

### CHAIRMAN’S PERSPECTIVE

**Ecclesiastes 3.1** *To everything, there is a season*

#### Warm greetings to our growing Optimum Health Institute community!

As we look forward to the rapidly approaching New Year and reflect back on 2013, our thoughts of what has and could have been merge with our hopes, dreams, and desires for the coming year. It truly is the time of the season for reflection and renewal. Just like in nature our human existence follows a similar pattern with one exception. Humans are blessed with free will to make choices either individually or collectively to transform ourselves, family, or community.

As we reflect on OHI, we find a vibrant community of guests, missionaries, and employees who love, serve, and remember each other the way our Creator intended. During 2013, we reviewed over 8,000 of your surveys from 2010-2013. Many of you mentioned the need to improve the furnishings and rooms as well as develop new classes.

Based upon your feedback, we have initiated a perfect rooms program which will be fully implemented over the next 30 months. OHI San Diego’s rooms will be remodeled including new laminate wood floors, environmentally safe paints in healing colors, chairs, desks and LED lamps with energy efficient ratings – all from sustainable resources, and as many materials and products as possible will be American-made. To date, improvements have already been completed in 10 rooms, and

another 40 rooms in our courtyard have new furniture. We’re making similar improvements in classrooms.

OHI Austin is making dramatic landscape transformations, including a labyrinth, thanks in large part to generous donations. Austin also plans to add new bathrooms, creating more private queen rooms and single occupancy rooms with private bathrooms.

Although our townhouses are not a part of the main facilities, they will receive a facelift with new stucco, paint, and awnings. This work already has started and will be completed in mid-2014. In addition, the pool has new plaster and tile, along with a new deck and will continually be heated to 79 degrees throughout the year.

While renovating the living facilities was high on your list, you also requested more classes for graduates of the three-week program. I’m pleased to announce several new classes, to be launched in 2014:

- You’ll get hands-on experience creating tasty new dishes in our “Pray, Eat, Live” food prep class offered on Saturday afternoons launching the first week in February.....no more having to go offsite and the best part.....it’s free!!!
- A new spirituality class will center on the healing practice of forgiveness.
- A new organic gardening class that is participatory scheduled for summer 2014.
- In addition, all of our existing classes are being updated.

Another hot topic – returning community members want to be recognized. With your continuing participation at OHI, we know you represent the heart and soul of creating a safe and sacred space for healing to occur. To honor your commitment, we’re creating an on-line reservation system for OHI program graduates who are community members and have an active e-mail account. The system will be up and running in the spring of 2014. Remember, lower rates will be found online and you



Robert Nees, Jr.

(continued on page 2)

### In This Issue...

|                                   |   |
|-----------------------------------|---|
| Chairman’s Perspective.....       | 1 |
| Renovations at OHI San Diego..... | 2 |
| New OHI Class.....                | 3 |
| News from OHI Austin.....         | 4 |
| Guest Testimonial.....            | 5 |
| Optimum Value.....                | 6 |
| Our Offers.....                   | 7 |
| Stay Connected with OHI.....      | 7 |
| The 5 P’s to Optimum Health.....  | 8 |

(continued from page 1)

will need an active e-mail account to participate, so update your e-mail address now.

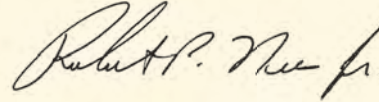
Per your suggestion, OHI is taking a transformational dive into social media. We created a Facebook page for members to connect, and we're pleased to see our Yelp and Google scores are consistently over 4 on a scale of 1 to 5. You're giving our team members high marks. We're happy to see our additional team training and commitment to excellence reflected in your positive feedback.

Moving to where the need is the greatest, did you know that less than 1% of our budget comes from donations in San Diego and about 4% in Austin, but you're starting to change that. This year our donations are up 50%. Thank you! Donating to the OHI Scholarship Program not only helps those in need, donations also supports our ability to provide sustainable wages and benefits for our staff, and ongoing capital improvements. This year

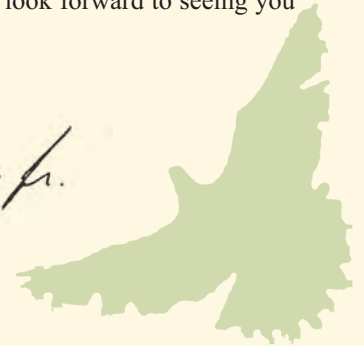
we will provide 70 scholarship weeks to those in need thanks to your generosity. Our goal for next year is to provide 200 scholarships. Please help us meet our goal.

