

Spring 2020 | Connecting the
OHI Community

“When we know our
Divine purpose – we
cannot be stopped.”

Bob Nees Jr., p1.

**Discover
Your Purpose
at OHI**

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Chairman's Perspective

Now is a Great Time to Re-Focus and Discover Your Purpose



**Bob Nees, Jr., Senior Pastor
& Chairman**

'I know that you can do all things; no purpose of yours can be thwarted.'

-Job 42:2

A warm and heartfelt Spring greeting to our OHI community. As the beauty of Spring begins its annual reset with a burst of fresh new colors and textures, the sprouting of leaves and blossoms tells us that nature knows its Divine purpose. This Biblical verse tells us when we know our Divine purpose – we cannot be stopped. It is this concept of “purpose” that I wish to address in this newsletter.

The change of seasons is very powerful. It can change our mood; it can change our perspective. There is also a great deal of symbology to each season. Spring, for example, is the time of our spiritual calling – the point in our life where we desire a more spiritual relationship between God, ourselves, and the world - our spiritual Spring is when we begin our spiritual life. Spring is also symbolically understood as a time of rebirthing - of transformation - which makes it a wonderful time to rediscover our purpose in life.

So, what is the definition of *your* purpose? Simply put, it is the reason you were created and why you exist. But purpose by itself is useless without action and action is useless without

purpose. Some people seem to know their life purpose from a very early age. I've met people who have told me they knew exactly what they wanted to do for the rest of their lives as early as age 13, 10, and even eight. Believe me, this is rare. For the rest of us, finding our purpose takes time. Sometimes decades. Many of us will search and change our purpose over time as we learn, mature, and experience more of life. However, just like physical growth, there are no shortcuts when finding our purpose. Specifically, without spiritual and emotional growth our efforts to find purpose will be thwarted.

As I mentioned above, it is rare to know your purpose in life at an early age.

That's because we need life experiences

to know our unique God-given gifts. Until we've had opportunities to find and use our gifts, we simply cannot know what brings us and others joy. Gaining self-awareness of our gifts is essential to spiritual and emotional growth and

finding our purpose. Don't feel bad if you haven't identified your gifts let alone your purpose. I've met people in their 40s and 50s who still haven't found theirs – men and women caught up in careers or habits they were guided toward or developed in their youth before they had a chance to live life on life's terms. They are now struggling to find their purpose because their past is all they know. But it doesn't have to remain this way. Remember, it only takes 21 days to change a habit.

Here's how you can find or rediscover your purpose in five steps:

1. Commit to spending one hour a week for three weeks to identify your unique, God-given gifts.
2. Select a “safe and sacred” space to do your work.
3. Notice your gifts that bring you joy.
4. Acknowledge the amount of time you spend each week using your gifts.

5. Establish the road map to discover your purpose through your gifts.

When you find activities that bring you and others joy, start devoting your time to it. When you feel joy, it is such a powerful emotion that it speaks the truth from your very soul. You should organize all your activities toward focusing on your gifts. The more you do this, the more you'll discover help and compatriots that just seem to fortuitously appear. Or as, Chicken Soup for the Soul, author, Jack Canfield said, “Once you are clear about what you want and keep your mind constantly focused on it, the how will keep showing up - sometimes just when you need it and not a moment earlier.”

'The purposes of a person's heart are deep waters, but one who has insight draws them out.' Proverbs 20:05

Here at OHI, we can help you identify your unique gifts and purpose in a safe and sacred space. Through our Focus classes and spiritual activities, you will have many opportunities to focus on your unique and God-given gifts that bring you and others joy. Through prayer, alpha, and mindfulness practices, you'll be able to discover what matters most in your life. We'll then teach you how to keep what matters most fresh and alive in your mind.

