

## CHAIRMAN'S PERSPECTIVE

### Knowledge without Wisdom is an Empty Promise

"Life-long Learning" is one of the core values of the Optimum Health Institute. While we continue to gather knowledge as long as we're here on Earth, memorizing facts is only part of the story.

Christian philosopher C.S. Lewis, the brilliant writer who created *The Chronicles of Narnia* and hundreds of other thought-provoking works, warns, "Education without values, as useful as it is, seems rather to make man a more clever devil."

The Rabbi Shraga Simmons says the six outer branches of the Menorah symbolize the six realms of secular knowledge -- physics, philosophy, astronomy, medicine, music, and mathematics. Unless this information is focused and directed toward the center stem - symbolizing God, Torah and spirituality, the Rabbi says, information alone is not only useless, it can actually be destructive.

Having a vast amount of knowledge is one thing -- having the wisdom to use this knowledge in an appropriate, spirit-led way is quite another. Wisdom is about prioritizing the knowledge we have in our head, and filtering it through our heart connection to God.

A lot of people in our society put a high value on being in control, and having power. They think that the more knowledge they accumulate, the better able they'll be to control their lives, and the lives of others. The truth of the matter is without strong spiritual values guiding us, more knowledge actually makes us feel LESS in control. The search for knowledge becomes insatiable. In many ways it leads to the same emptiness that the constant search for money creates.

Theologians struggle to explain the rational behind scriptures, and the spiritual significance behind what Christ is telling us. They analyze scripture searching for the meaning within the meaning; investing hundreds of hours of exhaustive research and year after year of grueling seminary training. They achieve vast amounts of knowledge in their quest to learn what God is saying in a theological sense. The irony is God's message, as all his prophets have delivered it around the globe and through time, is simple:

"Love God with all your heart; and love your neighbor as yourself."

Commit to life-long learning, but dedicate yourself to having the wisdom to walk in God's Grace. Join us at OHI - San Diego and Austin as we commit ourselves to our core value of Life-long Learning. Our programs are designed to strengthen our values and guide us in prioritizing all the knowledge we have received in order to live a life according to God's Truth.

May every glorious sunset find you with more wisdom than you had at sunrise.

Yours in prayer,



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

## 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 and spirit to heal.

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



Robert P. Nees

“Science is organized knowledge. Wisdom is organized life.”

- Immanuel Kant



## OHI - AUSTIN BRING A BUDDY, GET A BARGAIN!

July 15 – October 7, 2007 • October 21 – November 11, 2007

Mark your calendars! When you book a stay in any private or preferred room at the Austin facility on the dates referenced above, your friend gets to stay in the room for half the price of the double occupancy rate – a \$482 savings.

Call OHI - Austin toll-free at 800-993-4325 to make your reservation. This special 50% discount does not include private shared bathrooms and the guest cottage. Space is limited, so make your reservation early. Just ask for the "Bring a Buddy – Get a Bargain" discount.

Look for our Fall Newsletter for OHI-San Diego's "Bring a Buddy – Get a Bargain" Program.



Pam Nees

*"You cannot solve a problem with the same mind that created it."*

*Dr. Albert Einstein*



## LISTEN TO THE LESSONS OF YOUR BODY

In the 31 years since Raychel Solomon, Bob Nees, Sr. and I started the Optimum Health Institute, I have learned the deep truth of this quote from Dr. Albert Einstein: "You cannot solve a problem with the same mind that created it."

When our thoughts, words, and deeds are out of alignment with our inner self, our bodies will let us know we have some healing work to do. Before the healing can happen, though, we must learn what we did wrong in the first place – and this is where our program at OHI shines.

Just recently, a young man checked into our San Diego facility with a serious health opportunity. Through his years of living as an alcoholic and drug addict, hepatitis C had nearly destroyed his liver. His doctors gave him only three months to live, and had sent him home to die.

Faced with this ticking clock, the frightened man reached deep into his soul and found reasons to live – his loving wife, and beautiful 3-year old daughter. With the strength he had left, he vowed to change mind, body, and spirit, and he knew he needed our help to make it happen.

His first few days at OHI were very tough, but he stuck with the program. The toxins slowly started to leave his body. With the help of generous scholarship donations from other guests and the Free Sacred Trinity Church, the young man was able to extend his one-week stay to a full month.

During those extra 21 days of religiously adhering to the spiritual disciplines taught at OHI, the man experienced true miracles. His liver started to regenerate, and his skin and the whites of his eyes returned to their normal color. The balance and cleansing which had occurred within were evident on the outside.

