

## CHAIRMAN'S PERSPECTIVE

### To You, Our Deepest Gratitude

*"Gratitude is the fairest blossom which springs from the soul."*

— Henry Ward Beecher

Warm greetings from everyone here at the Optimum Health Institute (OHI). As our thoughts turn toward Thanksgiving, the entire nation shifts into an attitude of gratitude and reflection. While we can always express gratitude for our many blessings, it's the one day we all focus on the things for which we are most thankful - our family, our friends and OHI community. For without these elegant and simple pleasures in life, our purpose can only be of self.

For us here at OHI, every day is our day to feel deep gratitude for all of you — our family and friends, a treasured community of guests and adherents. Through the past three decades, your visits and generous support of our mission have enabled us to continue to be an instrument of peace for body-mind-spirit healing. In celebration of moving into our 35th year and in recognition of your contribution to our community, we are providing guests special offers on our rooms for almost every guest stay. See page 5 for more information.

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We want you to know that we're here for you, even when time or limited resources prevent you from spending a week or two or three with us at either the San Diego or Austin Missions.

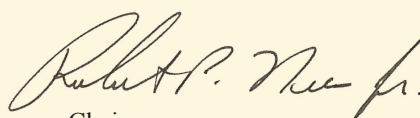
In this issue of our newsletter, we're offering special tips to help you effectively do either the detoxification or maintenance OHI plan at home. We've talked with our employees and facilitators to collect practical information to help you cleanse your body, calm your mind and nourish your spirit.

To bring us all together in worshipful fellowship, no matter where we are, I offer you this prayer:

*Lord, we thank You for the blessing of Your creation, both in the splendor of the world we live and the beauty of the life we have been given to witness such splendor. Give each of us this day the wisdom to know our purpose, the resources to achieve our purpose, but most importantly the courage to fulfill our purpose. Give each and every one of us health in mind, body and spirit and make us an instrument of Your peace in helping ourselves and others to heal. Let our hearts be open to all those in need, not blinded by the pleasures or pain of the movement, but enlightened to the possibilities that come from the joy and beauty in every life.*

Amen.

Yours in prayer,  
Robert P. Nees, Jr.



Chairman  
Optimum Health Institutes  
of San Diego and Austin





## Gratitude is Catching

A few months ago, Linda Murphy, a first-time guest arrived at Optimum Health Institute (OHI) San Diego with a major health opportunity. She'd recently undergone surgery, and her wound refused to heal. There were additional things she wanted to get in balance, but her wound

was certainly the major issue. Her pallor was gray and she had no energy.

After one week at OHI, Linda began to notice big improvements; however, she knew she still had work to do in mind, body and spirit. Huge medical bills financially prevented her from participating in our Program an additional two weeks. After reviewing Linda's rather dire situation, we were able to award her with a scholarship so she could experience our complete three week program. After three straight weeks of faithfully sticking to the OHI lifestyle plan, Linda looked and felt wonderful and was ready to go home. She sent us this beautiful letter to express her gratitude:

*Dear Pamela Nees and the Healing Ministry,*

*Thank you so very much for two weeks of scholarship to aid me in my healing and recovery. I wanted to wait until my test results came back to write, but they are taking longer than usual. I told the ultra sound technician at Kaiser Permanente about what I learned at OHI and how even people with Lupus have a*

*miraculous recovery, and she said, "I have lupus!" She was so grateful to hear about your institute that she embraced me and said that both she and her husband need to go there.*

*I am so grateful for the experience you allowed me to have. I have completely changed my diet and have shown improvement in all areas of my mind, body and spirit. Three weeks at OHI helped me make the necessary changes in my life in order to survive the multiple medical problems that I endured in the past. I look forward to a vibrant, holistic life now thanks to you. May God bless you always in your endeavors to heal mankind.*

*Sincerely,  
Linda Murphy  
Monrovia, CA*



I am so grateful to everyone who supports the OHI Scholarship Fund, which made Linda's healing possible. Seeing people come together on equal footing to care about each other always brings us closer to God, and always brings us peace.

Thank all our guests of the past three decades! It is because of you that we can exist, and we are so thankful you continue to give us the opportunity to do this healing work.