You do this by practicing the 5 Ps to Optimum Health: Purpose, Positive Mental Attitude, Persistence, Patience, and Prayer. It's all part of our 21-day holistic healing program. When you are here at OHI, among our like-minded community members and new guests, you'll have opportunities to quiet your mind, to focus your thoughts inward, to work on the mindfulness that will give you clarity, and help you define or refine

"Here at OHI, we can help draw out your unique gifts and purpose in a safe and sacred space."

your true purpose. What issues do you truly care about? What makes you feel fulfilled? What were you born to do? We will help you find the answers.

Our philosophy is that God created humans as holistic beings with an integrated body, mind, and spirit. We call this “Wholeness”. We help you come into wholeness by purifying your body, quieting your mind, and renewing your spirit. Through the virtues of love, peace, forgiveness, self-reliance, accountability, and service, you will discover or renew your purpose in life.

The Science Behind Purpose Driven Lives: People with Purpose are Healthier and Wealthier

Having a purpose in life is much more important than most people think. Studies show that having purpose leads to a longer healthier, wealthier life. According to a 2010 study published in Applied Psychology people who have a purpose live longer. When Jeanne Louise Calment died in 1997 at the age of 122, she created the record for longest living human in history. Calment reached that old age because she had a purpose, it may not have been a noble one, but it was decidedly a purpose. In 1967, when she was 92 years old, attorney, François Raffray, age 47, offered to pay her \$500 per month for the rest of her life, if she would leave her house to him in her will. Calment had no heirs, and she appeared to have nothing to live for. After accepting Raffray’s offer, she went on to live for 30 years, until Raffray died first. Five months later she passed away, too.

According to Time Magazine, purposeful living has been linked to a lower risk of disease, better sleep, and other healthy behaviors.

And, according to a study in JAMA (The Journal of the American Medical Association) Psychiatry, having a purpose in life helps aging people maintain their function and independence. People in the study, who reported having a sense of purpose were less likely to have weak grip strength and slow walking speeds, both

of which are signs of declining physical ability and risk factors for disability. They also noted that people with purpose are more proactive in taking care of their health. Additional studies reported that purpose-driven people have lower levels of inflammation.

And, if that is not enough, a 2016 study published in the Journal of Research and Personality found that “individuals who feel a sense of purpose make more money than individuals who feel as though their work lacks meaning.”

God created mankind in his own image, and mankind is designed to be able to make plans, have purpose, and see them come to fruition. When you are a guest at OHI, you’ll have the space and time to practice the 24-ancient spiritual disciplines, such as fasting, prayer and meditation. This relieves the body and mind of stress, which will enhance your ability to visualize your purpose and make plans.

And, Spring is a great time to come back to OHI because it is scientifically the healthiest time of year. The average temperature is the ideal for human comfort. There are more hours of sunlight which boosts people’s moods. The re-leafing of plants refreshes the air by removing 25% of man-made carbon emissions. Plus, just seeing flowers have proven to make people happy. The Spring also means the return of birds,

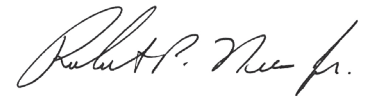
and hearing bird song is also known to make people happier. Combine all of these factors: birdsong, blossoms, delightful temperatures, longer daylight hours, and fresh air, and we are more likely to take outdoor walks which can lower our heart rate and make us feel more relaxed. And, while we’re outside, we can get our daily vitamin D requirement from the sun in as little as ten minutes. Researchers at the University of Michigan found that being outdoors broadened people’s minds, making them more open to new information and creative thoughts. Now that’s the kind of stimulation that will really help you identify your purpose. Make your plans today to come and visit either our San Diego or Austin campus, and let’s get started on your purpose!

“People with purpose are more proactive in taking care of their health”

Inside this edition: Read further and get to know staff members Scott Matthews and Amber Fyffe; Jennifer Radloff, an OHI San Diego missionary; The Robinson Family, a family that spent the recent Christmas holiday together at OHI; and Neyssan Moshref’s story of how the OHI Scholarship gave her the opportunity to strengthen her body and spirit for cancer treatment. We are forever grateful to all those who contribute and help people like Neyssan. Please also consider contributing the OHI Scholarship Fund which helps OHI community members in need. And finally, be sure to turn to page 10 to see our Spring Cleanse offer for some great savings.