Our last conversation before he returned home will stay with me forever. "How could I have yelled at my baby girl?" he asked me, tears welling up in his eyes. "I was so messed up it never occurred to me that this behavior was so wrong. She still loves me despite how terrible I was!"

"You've learned how to talk to your daughter now," I reassured him. "And you've learned how to take care of yourself. Your mind was in darkness, and now it's in light."

This man learned how to change his thinking and he changed and healed his life. What an inspiring lesson for him, and for all of us who know his story!

Love,

*Pam Nees*

Program Director

## To Your Health! Optimum Pizza Delivers Great Taste

### Gomashio

2 cups dehydrated sesame seeds  
(or dried sesame pulp)

1 Tbs. garlic powder

1 Tbs. celery flakes

Blend ingredients together and set aside for topping pizza.

### Crust

(Recipe yields 8 servings - 2 pizzas)

1/2 cup flax seeds

4 cups rye berries

2 cups water

Grind dry flax. Blend berries and water. Add flax to batter, stir until smooth. Spoon mixture onto dehydrator sheets and let dry at 105 degrees for 24 hours. Flip pizza crusts and let dry for another 6-8 hours. Add sauce and toppings immediately before serving.

### Sauce

(Recipe yields approximately 4 cups, the quantity needed for 8 pizzas.)

4 ripe organic tomatoes

1/2 small onion

1/2 carrot

1/2 cup tomato powder

basil, oregano, garlic

Blend all ingredients together until smooth.

### Topping

1 yellow bell pepper

1 orange bell pepper

1 red bell pepper

1 onion

2-3 Tbs. pizza seasoning

Dice peppers and onion. Add seasoning and mix well. Top dehydrated crusts with sauce, toppings and Gomashio. Enjoy!

## GUESTS SHARE STORIES OF TRANSFORMATION



for others, and being part of their journey, as well as accepting encouragement and support back from other people." – *Kimberly*

"I came to OHI in a state of severe depression and OHI became my lifeline. The spiritual healing aspect of the program has been great. OHI has changed my life! It's authentic, spiritual and real." – *Wilma*

"My mother and I first came to OHI 10 years ago after my father died. We were both broken-hearted, particularly Mother. We came to heal our health and emotional well-being, and I've been coming back ever since. I feel that it is not just for me – it's also to honor my father." – *John*

A highlight of the Optimum Health Institute experience is gathering together Friday mornings for testimonials. Guests and adherents share moving stories of how their lives have been transformed in mind, body and spirit. Here are a few of those reports:

"When I go home, I bring home a new person, a new me, new friendships I want to keep for a lifetime, and happy memories of incredible experiences. I learned the joy of being there





## LIFE-LONG LEARNING BRINGS YOU MANY DIFFERENT TEACHERS!

Our teachers are everywhere along our spiritual path. We, as the perennial students, have only to open our hearts and minds to hear their valuable lessons.

Everything that happens to us in our lives has a meaning, and a deep spiritual purpose. Even in the bleakest situation, we must still have the wisdom and faith to take a step back and say, "OK, God, what's the big picture here? What am I learning through this experience?" Even if we don't hear God's answer right away, when we've made a sincere effort to learn the truth, it will be revealed to us when the time is right.

In every situation, we can choose to react to it, or we can choose to take action. Sometimes, that action will simply be to realize that we're having this experience to be able to help someone else when THEY go through it. Our darkest times and most painful emotions can be our most effective opportunities to learn.

One of the "teachers" in my life once said, "We don't develop good roots unless we have storms to test them." When we can face emotional hurricanes with our limbs outstretched, unafraid, thanking God for the opportunity to learn and grow, we have truly embraced our spirituality.

Throughout our lives, we continue to have the opportunity to learn from everyone we meet, work with, love or lose. Everyone has something of value to teach us, even if it's only to make different choices than they did.

My Grandfather, one of my "teachers" in life, once shared his wisdom that to this day, I have carried close in my heart. "Every day, if you believe you've done the best you can, that will be good enough." That's a wonderful thing to learn!

Warm regards,

*Lou Ann King*

Executive Director, OHI - Austin



**Lou Ann King**

### OUR PROMISE TO YOU

We appreciate your trust in the Optimum Health Institute, and respect your privacy while you're at our facilities. It is also the policy of the Free Sacred Trinity Church and its affiliates not to sell our mailing lists. Please let us know how we may better serve you. Our goal is your complete satisfaction.

