being simple!

Whether your last stay with us was a few weeks ago or a few years, you know that getting back to the basics of our unique program will deliver positive results – fast.

While "changing with the times" is the tune of many organizations that contend to help people come into balance, our experience is that staying true to the principles that have guided us for 33 years continues to provide the elegantly simple solutions you've come to expect from OHI. Our San Diego and Austin Missions will always stay true to our humble beginnings. We're not fancy, but we're economical and real – and really effective in being change agents for humankind.

Particularly when times are stressful, people find special comfort in the simple things they trust. A recent Wall Street Journal article talked about how the nation's major supermarket chains are seeing customers turning away from coffee bars, fancy bakeries and exotic products to flock back to the basics – like fruits, vegetables and other simple, wholesome foods.

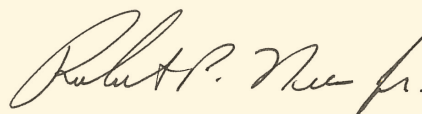
Families are sitting down together again for meals; our relationships with friends and co-workers become more important; we're less concerned with the Joneses and more aware of the joy to be found in downsizing our desires, and putting God and gratitude back at the center of everything.

Getting back to basics means deeper relationships, less stress, and more awareness that the amount of peace in our life is directly proportional to how well we're taking care of our bodies, and connecting to God.

Is your life pretty complicated these days? Maybe it's time to get back to basics again and spend some time balancing yourself in our elegantly simple Missions. Get back to nature with a stroll down our walking paths. Bite into an organic apple from a local farm. Quench your thirst with purified water. Celebrate your spirit with group prayers, and joyful fellowship.

Give yourself the elegant gift of being simple!

Yours in prayer,
Robert P. Nees, Jr.



Chairman
Optimum Health Institutes
of San Diego and Austin



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You Request it - OHI Delivers!

THANK YOU for completing our guest survey forms! You're helping us serve you better and support you in your efforts to simplify your life by rebalancing your mind, body and spirit. According to the surveys we've received, the top things you most frequently request are:

1. Comfortable beds
2. Quality linens and bedding
3. Pure water
4. Tasty organic food
5. More personal attention
6. More emphasis on "green" sustainability



It's my pleasure to report to you that we're now delivering, on all fronts.

Comfortable Beds – Done!

We now have new comfortable mattresses that effectively balance sustainability with product quality. The frame for the box springs is from certified sustainable forestry initiatives, and the steel is from recycled metals. Less energy was used to produce the mattress materials. Our San Diego Mission received new mattresses in July of this year. Our Austin Mission and San Diego Town Homes should receive their new beds in August 2009.

Quality Linens and Bedding – Done!

Whatever touches our guests, we want it to be of the highest quality and earth friendly. We're investing in 100% organic cotton sheets and towels. This means no guest exposure to formaldehyde, which is used to create wrinkle-free fabrics. New organic towels and sheets will be available in our San Diego and Austin Missions in September of 2009. To keep everything fresh, OHI chose a new company that uses no toxic chemicals to do laundry and clean rooms – they are officially certified "Green." Another reason we're happy to have them join our team is the majority of the company's employees are disabled, and 100% capable of doing excellent work.

Pure Water – Done!

OHI San Diego has completed installing a new water filtration system providing a permanent pH of 7.4, the optimal balance for detoxifying the body and maintaining health. A computerized system constantly monitors the water to maintain perfect alkalinity and filter out dissolved minerals and particles commonly found in city water systems. Our treatment process also eliminates chlorine and fluoride that are added by the local water authority.

Tasty, Organic Food – Done!

OHI has always sought to provide organic, live raw food for our guests – and now we've gone a step further. We're proud to have a 'chain of custody,' which means for every item on your plate, we know the farm and the farmer who produced it. All our growers are local, which automatically means fresher, tastier food. Our meals, by the way, have leaped up the charts on the guest survey forms.

More Personal Attention – Done!