Wishing you health and wellness in this blessed Spring season.




Yours in prayer,



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

Stay Connected with your OHI cohort, share contact info before you leave:

Join OHI Facebook pages for San Diego and Austin.

-  Start a Facebook Group Page for your cohort.
-  Share food videos.
-  Keep writing “Daily Gratitudes.”
-  Pledge to support your “Buddies.”

As your transformation grows arrange to return to OHI with your friends from your cohort.

Sleep – What is it? Why is it so important?

How do we get more of it?



At OHI, we believe that God created humans as holistic beings with an integrated body, mind and spirit. We believe everyone can achieve optimum health when the body is purified, the mind is quieted and the spirit is renewed. From that place of total integration and wholeness, people are then able to strengthen their connection to God and are transformed to receive optimum health.

So let's start with the basics on your journey to receive optimum health. Everyone tends to focus on nutrition and exercise as the first steps to cleansing the body and quieting the mind, but one of the most overlooked pillars of good health is good sleep. You simply cannot achieve optimum health without taking care of your sleep.

Your body needs sleep, just as it needs air and food to function. During sleep, your body heals itself, and restores its chemical balance. The fact is, sleep is absolutely essential to body, mind and spirit...

BODY:

Sleep plays a vital role in your body's ability to heal and repair your blood vessels and heart. People who don't sleep enough are at greater risk of heart disease and stroke. Moving on to the endocrine system, hormone production is dependent on sleep. Not getting enough sleep or having interrupted sleep could affect hormone production, and is linked to increased inflammation. Sleep also affects the levels of two hormones, leptin and ghrelin, which control feelings of hunger and fullness. Leptin tells your brain that you've had enough to eat. Without enough sleep, your brain reduces leptin and raises ghrelin, which is an appetite stimulant. The flux of these hormones could explain nighttime snacking or why someone may overeat later in the night, and

poor sleepers have an increased risk of weight gain and obesity. Sleep deprivation also prompts your body to release higher levels of insulin after you eat. Higher insulin levels promotes fat storage, and increases your risk for type 2 diabetes. Sleep also directly impacts your immune system. While you sleep, your immune system produces protective, infection-fighting substances like cytokines. Cytokines also help you sleep, giving your immune system more energy to defend your body against illness.

MIND:

Sleep allows your brain to forge new connections, and helps with memory retention. Lack of sleep makes it more difficult to concentrate or learn new things, and can also compromise decision-making processes and creativity. Without the proper amount of sleep, the signals your body sends to the brain may also be delayed, decreasing your coordination and impacting speed, accuracy and reaction times.

SPIRIT:

Sleep deprivation negatively affects your mental abilities and emotional state. Poor sleep is linked to depression and mood swings.

Before you can improve your sleep, you have to understand what the qualities of good sleep are. While we often keep track of the quantity of sleep that we get, we rarely consider the quality of sleep that we get. The National Sleep Foundation published a first-of-its kind set of sleep-quality recommendations in the journal Sleep Health.

“Poor sleep is linked to depression and mood swings”

"Establishing a healthy sleep schedule is another daily practice that is essential to having a balanced, productive day."

Here are the 4 recommendations you should strive for:

1. You fall asleep in 30 minutes or less.

If it takes you longer than half an hour to fall asleep, either you're going to bed too early for your internal clock so you're not physically and mentally ready for sleep, or you're engaging in activities that are too stimulating before bed. First, try reserving the hour before bed for relaxing activities that do not include screen time. If that doesn't help you fall asleep faster, try changing up your sleep schedule so you go to bed later when you actually feel tired.

2. You wake up for 5+ minutes no more than once a night. (For adults 65+, waking up twice a night is age-appropriate.) If you wake up a few times a night, roll over, and go right back to sleep, that's fine. If you lie awake for more than five minutes several times in a night, there could be a medical issue behind it — acid reflux, sleep apnea, etc.