## MISSIONARY GETS NEW LEASE ON LIFE

When George Sirbu arrived at Optimum Health Institute - San Diego in December of 2000, his prognosis was bleak - he was diagnosed with cancer.

George wondered if changing his diet might make a difference. He knew nothing about nutrition, but had heard certain foods might be better for him than those he had been eating for decades. In his week at OHI, George learned how food, emotions, and spiritual disciplines like prayer, meditation and study could definitely impact him holistically. As he adhered to the OHI plan for that first week, he immediately started to feel more balanced, energetic and happier in all areas of his life.

After he returned home, he dedicated himself to learning more about the healthy lifestyle habits taught at OHI. He devoured books on mind-body-spirit healing; he attended seminars; he frequented raw food potluck dinners to meet new like-minded friends. He gradually made the transition to a raw-food diet after several years. As he slowly transformed his life, he continued to return to OHI for annual "tune-ups," and was able to do an extended stay as a Missionary last fall.

"I just love being a Missionary here," George said. "When you help others, you definitely help yourself."



**George Sirbu**

## EACH OHI VISIT – AN OPPORTUNITY TO LEARN HEALTHY NEW HABITS

When Harley Matsil of New York first heard about the healthy lifestyle program at the Optimum Health Institute, it was like a return to his "roots." Harley earned the title "The Wheatgrass King" for being the largest wheatgrass producer in the country. "I had very high expectations before I came to the Mission," Harley said, "but my stay exceeded them all."

The warm welcome he received in San Diego inspired him to make significant changes in his life, and to return again and again with his wife Alyse and four kids in tow.

Harley sees each visit as an opportunity to rejuvenate, and to gradually replace more unhealthy habits with optimum choices. He's even replaced his kitchen countertops with wider surfaces to accommodate the extra equipment a raw food diet requires. The kids, all teenagers, love the experience so much that they have opted to spend two consecutive holidays at the Mission.

"It's important to expose children to healthy eating habits early, so they grow up wanting to incorporate raw foods into their diet," Harley said. By not forcing the teens to comply, Harley and Alyse wisely allowed their children to decide themselves.

Harley respects the fact that changing life-long habits is an on-going process, and he enjoys the opportunity to be an inspiration to his family and friends. In the meantime, he continues to look forward to his next OHI visit to get "recharged."

"One day," he promised, "I will be there! I will be able to take all I learned at OHI and go back home with the willpower to not cheat, no matter what!"



**Harley Matsil**

# OPTIMUM HEALTH INSTITUTE

a Mission of the Free Sacred Trinity Church

PO Box 500310  
San Diego, CA 92150-0310  
(800) 993-4325

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## OHI For Life makes Healthy Choices a Habit

Guests visiting the Optimum Health Institute (OHI) this summer will be able to test the prototype for the OHI For Life program. Through Internet coaching, chat rooms and a daily step-by-step guide for learning healthy choices, participants will receive the tools to help them practice at home what they learned at OHI.

Each of the 12 OHI For Life training sessions is 30 minutes long, can be accessed on-line and can be taken repeatedly. Several OHI For Life meal plans will be available – including the live, raw vegetarian food plan first offered to guests at OHI, and a maintenance plan with no animal products.

Keep visiting the OHI website at [www.optimumhealth.org](http://www.optimumhealth.org) to learn when the program will be available to participants as well as their friends and family.

### 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 OF OPTIMUM HEALTH INSTITUTE

Holism, Generosity, Relationships, Life-long Learning, Stewardship and Service

### GUIDING PRINCIPLES

Trustworthiness, Respect, Empowerment and Alignment

Contact us at [newsletter@optimumhealth.org](mailto:newsletter@optimumhealth.org) to receive your newsletters via e-mail.

Please visit our website at [www.optimumhealth.org](http://www.optimumhealth.org)

As a not-for-profit Mission of the Free Sacred Trinity Church, OHI accepts donations to support our mind-body-spirit program. Your generous gifts help us maintain the quality of the experience, while keeping tuition fees to a minimum. Thank you!

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### CONNECT WITH US!

Visit our weekly Open House every Sunday starting at 4:30 p.m. in Austin and 4 p.m. in San Diego. The program offers visitors, guests and adherents a personal tour of the facility, lecture, prayer circle and an all raw foods vegetarian dinner. The tour and lecture are complimentary; dinner is \$3. Contact us! We'd love to hear from you. [newsletter@optimumhealth.org](mailto:newsletter@optimumhealth.org)

#### AUSTIN

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

#### SAN DIEGO

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