In closing, thank you so much for sharing your thoughts through your surveys about your OHI experience, and being an important member of the OHI community. We support your commitment to continued transformation, and look forward to seeing you again soon.

God Bless,



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



## New Renovations at OHI San Diego



While guests at the Optimum Health Institute (OHI) San Diego have been detoxing their bodies, we've been doing some design "detoxing" of our own.

We started with the Optimum Health Store. While it was always a wonderful resource for supplies to support bringing body, mind and spirit into balance, the feel of the store didn't effectively reflect that positive energy. Now, walls of warm maple and "sprout green" spring up from a beautiful cherry laminate wood floor. Clear glass shelves add airiness, and a glass front door brings the vibrant landscape inside. Soothing music invites guests to browse books and DVDs while warm rich furniture pieces highlight some of our favorite products.

Similar warm, healing colors from nature are also now showing up in our rooms, townhouse facades and the pool.

Most of the guest rooms have new furniture while some have been completely reconditioned, with plans underway to

update all. Carpeting was replaced with beautiful laminate wood floors, lighting was enhanced with the use of LED bulbs. Environmentally friendly paint in soothing earth tones compliments and completes the guest room enhancements.

Along with townhouse facades being restuccoed and painted in complementary nature tones, we gave the pool a "facelift." New plaster, tile and decking give the pool a vibrant new look, and make it blend seamlessly into the updated townhouse design. New cushions for the pool-side chairs invite meditation and contemplation by the sparkling water which is heated to 79 degrees year-around.

Our vision is to use materials that are environmentally friendly and harvested from sustainable resources. And when possible, the materials are also American made. For your comfort and pleasure we anticipate having all the renovations completed by the end of 2014.



## New OHI Class: Pray, Eat, Live... in the Graduate's Kitchen



So you've experienced all three weeks of the Optimum Health Institute's (OHI) God-centered holistic healing program. Your first week you ate the freshly prepared live, raw, organic vegan dishes the OHI kitchen staff lovingly prepared for you. Your second week, you tasted dehydrated "pizzas," and other delicious foods created for you by the Third Weekers. Then, in *your* third week, you learned to make a live, raw, organic vegan feast yourself. You chopped, blended, shredded, dehydrated, fermented and juiced, and picked up some new skills to help you take the program home with you.

You asked us for additional OHI-compliant advanced food preparation class, and we listened.

We're happy to announce a new Saturday class exclusively for guests who have completed OHI's 3-week program. **Pray, Eat, Live** launches early next year, and will lead students through a culinary wonderland of live, organic, vegan delicacies that will inspire you to abandon processed foods forever. Created by our new Executive Chef Ken Dorr, the 2.5 hour class will empower students to create a tempting array of OHI approved dishes – including some cooked foods for those on the maintenance diet – and plan healthy appetizers, meals, snacks and desserts.

### Recipes on the menu for Pray, Eat, Live include:

- Buckwheaties
- Raw (but warm) Cauliflower Soup
- Oil-Free Pesto Sauce
- Chipotle Sun-Dried Tomato Dip
- Dehydrated Almond Coconut Cookies

The class will be held in room 78, also known as the Graduate's Kitchen.

Besides being a play on a popular autobiographical account of author Elizabeth Gilbert's spiritual quest *Eat, Pray, Love*, the title of the class honors OHI's commitment to empowering guests to bring body, mind and spirit into balance.

The word "pray" reminds us to always bless our food, and hold it in high spiritual regard. The word "eat" reminds us that eating is a way honor the temple that is our body. The word "live" reminds us that by eating right, we can live a long and healthy life.

Pray, Eat, Live will give guests who have completed the three-week OHI holistic healing program more kitchen skills, and new ideas for creating healthy and still delicious dishes that family members and friends will also enjoy. Students currently in the third week of the program will also be eligible to take the class.

### Oil Free Pesto Sauce (Hypo)



- 2 c. tightly packed fresh basil
- 1 to 2 cloves garlic, roughly chopped (to taste)
- ¼ c. soaked and drained walnuts
- ¼ c. pine nuts
- 1 T. lemon juice
- 1 T. coconut aminos
- 2 T. celery powder
- ½ c. vegetable broth

Place the basil, garlic, walnuts, pine nuts, lemon juice, coconut aminos and celery powder in a food processor fitted with the S blade. Pulse to combine, until the mixture is coarsely ground.

