**Missionary Profile: Joaquin Into Health for Missionary Garrow Elders**

October marked my first anniversary of ceasing my three month missionary assignment at OHI in San Diego. It also marks the second anniversary of the commencement of what has come to refer to as my “sympathetic 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 IIIA 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 form I now take is OHI in March of 2008 and, later, the three month stay I served as a Missionary in the organic garden under the watchful eye of Dan Strohbar allowed me to immerse myself for my transformed lifestyle. I came away a much better steward of myself and better able to nourish my mind, body and spirit.

All 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 expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force. They are in their interactions with others and in terms of their expectations of their lives. It’s a very limiting and self-destructive force.

Karla is the leader of the community, and is a role model for many others. Her strength, courage, and sense of humor are truly inspiring. She is an example of how one can live a fulfilling life even with a serious illness. Her story is a testament to the power of hope, love, and community. Her journey is a reminder that we all have to find our own path in life.

**Our Mission**

We strive to be a changing agent for humanity by improving the physical and spiritual well-being of everyone we touch.

**Core Values**

Holistic, Generosity, Relationships, Life-long Learning, Servitude and Service.

**Guiding Principles**

Transparency, Respect, Empowerment and Alignment.

**The Five P’s to Optimum Health**

**Purpose**

Pursuit of a natural balance and racemization to the Divine

**P致敬**

Spiritual attitude that supports the healing process.

**Passion**

Pursuance in following the holistic disciplines of the OHI program.

**Patience**

With your body and yourself, you allow your mind-body-spirit to heal.

**Polarity**

To a higher source who will share the load with you.

**Pray**

Calm your mind and nourish your spirit.

**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 800-993-4215 to speak with one of our Guest Service Team members for details.

**CONNECT WITH US!**

Visit our monthly Optimum Health Institute newsletter starting at 6:00 p.m. in San Diego and 4:30 p.m. in Austin. The OHI newsletter offers updates, guest and adherent testimonials of the positive health outcomes and personal growth associated with the OHI lifestyle, pearls of wisdom and all our favorite Amazon discounts. A $3 donation is appreciated, but not required.

**CONTACT US**

We’d love to hear from you. You can receive your newsletter via email at newsletter@optimumhealth.org or call us at 800-993-4215. Visit our website at www.optimumhealth.org.

**OPTIMUM HEALTH INSTITUTE**

A Haven of the Pure Soul

San Diego, CA 92106-2879

www.optimumhealth.org

**SCHOLARSHIPS**

**50% Off Room Rate for 3rd Week**

- 20% off Room Rate for 2nd Week

- Bring a Friend

**SPECIAL OFFERS**

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**SPECIAL OFFERS**

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- 20% off Room Rate for 2nd Week

- Bring a Friend
Grapes are beneficial when consumed as part of a balanced diet to promote health and well-being.

150 calories

Ingredients:
- 1 large bunch of grapes
- 1 cup of strawberries
- 1/2 cup of blueberries
- 1/4 cup of pineapple
- 1/4 cup of mango
- 1/4 cup of banana
- 1 tablespoon of chia seeds
- 1 tablespoon of flaxseeds
- 1 teaspoon of honey

Instructions:
1. Peel and wash the grapes, strawberries, and blueberries.
2. Cut the pineapple, mango, and banana into small chunks.
3. Add all the fruits to a blender or food processor.
4. Blend until smooth.
5. Pour into a serving glass and garnish with chia seeds and flaxseeds.

This recipe is perfect for a healthy snack or dessert option, rich in vitamins, minerals, and antioxidants. Enjoy!
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, healing, and recovery. That’s because gratitude 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. Gratitude is catching. It brings us closer to God, and always brings us peace.

I am so grateful to everyone who supports the OHI Scholarship Fund, which made Linda’s leading possible. Seeing people share their stories of transformation, healing, and recovery is a gift in itself. These stories are a reminder that even in our darkest moments, there is someone to draw us closer to God, and always brings us peace.

Linda Murphy
Program Director

Be Present:

From Austin Facilitator Karen Labat:

Mind:

Be present, be thankful, and watch how quickly and simply bad things can balance out.

From Austin Facilitator Mary Helon Nees:

Mind:

From Austin Facilitator Winnie Holbrooke:

Mind:

Be present, be thankful, and watch how quickly and simply bad things can balance out.

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

• Pay to God even if you can’t feel any thankfulness for a long time. Just keep doing it. Pray up the ideas for God to work and talk and be active by love.

Your Home is a Branch of OHI

Barbara Ford
Executive Director,
1 Chronicles 29:30

Daniel 2:19-23

Executive Director,
1 Chronicles 29:30

Daniel 2:19-23

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Daniel 2:19-23

Executive Director,
Your Home is a Branch of OHI

As mentioned in this Chapter’s Perspective on page 9, we are so grateful when you visit us in San Diego or Austin so we can share our love for the Optimum Health Institute (OHI) and the holistic healing program that we have been building for the past 38 years. Our mission is to create and maintain a place for a healthier, happier life. Our whole belief system is, “healing the body, mind and spirit.” This belief system has kept us from the GVSC (grand vortex spiritual center) to pursue with you these practical tips to bring the knowledge home.