Love,

Pam Nees  
Program Director



## Testimonials of Gratitude

Every Friday morning at OHI is the opportunity for a group expression of gratitude. Guests gather to share their stories of transformation and healing, and it's always a time of congratulations, caring and sharing. Here are some of those stories:

### A Vision of Health

A 38-year-old woman had gone through two rounds of chemo therapy in an attempt to rid her body of painful Lupus. Her doctors had warned her there was little chance she would ever become pregnant. During her Toning class, she could swear she heard a voice, telling her, "You will make a wonderful mother!" She also had a vision, where she and her husband were walking on the beach, holding the hand of a little boy. She was also pregnant in the vision. Fast forward a few years, and the woman's little boy is now two. She'll keep us posted if there's a second pregnancy.

### Love Heals

During one testimonial session, a heavy set woman shared that she never felt she could lose weight because she didn't have the support in her life, and she thought

no one cared. In her first week she lost 12 pounds, and that Friday she tearfully expressed her gratitude to the group for the classes and the guests who made her feel loved. Her expression of gratitude to the group really touched two teenage girls. Right after the testimonial session, they got to work.

In 2 hours time, the girls were able to collect enough money to donate a 2nd week stay at OHI to the woman, along with two massages, and three colonics. They presented the generous gift from the entire group to the woman at the Friday Night talent show when they called her up on stage and brought out a huge gift certificate check, made out to her. The shocked, grateful woman continued the next week at OHI, and lost about 20 pounds in 2 weeks. The love gift from all her fellow OHI guests changed her life.

## Your Home is a Branch of OHI

As Bob mentioned in his Chairman's Perspective on page one, we are so grateful when you can visit us in San Diego or Austin so we can share the Optimum Health Institute detoxifying and maintenance plan for a healthier, happier life. But when busy holiday schedules keep you from being with us, let us be with you with these practical tips to bring the knowledge home.

### San Diego Facilitators offer the following powerful suggestions:

#### Juicing:

Try a juice fast once per week on your easiest day of the week. This doesn't have to be in the order of breakfast, lunch and dinner. It could be juicing for dinner, then breakfast and lunch the following day, and then break your juice fast at dinner. Juicing is an easy way to get a lot of nutrition while you're giving your digestive tract a rest. On juice days, throw some sprouts in the juice to increase the protein content, enzymes, and fiber.

#### Breath work:

Deep diaphragmatic breathing (belly breathing) reduces stress and increases health by allowing the cells to be nourished by more oxygen, and more oxygen is able to get to the lower portion of the lungs. Practice diaphragmatic breathing during meditation, while practicing alpha, during stretching exercises, or just sitting in a chair until it becomes instinctual to your body. Babies naturally breathe this way, with their bellies falling on the inhale and rising on the exhale. Deep breaths also slow the mental pace down and help us focus better.

#### SOUL:

Eat more S.O.U.L. Food. Seasonal, Organic, Unprocessed, and Locally grown food have more nutritional value. We want to eat food that is fresher, uncontaminated by pesticides and harmful chemicals, grown without genetically modified organisms, and grown locally to reduce any sprays across state lines, and shorten the amount of time the food spends in transport. Each day on a truck means fewer nutrients in each piece of produce.

### Peggy Palmer with Austin Guest Services suggests:

**Smoothies:** For a quick meal that packs a high energy punch, whip up a green smoothie. Just put chunks of cucumber, celery and spinach in your blender with a cup of water, and add raw garlic or onion and dulce to taste. Mix in other vegetables depending on what phase of the OHI plan you're following.

#### Pacing:

Particularly if you're just starting the OHI plan, the healthy shifts you're learning could easily feel overwhelming. Many adherents have found success by gradually adopting one thing at a time into their daily routine. This method is also effective when your goal is to get the entire family practicing a healthier, smarter lifestyle.