Turn the motor on and drizzle the vegetable broth in a thin stream. Taste. Pulse a few more times to combine.

Yield: Serves 4

## Walk the Labyrinth at OHI Austin

Labyrinths have been used for thousands of years in various cultures to symbolize a sacred journey towards spiritual renewal. Walking a labyrinth encourages the body to move and results in the release of nervous energy and the attainment of focus, clarity and a calmer mental state. In this quiet, contemplative state, communion with God can ensue, overall well-being improves – wholeness and healing occur.

Unlike a maze, which has tricks in its twists and turns, the labyrinth has a single path to its center, making it a peaceful experience. The labyrinth is symbolic of an inner walk to better listen to the soul’s longings. Dr. Lauren Artress, a pioneer in the resurgence of labyrinths in the early 90’s, described the process of walking the path as one of releasing, receiving and returning. It is a unique experience for each person. It is a spiritual practice that can quiet the mind and open one to spiritual guidance.

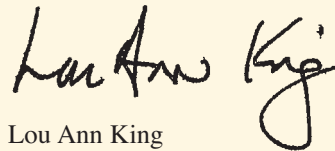
In January 2013, I set an intention to build a labyrinth at OHI Austin and hung a picture of a labyrinth on my office wall as a reminder to my meet my intention. A short time later, an OHI Austin missionary donated a \$100 bill and I pinned it to the labyrinth picture. Then a short time after that, a guest donated a generous amount in dedication to the memory of her husband. Not long after, another guest made another generous donation

toward this project. Between these three individuals, we now have \$10,100 in donations allocated to building our labyrinth.

We hope to complete our labyrinth in 2014. However, before construction can begin, we still need to finalize designs, prepare the ground and raise additional funds. Any and all of your donations, no matter how large or small, will be greatly appreciated in completing this project.

Saint Augustine believed that a walk could solve all problems. Perhaps because it allows us an opportunity to listen in a manner we have not done before. We look forward to having a labyrinth available for guests to enjoy in 2014.

Blessings on your journey,  
Lou Ann King



Lou Ann King  
Executive Director  
OHI Austin



## Savor the Beauty of OHI Austin

Brilliant splashes of bluebonnets, Indian paintbrush, primrose, fire wheels and golden Rudbeckia. A walking path meandering through a wooded thicket. Branches entwining to make a striking bridge over a rock culvert. At Optimum Health Institute (OHI) Austin, spending quiet contemplative time immersing yourself in the exquisite landscape is an important part of the optimum experience.

Our OHI Austin mission rests in a nurturing countryside setting on 14 acres in central Texas, just 16 miles east of Austin. It will delight, inspire and motivate you in a whole new way. At OHI Austin, we effectively use both forest and meadow to create a 1.5 mile hiking trail that provides a diverse, engaging backdrop to each guest’s inner journey.

New outdoor furniture, made from sustainable wood, invites guests to sit and reflect on their spiritual connection to nature, and all life. The landscape features were installed last year and are now filling in for a lush, engaging presence.

Guests have their choice of two major meditation areas. One, across from the main entrance of the building, has three interwoven circles to represent the body, mind, and spirit. The area where the three circles converge symbolizes a holistic being. The second spot is a sitting area near the pool. Whether you are taking the time to sit and quiet your mind or floating in the pool, this area offers the perfect opportunity to experience a contemplative state with a breathtaking view of the tiered-flower garden and the expansive, natural haven beyond.

## Dr. Welikala's Holistic Healing Experience at OHI

I started to have severe stomach issues when I was 10, and learned from my chiropractor that health comes from the inside out. After his adjustments all the old issues – stomach upset, migraines, headaches – began to disappear. I decided I wanted to be a chiropractor. Now my husband and I have a holistic practice in Moorpark, California.

In 2010, I was diagnosed with breast cancer, and had a double mastectomy. I refused radiation, and instead found the Optimum Health Institute online. I booked a week in early 2011.

During my first week, I experienced an electrical sensation from the center of my chest to my armpit – kind of like a blanket being pulled over my body, and the Lord said, “You are healed, you are healed, you are healed!!” I could completely raise my arms over my head without pain for the first time since the surgery.

After that dramatic event, I decided to stay for a second week so I could really learn all the details of food preparation and combining, and take this new way of eating home.



My energy level is higher, I'm mentally more clear, and I'm getting patients who have similar food issues and health opportunities. I can certainly vouch for how closely emotions, foods and disease are tied together, and I'm helping my patients understand the links.