We're happy to favor "Quality" over "Quantity." We have just finished reconfiguring our rooms by reducing double occupancy rooms by 42%. This change has created more single occupancy private rooms, with a single king or queen mattress. This will effectively limit the number of people attending OHI every week to a maximum of 120 guests, down from the previous high of 160 guests. This means a smaller guest-to-Facilitator ratio, ensuring more personal attention. There's a shorter wait for meals, more space in the MPR room for exercise classes, and more opportunity for guests to have private space. We've also reconfigured the rooms, allowing more guests to choose a private room and bath.

More Emphasis on "Earth-friendly" – Done!

The non-gas emitting carpet we've selected for the multi-purpose room is created entirely from non-toxic materials. For everything new we're buying now, we're looking for products created from sustainable new materials, recycled materials, and created in a sustainable style – which means they're manufactured from alternative power, with no toxic chemicals used in the production. It's OHI's goal and focus to move the organization toward a zero carbon footprint.

Our big theme is enhancing the basics of the OHI Program, while continuing to offer you an elegantly simple and uniquely OHI experience.

Warm Regards,

Larry Taylor
President



Honoring Our Elegantly Simple Roots

Thirty-three years ago, when we first started what grew into the Optimum Health Institute, we were guided by Biblical truths related to healing and sayings attributed to Jesus in the Four Books of the Essene Gospel of Peace. From Book 1: "I tell you truly, Satan entered your bodies, which are the habitation of God, and he took in his power all that he wished to steal. Your breath, your blood, your bone, your flesh, your bowels, your eyes and your ears. But by your fasting and your prayer, you have called back the Lord of your body, God and his angels."

Providing a peaceful, safe place where guests can fast and pray is the simple, but elegant foundation of our Missions in San Diego and Austin. To become spiritually whole, we must first detoxify our bodies and quiet the mind. I've seen people who have great spiritual awareness, but they missed the mark by eating wrong.

In the Essene Gospels, which we carry in the OHI Health Store, the Essenes were trendsetters by advocating eating local produce, and avoiding "foods grown and brought from afar." One passage says, "The most precious gift of the Earth is the grass beneath your feet that you trample on...Secrets of everlasting life are hidden in the grass." In our modern times, scientists and nutritionists have confirmed that wheatgrass juice is a gold mine of nutrition, with cleansing and anti-inflammatory properties to promote healing and a long, healthy life.

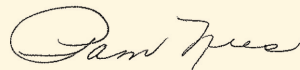
Followers were instructed on the specifics of colon irrigation. They were told to fill gourds with river water blessed and

warmed by the angels of the sun, and direct it to their "hinder parts" via the gourds' long, hollow vines. Thank goodness we've advanced to much more comfortable plastic enema nozzles, tubes and pails!

Through these simple yet profound instructions from the ancient Essene sect of Judaism, we help to bring our guests into wholeness. Fasting clears negativity and toxins out of the physical body, so the mind can more clearly be in the Now. People don't change unless their minds are clear of toxins, and they find themselves hungry for a relationship with God. At that point we can teach tools for forgiveness, and help free our guests from the harsh, toxic grip of lingering resentment. The Bible reveals that negativity only hurts us, and we are to forgive 70 times seven.

These main components of the OHI plan are so simple it may seem impossible to guests that these things could make a difference. From our first weeks, though, stories of miraculous healings began to unfold, and have continued for three decades. We invite you to come back, and again experience how this ancient healing wisdom, with its elegant simplicity, is alive and well today in our uniquely OHI program!

Love,



Pam Nees
Program Director



Carolyn Blakey

From Frazzled OHI Guest To New, Elegantly Simple Life

Dallas Resident Carolyn Blakey was a guest at Optimum Health Institute (OHI) San Diego six years ago, and recently heard there was another Mission in nearby Austin.

She came as a guest at loose ends – her career as a mortgage broker was not feeding her soul. She loved the elegant simplicity of the Austin Mission, and extended her stay to two weeks. In 14 short days, Carolyn moved from feeling overwhelmed and without purpose to feeling happier, lighter and deeply connected to God. She knew she wanted to be of service to others.