### From Austin Facilitator Karen Labat:

#### Mind:

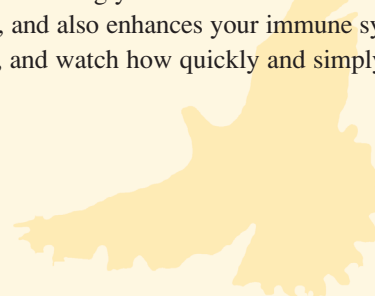
Get into the habit of using your "second thought." Your "first thought" is an automatic, emotional response to something that just happened. It's your judgmental inner critic, and the thought can be negative or limiting. While you can't necessarily control your first thought, you CAN consciously proceed immediately to a positive second thought. For instance, if you get caught up in fears about lack of money, right after the first thought, "I don't have enough!" pops up, tell yourself, "I live in an abundant universe, and have more than enough of everything I need and want." Keep practicing this positive "second thought," and it will become a part of you while attracting the positive things you focus upon.

#### Body:

You can still go out to eat with your friends when you're on the OHI healthy eating plan. Just tuck an avocado and a little apple cider vinegar or other appropriate salad dressing in your purse or jacket pocket. Even if everyone wants to go to a steak house, just get a big salad, add the avocado and dressing, and enjoy the company of the group without getting sabotaged by the menu. Your nose is not attached to your mouth – enjoy the sights and aromas of the food your family and friends are eating, but know you're nourishing yourself with the fuel you need for optimum health.

#### Be Present:

It's easy to feel God's grace in your life when you stay in the present moment. Don't dwell on the past – reliving old hurts can prevent healing in mind, body and spirit. And don't waste time worrying about what might happen down the road. Staying in the present moment and releasing your fear about the future increases your joy level, and also enhances your immune system. Be present, be thankful, and watch how quickly and simply things can balance out.



## Make Your Gratitude Unconditional

Howdy! It's easy to be grateful when it feels like God is shining His favor down on us! But when the sun goes behind a dark cloud and the world deals you a low blow, can you still find it in your heart to be grateful? OK, let's be honest. Not always. I certainly cannot. I have met few people who can say, "thank you" immediately to a disaster. At least, not at first. And maybe only after time. I think coming around to that positive frame of mind is referred to as, "spiritual growth," or making some progress. After all, we are human, and we will occasionally miss the mark.

So how can we improve our aim in being thankful for something like a broken leg? Of course the brokenness is in the leg, but the worse brokenness is in the mind that perceives the misfortunate as *all* bad, and in the spirit that becomes detached from faith and feels abandoned by God. I think a broken leg might give me the opportunity to practice my crutch walking skills, and to prop up my leg and tackle that ever growing stack of must-read books. So in the end, it becomes a matter of perception and acceptance.

A common phrase repeated at Austin is, "have an attitude of gratitude." How does one get from brokenness to gratitude?

- Ask for help from people who love you.
- Pray to God even if you cannot feel any thankfulness for a long time. Just keep doing it. Prayer opens the door for God to

work and faith can be activated by love.

- Look deeply into the brokenness and see it for what it is, not for what your mind creates.
- Be patient for the brokenness to turn around and bring a gift.
- Start saying "thank you" before you truly feel it, and ask for clarity on what you are to see, do and learn.

All of these points are disciplining the soul to give thanks, even when we do not consciously want to express gratitude. We can discipline ourselves to learn it!

Consider coming back to OHI for a time, in either San Diego or Austin, to retreat, refresh and let whatever brokenness you carry turn into gratitude and thanksgiving. I will be watching for you.

Scriptures to read:

Psalm 106

Daniel 2:19-23

1 Chronicles 29:30

Colossians 2:6-7

*Lou Ann King*

Lou Ann King  
Executive Director,  
OHI Austin



## TO YOUR HEALTH

### Tacos

Slow down this favorite fast food treat for a scrumptious, nutritious meal that's also a beautiful feast for the eyes. Check out your local farmer's market for the freshest organic corn — it will make a big difference in capturing that just-off-the-cob flavor in the tortillas.



#### Corn Tortillas

1 quart fresh corn cut off the cob  
(about 6 or 7 ears of corn per quart)  
1 1/2 cups water  
1/4 cup phylum husks  
2 tablespoons Mexican seasoning

Put corn into blender or Vita-Mix; blend with 1 1/2 cups water. Add phylum husks and seasoning. Shape mixture into thin circles and dehydrate for 12 hours, turning tortillas after 6 hours.