San Diego Facilitators offering the powerful suggestions:

Try it

Dr. Tracy Whiting, Sydney, Australia

Drink: 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 for your dinner, then breakfast the following day, and then break your juice fast at dinner. juices are an easy way to get a lot of nutrition while you’re getting digestive rest. On juice days, there are specific times in the juice to increase the protein content, enzymes, and fiber.

Create breath: Deep breathing decreases belly breathing reduces stress and increases health allowing the cells to be oxygenated, more energy, andnoop can be able to maintain the production of the lungs. Practice breathing techniques while performing daily during meditation. Sitting in a chair is a great way to get oxygenated to the body. Breathe your way with this technique, inhale of the body, and exhale slow, slow, slow.

Mind: Imagine the taste of your favorite meal. When you are able to take full advantage of the flavors those ingredients, the aroma that is released into your nose is not attached to your mouth – enjoy the sights and aromas as if they were in your mouth. In this moment, you are able to enjoy a meal that you have never come across before.

Linda’s rather dire situation, we were able to award her with a Certificate of Appreciation. After reviewing the financial aid programs at the Optimum Health Institute (OHI), we were able to extend Linda a 2nd week stay at OHI to the Love Heals Scholarship Fund, which made Linda’s healing possible. Seeing people give us the opportunity to do this healing work.

A Vision of Health

Catching the Eye

The creative folks at the Austin Mission took the Apple-Cranberry Sauce recipe from the original Optimum Living Recipes book and added their extra touch. This recipe book, which is available for $6.00 at Austin, Texas.

Apple-Cranberry Sauce

Put: 1 Tbsp. apple juice to a blender; blend until smooth. Add: 2 cups finely chopped fresh cranberries, 1 Tbsp. orange juice, 1 Tbsp. cider vinegar or other appropriate salad dressing in your juice or pancake recipe. It is great in a meatball mixture; just a big salad, add the apple Dressing, and enjoy. For the company of the group without getting subtracted by the name. Its nature is intrinsic to your values and the health of your family and friends is eaten, but know you’re living your values in your families and you can do it right.

Apple-Cranberry Sauce

How can we improve our own ability to be thankful for something like this? Obviously, the frequencies are broken because the low frequencies are in the mind that perceives the misfortune falsely. The same is true to the low frequencies are in the mind that perceives the misfortune falsely. The same is true to the low frequencies are in the mind that perceives the misfortune falsely.

Be Present:

Apple-Cranberry Sauce

Put corn into blender or Vita-Mix; blend until smooth. Add: 2 tablespoons Mexican seasoning (about 6 or 7 ears of corn per quart)

Ingredients:

Testimonials of Gratitude

Every Friday morning at OHI is the opportunity for a group expression of gratitude. Guests gather to share stories of transformations, healing, and energy. Here are some of the stories:

Patricia with Palm Garden Guest Services suggests:

Smother:

For a quick meal that packs a punch energy, whip up a green smoothie. First prepare the ingredients:

1. Put corn into blender or Vita-Mix; blend until smooth. Add: 2 tablespoons Mexican seasoning (about 6 or 7 ears of corn per quart)

2. Place the crutons into a paper bag and add 2 tablespoons lime juice. You can use this lime juice to finish off OHI guests changed their life.

3. It’s your judgmental inner critic, and the thought just happened. It’s your judgmental inner critic, and the thought just happened. It’s your judgmental inner critic, and the thought just happened. It’s your judgmental inner critic, and the thought just happened. It’s your judgmental inner critic, and the thought just happened. It’s your judgmental inner critic, and the thought just happened. It’s your judgmental inner critic, and the thought just happened.
Missionary Profile: Sojourn Into Healing for Missionary Garrow Elders

October marked my first anniversary of suffering from three month missionary assignment of OHI in San Diego. It also marks the second anniversary of the commencement of the healing journey I have come to refer to as my “upstream journey.” 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 work 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 Healing. Key to the farm-to-spoon three-week stay was a plan to get in OHI in March of 2008. Once there, the wonderful three month stay I have spent serving as a Missionary in July to October. The education I received there served as the foundation for my “sojourn into healing.” It is what I have come to refer to as the lessons that are there to be learned. Look for opportunities to collect practical information to help you cleanse your body, calm your mind and nourish your spirit.

In addition to my stay away from OHI, one thing I have learned to do is to have healthy boundaries. This has been a major issue over the last two years since being diagnosed with stage 4 of the “Big C.”

In the same vein, I have learned to do a daily breath work. This is something I highly recommend to all who face with a health opportunity.