3. You fall back asleep within 20 minutes. (Adults 65+ may take up to 30 minutes to fall back asleep.) Once you hit the 20-minute mark without falling back asleep, get out of bed and do something relaxing like reading a book, listening to a podcast, or coloring. DO NOT engage with a phone or TV screen. It may seem counterintuitive, but the relaxing activity could be what your brain needs to finally fall back asleep.

4. You're asleep 85% of the time you spend in bed. Try to use your bed only for sleep or sex. If you don't use your bed for watching TV, scrolling through your phone, or checking email on your laptop, your brain and body will naturally relax into sleep when you climb into bed.

Now that you know what the tenets of good sleep are, and how vital it is to your body, mind and spirit, let's find out how to get good sleep. First, understand that you have to put the time in. Adults ages 18-64 require 7-9 hours of sleep per night. That means you have to back up your bedtime to accommodate time to fall asleep, and the possibility that you may wake up in the night. If you're not setting aside 10 hours, then you're not giving yourself the opportunity to let sleep work its healing magic on you.

There are additional ways to help establish a healthy sleep schedule:

- Limit daytime naps (or avoid them altogether)
- Refrain from caffeine past noon
- Go to bed at the same time each night
- Wake up at the same time every morning
- Stick to your sleep schedule during weekends and holidays
- Spend an hour before bed doing relaxing activities such as reading, meditating, or taking a bath
- Avoid heavy meals two hours before bedtime
- Refrain from using electronic devices right before bed
- Exercise regularly, but not in the evening hours close to bedtime

At OHI, our program focus is to cleanse the body and quiet the mind so that we can build a connection to our spirituality and to God. We do this by practicing 24 ancient spiritual disciplines, such as fasting, prayer and meditation. Our program follows a daily rhythm from the monastic tradition where we practice disciplines throughout the day (prayer, study, contemplation, etc.). The idea is

that we become disciplined around our daily practice so when we go home we can continue to practice good habits for body, mind and spirit. Establishing a healthy sleep schedule is another daily practice that is essential to having a balanced, productive day. Overall, when we aren't consuming caffeine, sugar, processed foods, TV/news, digital devices, alcohol, shopping, or toxic thinking, our bodies and minds are calmer and more clear, and sleep comes naturally. A calm body, mind and spirit leaves us in an alkaline state (vs. acidic). It's the underlying foundation for good health and wellness.

So seek out sleep just as you would seek out a clean diet and a meditative state. They are all interlocking parts of the puzzle to achieving optimum health so we can transform into whole beings. Wishing you a good night's sleep tonight and always!

OHI's Recommended Books:

- *Sleep Away the Pounds: Optimize Your Sleep and Reset Your Metabolism for Maximum Weight Loss*, by Cherie Calbom
- *Why We Sleep: Unlocking the Power of Sleep and Dreams*, by Matthew Walker, PhD
- *The Sleep Solution: Why Your Sleep is Broken and How to Fix It*, by W. Chris Winter, MD

"People Who Get the Best Sleep Have These 4 Things in Common" by Amanda MacMillan, *health.com*, January 23, 2017

"10 Reasons Why Good Sleep is Important" by Joe Leech, *MS*, *healthline.com*, June 29, 2018

"The Effects of Sleep Deprivation on Your Body" by Stephanie Watson and Kristeen Cherney, *healthline.com*, April 18, 2019

Introducing the New President of OHI San Diego — Scott Matthews



Scott Matthews

attitude of gratitude, we are so fortunate to have him leading our team. Welcome Scott! We are so thankful to have you steering the ship!

Here's a quick Q&A with our new President:

Q: Give us a little background on yourself.