Makes 10-12 taco shells

#### Taco Building

Seed Cheese  
Salsa  
Lettuce  
Guacamole  
Sprouts

Spread seed cheese on tortillas — this will soften the shell and make it pliable. Stuff with salsa and lettuce, and top with guacamole. Garnish with sprouts.

### Apple-Cranberry Sauce

#### Tex-Mex Holiday Treat

The creative folks at the Austin Mission took the Apple-Cranberry Sauce recipe from the original OHI Optimal Living Recipes book and added their special Texas twist. This recipe book, which is available in the Optimum Health Stores, was co-written by one of the founders of the Austin Mission, Mary Helon Nees.

#### Ingredients:

3 large red delicious apples  
2 cups fresh cranberries  
1/2 bunch cilantro  
Optional - chopped  
Jalapeno pepper to taste

#### Directions:

Put all ingredients except the Jalapeno pepper into the Vita-Mix and lightly pulse to blend. Transfer to a serving dish, and sprinkle with cinnamon for some extra taste and health benefits like boosting brain function.



For a hit of that Texas heat, top with finely chopped hot peppers, and garnish with nuts from the Texas state tree — pecans!





## Missionary Profile: Sojourn Into Healing for Missionary Garron Elders

October marked my first anniversary since completing my three month missionary assignment at OHI in San Diego. It also marks the second anniversary of the commencement of what I have come to refer to as my “sojourn into healing.” It is

indeed a time to reflect and to give gratitude for the many blessings that have come my way over the last two years since being diagnosed with stage 4 of the “Big C.”

Although I have met with some of the top medical professionals in the field, I decided early on to take a “complimentary” approach to my healing – incorporating both Western Medicine and Holistic Healing. Key to the latter was my three-week stay as a guest at OHI in March of 2008 and, later, the three months I spent serving as a Missionary from July to October. The education I received as a guest served as the foundation for my transformed lifestyle. I came away a much better steward of myself and better able to nourish my mind, body and spirit.

Serving later as a Missionary in the organic garden under the watchful eye of Dan Strohbar allowed me to immerse myself for an extended period in OHI’s lifestyle of raw food, meditation, yoga stretch, toning, and learning through classroom studies and sharing with other missionaries and guests. It was a very powerful healing experience.

In addition to my take-away from OHI, one thing I have learned to do in my healing sojourn has been to create a future to live into. In reference to Eckhart Tolle I call this “creating future while living in the Now.” It is something I highly recommend to all who are faced with a health opportunity.

All too often people with health opportunities start defining themselves in terms of a disease. They allow it to define who they are in their interactions with others and in terms of their own expectations of their lives. It’s a very limiting and self-defeating path to take. What you put out to the universe defines what comes back to you. Think for a moment about what possibilities you need to be creating for yourself in your healing. That should define who you are and what your future should hold.

As for me, I started volunteering as an Educator at a Marine Reserve near my home in Hawaii and took up scuba diving and sailing. My wife and I are in the middle of remodeling our long-time residence here and I am starting to write as a way of sharing my own experience with others and giving back. I also became the president of the association of our 234 unit townhome complex. It has been very empowering and has had a great healing effect.

I would strongly urge you to step out of your health opportunity for a moment, give gratitude and count your blessings for the lessons that are there to be learned. Look for opportunities to create a happy, healthy future to live into.

### SPECIAL OFFERS

**September 19th – December 18th in  
celebration of beginning our 35th year of service**

- Bring a Friend
- Early Bird Special
- 20% off Room Rate for 2nd Week
- 50% Off Room Rate for 3rd Week

Internet now available in select rooms at both OHI locations.

Some restrictions may apply. Call us toll free at 800-993-4325 to speak with one of our Guest Services Team Members for details.



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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](mailto:newsletter@optimumhealth.org) or call us at **800-993-4325**. Visit our website at [www.optimumhealth.org](http://www.optimumhealth.org)

## OPTIMUM HEALTH INSTITUTE

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### 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 mind-body-spirit to heal.

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