In a complete leap of faith, she quit her job and applied to become a Missionary. She began to realize she created all the complexity and challenge in her old life and was thrilled to be accepted as an OHI - Austin Missionary. Carolyn's three months of service became five and she enjoyed each prayerful, joyful day. She is now renting a cozy place near OHI - Austin, eagerly waiting to see what path is revealed next. "I've completely changed my life," Carolyn said, "and I feel no fear – only joy and excitement." Quite simply – she made all the right choices for a happy, healthy mind, body and spirit.

Thoughts from Austin

Simple Does Not Mean Easy!

What could possibly be elegant about detoxification by eating sprouts and sauerkraut, drinking wheatgrass juice and giving yourself an enema? Not much actually. Especially if you consider that another definition for elegance is luxurious!! OHI is not luxurious by any 5-star hotel/spa comparisons. However, the commitment to create a safe, sacred and more comfortable space is a very simple and elegant plan.

“Elegantly simple” does not mean “easy.” It does not mean the process of detoxification is not without its challenges, which can be messy, uncomfortable and require a big stretch to take each day with an open mind and heart. It may feel on some days as if you are wearing your shirt on backwards and you feel awkward and off center. But this is just the process.

There are other organizations that have processes that are similar but what is unique to the Mind, Body and Spirit Program at OHI is that we allow you as guests to go through the sometimes messy and hard process as you need to do. As a faith-based

Program we trust the Creator to know what you need to come into wholeness. It may not be what you wanted but it will be a gift divinely designed to help you grow, find peace and heal. The staff members who work in both Missions try not to get in God’s way, but rather work in service to Him and to you as guests. We do not do it, God does. We bring a spirit of love and compassion, teach and share, build a community and fellowship and marvel at the many ways God will transform your life. God will give you a new heart and a new spirit. (Ezekiel 36:26)

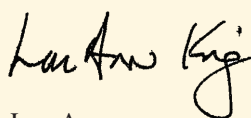
Suggested Scriptural Readings:

Psalm 84:11

Isaiah 41:10 & 65:24

Galatians 6:9

Warmly,



Lou Ann

Executive Director,
OHI Austin



TO YOUR HEALTH

Nori Rolls

Nori rolls wrap fresh vegetables and seed cheese in sheets made of seaweed, which are packed with Calcium, Iron, and Vitamin A and Vitamin C. The nori sheets have a slightly salty taste and crispy texture, which goes perfectly with the vegetables for a quick snack or satisfying meal.

Ingredients:

5	Nori sheets	Spread seed cheese on
1.3 oz	Seed cheese	nori sheet, then layer
.9 oz	Carrots, shredded	with carrots, celery,
1 oz	Celery, diced	alfalfa sprouts, buckwheat
.5 oz	Alfalfa sprouts	spouts, red peppers,
.5 oz	Buckwheat spouts	cucumber. Roll carefully
1	Red pepper,	to keep ingredients
	julienne sliced	from spilling out.
1.4 oz	Cucumber,	Cut into 6 pieces.
	Pine nuts, finely	
	chopped	

Directions:



Barley Salad

Imagine what an entire organic Farmer’s Market would taste like, and you have an idea of how delicious this salad is! The sprouted barley is speckled with jewel-like chopped vegetables, making it a feast for the eyes and the palate.

Ingredients:

1 quart	Barley
3 each	Avocados, diced
3 each	Tomatoes, diced
1/2 each	Cucumber, diced
1/2 each	Zucchini, diced
1/2 bunch	Green onions, chopped
2 tablespoon	Parsley, chopped
4 each	Garlic cloves, finely chopped
1/2 inch	Fresh Ginger, finely chopped
1 medium	Red pepper, chopped
2 tablespoon	Mint finely, chopped
1 tablespoon	Cayenne
2 teaspoon	Kelp
1 tablespoon	Tomato powder

Directions:

Soak Barley with enough water to cover, then sprout overnight. Blend ginger with cucumber and zucchini into smooth consistency. Toss all remaining ingredients.