I've also had a lot of success incorporating the OHI plan into my daily life. My 9-year-old son is really liking fresh fruits and vegetables, and my husband's diabetes is under control now that we're all having greens for breakfast, lunch and dinner!

I tell my patients how the raw food diet can change body chemistry 100%, and the 80-20 rule means a healthy life. I want people to know they DO have

options – healthy ones — to help their bodies come back into balance naturally.

You can view Dr. Angie Welikala's video testimonial along with other OHI guest testimonials on our **OHI's YouTube Channel** at [www.youtube.com/optimumhealthinst](http://www.youtube.com/optimumhealthinst).

## Scholarships Build a Golden Bridge to a Future of Optimum Health for Those in Need

The Optimum Health Institute Scholarship Fund is something of a “Golden Bridge” linking OHI's past and future. Through generous donations over the years, thousands of guests, many who are in great need of both healing and financial aid, have received scholarships that enabled them to extend their OHI stay. The scholarship offers financial assistance to people who wish to complete the entire OHI holistic healing program in three consecutive weeks to address a health opportunity that is life-threatening. The OHI scholarship covers the cost of the second week and possibly the third week of the program.

To everyone who has supported the Scholarship Fund, we thank you. Your kind donations have helped to support the amazing miracles and transformation that occurs at our missions. We invite readers to consider a gift to the Scholarship Fund to commemorate the 37th anniversary of our healing mission, and to honor the healthy changes the OHI holistic healing program has made in your own life.

You can help us build a Golden Bridge to optimum health for those who are ill, and in need, by supporting the OHI Scholarship Fund with a contribution by check or credit card. Because we are a non-profit religious organization, your donation is tax deductible. Please call us at (800) 993-4325 for more information or to make a donation. Thank you for your consideration.

# OPTIMUM HEALTH INSTITUTE

## OPTIMUM VALUE

When you start to put a price tag on places helping you achieve the optimal balance in body, mind and spirit, you'll find a huge range - and also quite a difference in what each program actually offers guests.

Detoxing the body without quieting the mind and enriching the spirit won't give you optimal, lasting results. That's why Optimum Health Institute (OHI) is proud to offer you a balanced program to bring every facet of your being into harmony.

OHI is the one place you'll learn how what you eat, how you move and what you think are key for your physical, mental, emotional and spiritual well-being. Experience the transformative power of ancient spiritual disciplines that are still relevant in today's world. Get the tools you need to create and maintain complete balance in every aspect of your life, and practical tips for sticking with the holistic program when you get home.

Our elegantly simple message hasn't changed in 37 years, and there's never been a greater need for the information we've been sharing with our guests, with miraculous results. Experience the unique OHI difference! Call us today at **(800) 993-4325** or visit us on our website at **www.optimumhealth.org**

Connect with us:



| OHI Holistic Healing Program Features   | OHI San Diego & Austin | Hallelujah Acres | TrueNorth Health Center | Creative Health Institute | Tree of Life Rejuvenation Center | Hippocrates Health Institute |
|---|------------------------|------------------|-------------------------|---------------------------|----------------------------------|------------------------------|
| 21-day holistic healing (body-mind-spirit) program that can be broken up into one week increments     | ✓                      |                  |                         |                           |                                  | ✓                            |
| 40+ classes and activities designed to empower you in your healing                                    | ✓                      |                  |                         |                           |                                  | ✓                            |
| Biblically-based, non-medical, all-natural methods for healing (No supplements, non-medical facility) | ✓                      | ✓                |                         | ✓                         |                                  |                              |
| Daily spiritual activities (Including reflection, prayer and celebration)                             | ✓                      | ✓                |                         | ✓                         | ✓                                |                              |
| 100% certified organic raw live, dehydrated and fermented foods                                       | ✓                      | ✓                | ✓                       | ✓                         | ✓                                | ✓                            |
| Juice fasting as part of detoxification program   | ✓                      |                  | ✓                       |                           | ✓                                | ✓                            |
| Wheatgrass juice as part of the program   | ✓                      |                  |                         | ✓                         | ✓                                | ✓                            |
| Onsite colon hydro-therapy services**   | ✓                      |                  |                         | ✓                         | ✓                                | ✓                            |
| Onsite chapel   | ✓                      | ✓                |                         | ✓                         | ✓                                |                              |
| Financial assistance (Scholarship Program)  | ✓                      |                  |                         | ✓                         |                                  | ✓                            |
| Program and spiritual counseling (Included in the weekly program tuition)                             | ✓                      | ✓                |                         | ✓                         | ✓                                |                              |
| Spiritually-based continuing education program (Missionary Program)                                   | ✓                      |                  |                         |                           |                                  |                              |
| <b>Weekly cost for a Shared Room, starting at:</b>  | <b>\$1,180*</b>        | <b>\$1,295</b>   | <b>\$1,263</b>          | <b>\$1,606</b>            | <b>\$2,211</b>                   | <b>\$3,208</b>               |
| <b>Weekly cost for a Private Room, starting at:</b>   | <b>\$1,430*</b>        | <b>\$2,095</b>   | <b>\$1,683</b>          | <b>\$1,747</b>            | <b>\$2,491</b>                   | <b>\$4,705</b>               |