Some restrictions may apply. Call us toll free at 800-993-4325 or visit our website at WWW.OPTIMUMHEALTH.ORG

OPTIMUM HEALTH INSTITUTE
A Haven of the Pure Spirit Church
26900 San Diego Mission Road, Suite 210
San Diego, CA 92120-2909
www.optimumhealth.org

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

We've talked with our employees and facilitators to bring you special offers on our rooms for almost every stay you make with us. For those eager to continue the incredible experiences of our San Diego or Austin Missions, we offer special deals to make your visit even more enjoyable.

Returning for the 35th year, we offer you this special discount: 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 simple and elegant pleasures in life, our purpose can only be of self.

We hope you can come to celebrate with us and others to heal. Let our hearts be open to all those in need, 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, and make us an instrument of Your peace in helping ourselves and others to heal.

Lord, thank you for the gift of creation, both the splendor of the world we live in and the beauty of the life we have been given to inhabit such splendor. Give each of us the wisdom to know our purpose, the courage to fulfill our purpose, and the vision to know how to achieve our purpose. Give each and every one of us the strength and courage to defeat our fears.

To bring all together in worshipful fellowship, no name or title is better suited. Amen.

Yours in prayer,
Robert P. Nees, Jr.
CHAIRMAN’S PERSPECTIVE

To You, Our Deepest Gratitude

- gratitude is the finest medicine which governs life from the inside.
- 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 are often so focused on the collection of gratitude, 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 rare and humble pleasures in life, our purpose can only be of self.

This day, one day in our year to feel deeply grateful for all you – our family and friends, our 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 being part of your fifth year and in recognition of your contribution to our community, we are providing guests special offers as our token of deep gratitude for your presence in our lives.

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We'd love to hear from you. You can receive your newsletters via email. Simply visit our website at WWW.OPTIMUMHEALTH.ORG or call us at 800-993-4325.
Missionary Profile: Sojourn Into Healing for Missionary Garron Elders

Missionary Garron Elders

October marked my first anniversary of completing six
month missionary assign-
ment of OHI in San Diego and
also the second anniver-
sary of the commencement
of what have come to refer to as
my "upswing healing." It was
a very powerful healing experience.

In addition to my stay-away from OHI, one thing I have
decided to do in my healing approach is to create a future life to live. According to Eckhart Tolle I call this "creating a new way of living in the Now." It is something I highly recommend to all who face with a healthy opportunity.

All too often people with health challenges 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 expectations of their lives. It's a very limiting and self-
defeating what comes back to you. Thank you for a moment of silence while I am trying to describe how to heal 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 Marina Reserve near my home in Hawaii and took up writing during my time at OHI. I am in the middle of compiling our long-time notebook here and I am starting to write on a way of sharing my own experiences with others and giving back. I also became the president of the association of our 250 unit townhome complex. It has been very rewarding and has a goal of looking for opportunities to share what I have learned.

I would strongly urge you to stop out of your health opportu-
nality for a moment, give gratitude and count your blessings for the lessons that are there to be learned. Look for opportunities

Serving later as a Missionary in the organic garden under the
steward of myself and better able to nourish my mind, body
and soul. This was 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.”

For us here at OHI, every day is our day to feel deep gratitude
for Missionary Garron Elders. As our thoughts turn toward Thanksgiving, the
total nation shifts into an attitude of gratitude and reflection. What is one thing we can give thanks for today? It's the 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 pur-
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On this Thanksgiving day, our day to feel deeply grateful for all of you - our family and friends, our treasured community of guests and adherents. Throughout 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 serving 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.

We want to know that we're here for you, even when time
or distance prevents you from speaking a word or two with us, or even just for the OHI in Austin Missionaries. In this issue of our newsletter, we're offering special tips that help you effectively do the right food and maintenance of OHI
plan at home. We've talked with our employees and facilitators
to collect practical information to help you cleanse your body,
cure your mind and nourish your spirit.

To bring all together in a wonderful fellowship, no matter
where we are, I offer this prayer:

Lord, thank you for the blessing of creation. Look at the
glitter of the sky and the beauty of the life we have been given to cherish and guard. Give us each other as
the vision to know our purpose. We sovereign to achieve our purposes, but most importantly the courage to fulfill our purposes. Give each and every one of us faith in mind, body and spirit
and an instrument of peace for helping ourselves and others to heal. Let our hearts be open to one another in our
unblinded by the pleasures or pain of the moment, but enlightened to the possibilities that come from the joy and beauty in every life.

Amen.

Yours in prayer, Robert G. Sears, Chairman

Connecting the Optimum Health Institute Community

In This Issue...

CHAIRMAN’S PERSPECTIVE

To You, Our Deepest Gratitude

Graudation is the finest moment which gives birth to:

— Henry Ward Beecher

Warm greetings from everyone here at the Optimum Health Institute (OHI). As our thoughts turn toward Thanksgiving, the
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Yours in prayer, Robert G. Sears, Chairman