Missionary Program's New Focus: More Ministry to Guests

First time guests at the Optimum Health Institute Missions not only have the support of the facilitators and staff – they are now also assigned a “buddy” who’s on the grounds and available, 24/7. The “Missionary Buddy System,” the brainchild of new Facilitator Heidi Wilson and Kitchen Manager Paul Marquee, has only been in place for a few weeks, but Heidi’s already hearing raves from both guests and the Missionaries themselves.

“Each of our 12 or 13 Missionaries is paired with up to five guests that are registered to participate in the 1st week of our Program,” Heidi explained. “They greet the guest, answer any questions about the Program, and let them know they’re available for advice, prayer and encouragement. New guests immediately have a friendly face to help them feel more comfortable, and the Missionaries love this ‘mentoring’ program, where they can help guests get the most out of their experience.”

“It’s really enhancing their experience as a Missionary,” Heidi said. “It’s much more of a Ministry now and the guest surveys are full of compliments and gratitude.” The Missionary Program is now a Ministry of the Free Sacred Trinity Church.

Room 78, our teaching kitchen where many of the 3rd week classes are held, and where guest learn how to prepare raw food

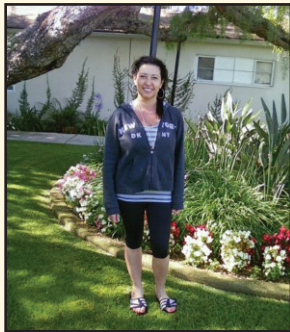
delicacies, has received a beautiful facelift by Paul Marquee. This change has helped our Missionaries as everything in the room has been given specific procedures for efficiency.

Another change for the Missionaries is that the “commuter” option has been phased out, and they’re now required to stay on campus at OHI while they participate in the Missionary Program. Missionaries also assist guests and staff in the Optimum Health Store. In addition, the Program now puts a priority on welcoming new missionaries – requests from returning missionaries will be honored as space is available.

Individuals accepted into the Missionary Program live at the Missions and pay \$600 per month for their housing, meals and classes and serve up to 18 hours per week in various departments.

Anyone interested in applying to the Missionary Program or Missionary Internship Program can visit our website or contact Heidi Wilson at hwilson@optimumhealth.org or (619) 589-4716.

Heidi has made an easy transition to OHI Facilitator from her previous position as a college professor teaching nutrition, health and physical fitness. She, her husband and three children, 10, 12, and 14, live in San Diego.



Romy Migliazzo

Simply Loving It!

Over the past 22 years, Optimum Health Institute (OHI) adherent Rose Marie “Romy” Migliazzo of the Los Angeles area has spent 52 weeks at the San Diego Mission, always trying to make sure she’s there the weeks of July 4th and Thanksgiving.

“I call it, ‘Rebel against the Bird!’” she joked. She said she’s incorporated much of the elegantly simple practice into her everyday lifestyle and is eating about 98% raw. Each evening, she prepares the next day’s meals with love and mindful thought, truly making it a spiritual experience.

When she met her boyfriend a year ago, she really liked him, but his reckless eating had caused an excess of weight, and a deficit of energy. She told him the only thing that was coming between the two of them was his reckless eating style and invited him to attend a week at OHI with her. Since she often talked of her visits to the Mission as “Boot Camp,” her friend was quite nervous and began cleaning up his diet even before coming to OHI. He lost 10 pounds prior to even setting foot on the grounds, and shed another 12 during their week there. To date, he’s dropped 42 pounds, feels wonderful and hasn’t touched meat since his visit to OHI.

“Now we’re madly in love and he’s properly combining foods and is about 90% raw at this point.” Romy said.



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CONNECT WITH US!

Visit our weekly Open House every Sunday starting at 4:00 p.m. in San Diego and 4:30 p.m. in Austin. The OHI Program offers visitors, guests and adherents a personal tour of the facility, lecture, prayer circle and an all raw foods vegetarian dinner. A \$3 donation is appreciated, but not required.

CONTACT US

We'd love to hear from you. You can receive your newsletters via email. Email us at newsletter@optimumhealth.org.

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A Mission of the Free Sacred Trinity Church

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**OHI -
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**OHI -
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Our Mission

We will serve as a change agent for humankind 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 mind-body-spirit to heal.

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