A: I'm a Midwesterner, and grew up in the St. Louis metro area. I love everything to do with the outdoors — hiking, camping, and riding my motorcycle. I've been happily married to my wife, Sue (my high school sweetheart), for 38 years. Together we have three grown children — Nick, Eric and Samantha. They have blessed us with four awesome grandchildren — Adelaide, Colton, Jameson and Benjamin. We moved to San Diego 16 years ago. I was introduced to OHI when Barbara Hall (wife of OHI Board member, Lee Hall) and I worked together at my company, Learning Evolution. Learning Evolution partnered with the Free Sacred Trinity Church and OHI, providing them with technology-based learning and development services. After several years of partnering with OHI and becoming impassioned about the program, I was asked to join the OHI San Diego board in 2015. A few years after that I was asked to join the board of FSTC, and became an elder.

Q: What made you decide to take on the role of President at OHI?

A: As an OHI board member, one of the most important tasks we have is developing talent to ensure the organization has the right people with the right skills and capabilities to deliver the

We would like to take a moment to introduce the new President of OHI San Diego, Scott Matthews. Scott has been a long-time OHI board member, but is now taking on a day-to-day leadership role at OHI San Diego.

An all-around great guy who lives his life with an

"Coaching and developing leaders and teams to achieve success is something I am excited to tackle as President of OHI"

best experience possible to each and every one of our guests. Coaching and developing leaders and teams to achieve success is something I am excited to tackle as President of OHI. This organization is celebrating 43 years of service. I feel truly fortunate to be part of the leadership team tasked to prepare it for the next generation of Stewards to carry on.

Q: What do you look forward to experiencing most each time a new cohort of guests arrives?

A: I really love listening to the Testimonials on Fridays. Hearing directly from the guests how they've been transformed physically, mentally and spiritually is truly amazing and inspiring.

Q: Are there any personal spiritual experiences you've had since you started working at OHI that you would like to share?

A: I attended my first week of the OHI program in Austin, Texas. It was here that I had my first toning experience and was able to reach a high level of relaxation and meditation that resulted in an "out of this world" experience for me. Prayer and meditation are my daily celebrations that keep me growing as a human being.

Q: Do you have a personal contribution you'd like to make to OHI as you take on the role of President?

A: I am completely focused on the guest experience to ensure we are doing everything we can to help create a safe and sacred space for healing. For me, the 5P's to optimum health (purpose, positive mental attitude, persistence, patience and prayer) are a perfect framework for a holistic approach to life that ties together the body, mind, and spirit, and I want our guests to feel completely supported as they explore that framework for themselves. I am constantly striving to incorporate the 5P's into my life, starting with a Positive Mental Attitude, and I want to infuse that positivity into every experience we provide to our guests.

"I am completely focused on the guest experience to ensure we are doing everything we can to help create a safe and sacred space for healing."

Staff Spotlight

Meet Guest Services Director at OHI Austin, Amber Fyffe



Amber Fyffe

The team members at OHI are all exceptional. From hospitality, to education, to ministry, every contribution is essential to providing guests with the best experience possible. We are so proud to put the staff spotlight on Amber Fyffe, Guest Services Director at OHI Austin.

Amber was born and raised on the coast of South Texas. “I grew up in a big family with three brothers and two sisters,” said Amber. “We lived a traditional small town Texas life — lots of high school sporting events, church BBQs, and family beach weekends.” After college at Texas A&M University, Amber worked in social work for a few years before moving to Austin and transitioning into operations management. She was Director of Operations in Austin for a medium-sized hospitality company until early 2013.

In 2013, Amber’s husband was in a serious mountain biking accident. “I became his full-time caregiver for a few months during his surgeries and while he re-learned how to walk,” said Amber. “As he regained independence, I started trying to figure out what my own next step was going to be. I found OHI, attended a Sunday Open House, and immediately knew it was where I wanted to be. I went home that night, applied for a position, and the rest is history!”

Amber joined OHI in November 2013 as Kitchen & Growhouse Manager. “I served in that role for several years before being promoted to Guest Services Director,” said Amber. “I try to maintain an attitude of ‘how can I contribute,’ and each day brings different challenges and rewards. Every day I’m learning, and every day I have the opportunity to hold space for our guests’ healing...and that sometimes comes about in unexpected ways. It’s really beautiful.”