\* Weekly cost for programs is based on a 7-day week (October 2013). Prices subject to change.

\*\* Colon hydro-therapy services for OHI are offered by an independently operated third-party service partner.

## OUR OFFERS

### For our community members who have completed the Program

Get a FREE room when you book your 4th week within a 12-month period. Oh and better yet, when you book your 4th-week stay, bring a friend or loved one who has never stayed with us before and they pay only for the program tuition. **Some restrictions apply.**

### Early Bird Special

Ideal for the one who plans and books early with us. Receive \$100 off any best-available, single-occupancy room for your 1st week when you book your reservation 3 weeks in advance. **Some restrictions apply.**

**Internet access now available in select rooms at both OHI locations**

Call us toll free at **(800) 993-4325** to speak to one of our expert reservation staff for details or see all our offer details on our website at **www.optimumhealth.org**

## Connect & Share. Let's Get Social!

**Our best way to share OHI news and special offers is through email.** We offer our OHI Community some great savings throughout the year, but in order for you to be eligible to take advantage of the exclusive email offers we must have your valid email address on file.

Want to receive email offers from us? Then please call us to update your email address at **(800) 993-4325** or email us at **optimum@optimumhealth.org**

To support our OHI community we have expanded our communication lines to include various social media platforms. We invite you to take a few minutes and check out our new social presence.

### Optimum Health Institute Blog website

Our OHI blog site is located at **www.optimumhealthusa.com**. This is a robust site with great information on incorporating the OHI program into your daily life, articles on healing, nutrition and creating balance in your life.

### Facebook

Make sure to stop by and “like” us and join one of our groups. To view information shared on any of our group pages you must first join that particular group.

- Facebook Page - Visit and “Like” us on our Facebook page at **www.facebook.com/OptimumHealthInstitute**

On this page we post offers, links to our blog articles and any new updates about OHI.

- Facebook Groups - The OHI groups were set up to encourage conversation and support to guests who become members of the group. We have three OHI group pages. To find our groups just enter “Optimum Health Institute of Austin”, “Optimum Health Institute of San Diego” or “Optimum Health Institute Missionaries” in the Facebook search bar.

### Twitter

Follow us on Twitter at **www.twitter.com/optimumhealthusa**. By “Following” us on Twitter, you will be updated when any new articles, offers or announcements are posted to our Optimum Health USA blog site.

### YouTube

Our OHI YouTube Channel is **www.youtube.com/optimumhealthinst**. On this channel, you will find our Optimum Health Institute of San Diego and Austin guest testimonials videos!

### LinkedIn

Connect with us on LinkedIn.

OHI is going social to better connect and support our OHI community! Come on in and connect with us...it will be fun!



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

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

**Support OHI's Mission**

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

Optimum Health Institute ©2013  
All rights reserved.



**VISIT WITH US:**

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

**CONTACT US:**

We'd love to hear from you. To receive special offers and updates, email us at [newsletter@optimumhealth.org](mailto: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](http://www.optimumhealth.org)

**OPTIMUM HEALTH INSTITUTE**

PO Box 23878, San Diego, CA 92193-3878  
RETURN SERVICE REQUESTED



**OHI - Austin**

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



**OHI - San Diego**

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

**Our Mission**

We will serve as a change agent for humanity by improving the physical, mental and spiritual well-being of everyone we touch.

**Core Values**

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

**Guiding Principles**

Trustworthiness, Respect, Empowerment and Alignment.

**The Five P's to Optimum Health**

**Purpose** to achieve a natural balance and reconnection to the Divine.

**Positive** mental attitude that supports the healing process.

**Persistence** in following the holistic disciplines of the OHI program.

**Patience** with your body and yourself, as you allow your body-mind-spirit to heal.

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