"I found OHI, attended a Sunday Open House, and immediately knew it was where I wanted to be"

Working at OHI can be bittersweet as you have to say goodbye to each cohort of guests that you’ve grown close to. But a new cohort of guests arrives, and new friendships are formed. “I love that each week offers the same structure, but a vastly different experience depending on guest personalities,” said Amber. “Different guests react differently to the program. I love watching how different guests navigate the changes they are experiencing, and observing how guests respond to the newness of the experience. My favorite part of every week is Testimonials, a time at the end of the week where we bring the entire group together and guests share from the heart about their personal journey and what healing they found through OHI.”

OHI teaches guests many strategies to help themselves heal, from taking a walk to keeping a journal. Amber tries to put that into practice for herself. “I spend some time in solitude every day, usually on a morning trail run,” she said. “I resist the temptation to listen to music or podcasts during this time, and try to spend that time intentionally communing with nature.”

Some guests come to OHI with a very structured religious upbringing, and others find OHI as part of a spiritual journey as an adult. “I had a religious upbringing,” said Amber. “My spiritual foundations were laid during my childhood, and much of my work ethic and discipline are attributable to that stage of development. Currently, I resonate with teachings that emphasize the basic humanity and connectedness of everyone and everything, helping me to integrate spirituality into my every day life.”

As guests leave OHI, there is so much they take with them and share with the world. “If I could share just one thing that I’ve learned while working at OHI,” said Amber, “it would be this — whatever you are not changing, you are choosing.”

"Currently, I resonate with teachings that emphasize the basic humanity and connectedness of everyone and everything, helping me to integrate spirituality into my everyday life."

OHI Guests Doing Extraordinary Things

Meet The Robinson Family, Frequent Guests at OHI San Diego



Robinson Family

What's the best way to spend Christmas with your adult children? Book a stay together at OHI!

John, Sylvia, Matthew, and Nailah Robinson spent the recent Christmas holiday together detoxing and enjoying family time. While each of them has visited OHI in the past, this is the first time that all four have visited together.

“It really meant so much to me to share this experience with my husband and children,” said Sylvia. “I call OHI my ‘happy place,’ and to be there with the people who make me most happy was truly a blessing.”

The Robinson family hails from Northern Virginia. John, who retired from the State Department in 2017, is a diabetic and has found that his body responds amazingly well when he follows the OHI program. Sylvia, a retired non-profit executive who works in real estate, has been coming to OHI at least once a year for the past ten years. Matthew, who works in the State Department, was diagnosed with Crohn’s disease when he was a teenager, and came to OHI seeking support to help manage his symptoms. Nailah, a nurse in the pediatric emergency room at Children’s National Medical Center, provided the impetus for the family’s visit as she really wanted to celebrate her Christmas birthday by getting healthier at OHI.

“I like to come to OHI at least once a year for a tune-up,” said Sylvia. “I’ve been at least 12 times. Nailah came to San Diego with me once before, and John has come with me or by himself at least 8 times. Matt’s first visit was about 7 years ago with John and me at OHI Austin. After every visit each of us feels

thoroughly cleansed, with improved energy and focus.”

Every time the Robinsons visit OHI, they try to incorporate one guideline from the OHI program into their day-to-day routine.

“At first we focused on drinking enough water to stay fully hydrated each day,” said John. “Then we added more fresh, organic fruits and vegetables into our diets, and we started observing the food combining and transit times for digesting our meals. Now we’re vegetarian/vegan, and enjoy at least 1 raw meal a day.”

“The family that prays together, stays together!”

The classes have also had a lasting impact on the Robinsons.

“I love the emotional and mental detox classes,” said Sylvia.

“I was going through some personal issues in 2015, and the message of those two classes came through to me loud and clear. Through my experience at OHI, I was able to release the remorse and regret I was feeling, and find peace. I don’t know how I would have been able to move forward without that breakthrough.”

“I love the Alpha meditation class,” said John. “Meditation is a very healthy practice that I have incorporated into my daily routine. Matthew and I often meditate together now, and I feel as though it has completely changed my life. The OHI program has been so beneficial for managing my diabetes and for Matt managing his Crohn’s disease.”

“OHI taught us that ‘Nothing tastes as good as healthy feels,” said Sylvia. “That’s the truth. I have lost over 50 pounds, and feel younger now than when we first visited OHI 10 years ago.”

“And now that I’m retired,” said John, “I can honestly tell you that ‘Your health is your wealth.’ The better my body, mind, and spirit feel, the better I can use the gift of time in retirement. I always say I wish I was the PR manager for OHI. They are the world’s best kept secret. This program is amazing!”

“I like to come to OHI at least once a year for a tune-up.”

Neyssan Moshref's Journey to Wellness

Scholarship Recipient Prepares Her Body for Cancer Treatment



Neyssan Moshref

In late 2014, Neyssan was diagnosed with Ductal Carcinoma In Situ (DCIS). That is the presence of abnormal cells inside a milk duct in the breast. DCIS is considered the earliest form of breast cancer. It is noninvasive, meaning it hasn't spread out of the milk duct, and has a low risk of becoming invasive.

"In late December 2019, I was close to reaching my 5-year cancer-remission anniversary," said Neyssan. "Out of the blue, I was stunned to be diagnosed with breast cancer. I was scared, depressed, and lost. My sister, Sahba, knew that before I could face any breast cancer treatment, I first needed to strengthen my body and my spirit. She had heard rave reviews about the OHI San Diego program, and the success guests had in detoxing the mind-body-spirit, so she generously offered to gift me a stay at OHI. We were both surprised and ecstatic to learn that there was an OHI location right here in Austin where I live!"

OHI was an answer to a prayer for Neyssan. "I walked through the doors of OHI on that first Sunday evening pretty broken," said Neyssan. "My heart and mind were dark, and I was feeling hopeless. The staff welcomed me with big smiles and beautiful energy. We started each day with lymphatic exercises. We would nourish our bodies with healthy raw foods and juices. We had amazing life-changing classes, and time to meditate and breathe. Since this was a process, I knew that I needed the full 3 weeks to reach the level of health to face cancer treatment. I asked about a scholarship, and was so grateful to learn that I would qualify due to my diagnosis. It truly was a blessing. With each passing week, I was blossoming, opening up, and feeling better. By the third week, I was a completely different person, and ready to fight my cancer."

Neyssan is optimistic about her future. "It's been close to a month since my stay at OHI," said Neyssan, "and I am feeling so empowered by what I learned there. My kitchen is now set up with a dehydrator and a juicer, and everyday I workout and take meditative walks. The tools I was given, along with the friendships I developed, are priceless. I'll be forever grateful to OHI, and the opportunity their generous scholarship gave me to kick start my journey to healing."



Share the Gift of Healing

Three Ways to Give

- 1 **MAIL** newsletter donation envelope
- 2 **ONLINE** www.OptimumHealth.org
- 3 **PHONE** (800) 993-4325

Share the Love, Share the Feeling, Share the Gift of Healing

Please consider contributing to the OHI Scholarship Fund to help those in need experience the benefits of the OHI program. Over the course of our 43 years, OHI has provided scholarships to individuals who could not afford to otherwise attend. In most years, we have been able to fulfill all requests for assistance through the generosity of our community. OHI invites you to join with us in celebrating our healing mission with a tax-deductible gift. Your contribution will help to make our community stronger, healthier, and more vibrant. Thank you so much for your generosity!

Provide the Gift of Healing today by supporting the OHI Scholarship Fund with a tax-deductible:

- One-Time Donation, or
- Sustainable Monthly Contribution

Thank you for your generosity!

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

Get to Know OHI Missionary, Jennifer Radloff



Jennifer Radloff

Jennifer Radloff began having debilitating panic attacks, and tremendous pain in June 2013. After being incorrectly diagnosed with numerous mental illnesses, she was put on 23 different medications. During 2014 she gained 80 pounds, lost the use of her left arm, had 13 kidney infections, suffered with

unexplained cysts and stabbing pain in her joints and bones, and spent most of the year in bed. Eventually she was diagnosed with Lyme Disease, Fibromyalgia, Chronic Fatigue Syndrome, and Epstein Barr Virus. She had to leave work, and go on disability.

“Spiritually, this time holds great meaning for me,” said Jennifer. “Experiencing such darkness felt like I was being buried alive. I now believe I was being planted. I was a seed waiting to explode into life. And that is exactly what happened since first visiting OHI in 2015. I have experienced an explosion of growth, healing, learning and love.”

Jennifer spent 5 weeks as a guest at OHI San Diego in 2015, and returned again in 2017 for 9 weeks. Each visit brought her healing and peace. For over 2 years, she has had complete remission from all physical pain and symptoms. She has lost 80 pounds, and quit smoking. “OHI has helped awaken a new sense of purpose in my life — to inspire others to seek wellness, and to challenge myself to continue grow in holistic healing.” The OHI Missionary program was the ideal next step.

"Experiencing such darkness felt like I was being buried alive. I now believe I was being planted."

Jennifer started her missionary residency in August 2019. “OHI has taught me so much about myself,” said Jennifer. “Through their teaching, I have learned to acknowledge my perfectionist tendencies. I used food to mask my anxieties. Now, eating a raw, plant-based diet brings me satisfaction, and I have been able to deal with underlying issues around my eating habits.”

Jennifer also finds joy in OHI classes. “My absolute favorite day of the week is Mondays, when I lead the lymphatic exercise class,” said Jennifer. “It’s the first class guests attend, and I want them to feel part of our community right away. It’s a gentle exercise class where we put on inspiring music and move our bodies, helping our lymphatic system pump out the toxins the OHI program is designed to draw out of our bodies. You feel good inside and out! My favorite class to take is Mind-Body Connection.” “I love learning

about science, and how I can use my mind to help my body heal in loving ways. The Alpha Meditation class is also amazing, and has inspired me to meditate for at least 20 minutes every day. The Vocal Toning class was also a revelation to me. When it clears different energy centers, you can feel the energy flow change and your vibrational frequency is higher.”

Jennifer feels the 6 months she’s invested in the OHI missionary program has fundamentally changed her. “This quote sums up my OHI experience,” said Jennifer. “‘You are not a human being having a spiritual experience. You are a spiritual being having a human experience.’ OHI saved my life, and I am grateful for the opportunity to experience true spiritual growth every day. I am so excited to leave here with this perspective, and share it with the world.”

"OHI saved my life, and I am grateful for the opportunity to experience true spiritual growth every day."



Ready to Recharge?

Come to OHI for your
Optimum Spring Cleanse

Feel lighter, brighter and
more energized!

Optimum Spring Cleanse Offer

Valid for weeks beginning 3/22 through 6/14/2020

OHI San Diego

Save \$100 on your room + 2 Free Colonics
per week*

When you stay in a select single-occupancy private room, receive a \$300 value per week or stay 3 weeks and get a \$900 value. **Offer includes Courtyard, Bungalow and Garden rooms.**

OHI Austin

Save \$200 on your room
per week*

When you stay in a select single-occupancy private room with an adjoining bath, save \$200 per week or stay 3 weeks and save \$600. **Offer includes Queen rooms.**

Hurry - Limited number of rooms available on this offer!

Call (800) 993-4325 | Code: Spring2020

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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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Spring2020

VISIT WITH US: SUNDAY OPEN HOUSE

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: (800) 993-4325

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

**Come to OHI for your
Spring Cleanse!**

**Feel lighter, brighter and more
energized - visit OHI San Diego
or OHI Austin**

See inside on Page 10 for details
Or call (800) 993-4325

Our Mission

We serve as a change agent for holistic healing by creating a safe and sacred space.

Core Values

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

Guiding Principles

Trustworthiness, Respect, Empowerment and Alignment.