

CHAIRMAN'S PERSPECTIVE

A New Opportunity To Set Our Hearts Right

*"In this place of new beginnings, God of grace begin with me."
From the hymn, 'Psalm of New Beginnings,' by Earlene Rentz.*

I'm always energized and inspired by the start of a New Year, and take the opportunity to set new goals for both myself and the Optimum Health Institute (OHI). It's a time brimming with promise, excitement and limitless possibilities.

It's such a gift to have this clean slate to work from – a brand new chance to make a difference, to do good things, and to help make the world a better place. But where to start? As I've often said, and as I've seen in my own life, any lasting, significant change has to begin within.

Particularly during the start of the New Year, when the entire world is in a prayerful place of anticipation and hope for a prosperous, happy and healthy 2009, it's a great time to make a new commitment to "love yourself" to a state of optimum health.

It's difficult for you to have a peaceful mind or a blissful spirit when your body is toxic with unhealthy foods, chemicals, tobacco or other health opportunities. That's why we're so happy to offer you the simple elegance of our Missions, where you can mindfully cleanse your body, calm your mind and strengthen your spirit in a safe place of heart-centered grace.

*"Once you've been a guest at
an OHI Mission, you're a
permanent part of our
growing OHI community."*

So many of you who return tell us that regular "tune-ups" for your body, like you receive at OHI, always give you a fresh new perspective, and boost your sense of self. We take you back to the basics – untainted food and water, clean air, quiet and peaceful places to pray and meditate, and constant access to the beauty and majesty of nature. By reconnecting with yourself, you always reconnect to everything and everyone in a powerful, positive way.

From this place of alignment and self-awareness you can begin to reach out as a good steward, like we discussed in our last newsletter, and invest in the God-centered values that give your life purpose and joy.

If among your personal values is the desire to assist others in obtaining mind-body-spirit healing, you might want to consider contributing to the OHI Scholarship Fund. When a guest has stayed for at least a week and would benefit from additional time with us, but can't afford it, they can apply for financial assistance. We've included a story in this issue that illustrates the life-transforming results of one of OHI's scholarship recipients – please read it, and perhaps you'll be inspired to participate, too.

Wherever your journey takes you in this New Year, please know that you never travel on that spiritual path alone. Once you've been a guest at an OHI Mission, you're a permanent part of our growing OHI community. You're always connected to us through this newsletter and through our website (www.optimumhealth.org) and through our prayers. We're always ready to help you dig down deep inside, and get in touch with how you can make every moment of your life a celebration of purpose, for yourself and others. Come visit us at OHI and make 2009 the year you truly come into divine balance. The world is waiting for you!

Yours in prayer,
Robert P. Nees, Jr.



Chairman
Optimum Health Institutes
of San Diego and Austin



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A New Year, A New Opportunity

With this New Year comes the enthusiastic promise of new beginnings and new opportunities to make a positive difference in the world. Recent economic events give cause to reflect and reevaluate the past priorities in our lives, and rebalance them by gaining a healthy new perspective on the things we can actually control.

Here at OHI, we, too, are greeting the New Year with a new commitment to provide our valued guests with an improved mind, body and spirit experience. As you're resolving this New Year to make heartier lifestyle choices, we're focused on making your stay a comfortable one. OHI is proud to inform you of several new ways we're supporting your stay at Optimum Health Institute:

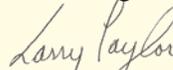
- At both our San Diego and Austin Missions, we're bringing in luxurious new mattresses of the best quality from Sealy, the nation's premier mattress maker. Each mattress will be covered in a hypo-allergenic case to ensure a comfortable night's sleep.
- We've focused on improving our guest services by hiring a new team of high-level staff to assist you with everything from reservations, program and product knowledge, customer service and meal services.
- Healthy food can be delicious AND beautiful!! We've upgraded the way our certified organic food is presented, and we're now creating "Food Art"—intricately carved displays that transform fruits and vegetables into fanciful, artistic and edible master pieces. Our enhanced menus are receiving rave reviews from our guests on the delicious taste and beautiful presentation of our 100% certified organic meals.
- That tasty water you're drinking at our Missions is meticulously filtered to remove toxins and particles

to deliver the purist, most crystal clear water you'll consume.

- You'll be absorbing all the OHI program information in true comfort. We're redesigning our large classroom (MPR Room) to enhance your learning experience.
- You will see lower prices on the organic, essential products in our OHI stores. We worked closely with manufacturers to get the best possible deals, and we're passing the savings on to you.

So come get fired up this New Year at OHI and discover the new opportunities we've created for you to experience detoxification and let your spirit soar. Let's all make this the year of exciting, enthusiastic and lasting positive change.

Warm Regards,



Larry Taylor
President



How the OHI Scholarship Changed Laura Battenburg's Life

Laura was diagnosed with renal cell carcinoma in May 2006. Laura said, "The cancer brought attention to what needed attention. I seriously needed to change something so the cancer would not grow back."

Both Laura and her husband lost their jobs around the same time; they barely scraped together the money for Laura to attend one week at the Austin OHI Mission. Laura arrived OHI feeling weak from her surgery, tired and ill. With no money to remain a second week, Laura would have had to leave if it were not for a scholarship for week two. She says, "I don't think I would have embraced the OHI Program in just one week. I was so depleted from the surgery and illness that I did not feel better after seven days. The scholarship helped me stay on another week and realize that I could feel better. In fact, I felt so much better that a friend donated a scholarship for my third week."

To read Laura's entire testimonial, please visit our website at <http://www.optimumhealth.org/optimumhealth/aboutus/news.htm>.

Tips for a Happy, Healthy New Life!

New Year's blessings to you all! The start of the New Year is the perfect time to make a new commitment to love and care for our mind, body and spirit. I've seen so many transformations in guests over the decades, and the people who experience huge shifts seem to have several things in common. I'm sharing them in the hopes they'll also inspire you to follow through with resolutions to enjoy optimum health in 2009.

Nurture your connection to God by focusing on feelings of gratitude, forgiveness and joy. Negative thinking literally makes you sick by stimulating the production of toxic chemicals in your body. Dr. Candace Pert talks about the science of positive thinking in her brilliant work, "Molecules of Emotion," which we carry in our OHI store. When you do have a negative thought, before it can start triggering the production of toxins in your body, think, "Cancel!" Immediately remind yourself, "God loves me," and take just 10 seconds to breathe in God's unconditional love and grace. You'll not only neutralize any negativity – you'll actually be setting healing in motion.

Clarity, balance and peace come to those who meditate for 20 minutes, three times a day. I do it before breakfast, before lunch and right before bed.

Following OHI's Five P's helps people shift into a healthier state. They are: Purpose, Positive Mental Attitude, Persistence, Patience and Prayer. See page 5 for more details.

Guests who stick with the Program discover it's easier with a buddy. They can continue to read the inspirational books we suggest to feed their mind and do their prayers, and they can

meditate and do the breathing exercises to nourish their spirit. But some find adopting to the new eating plan is a bit more of a challenge when they tackle it alone. So after you leave OHI, it's important to find like-minded people who can support and encourage you in your shift to a healthier lifestyle. Get the power of a group behind you.



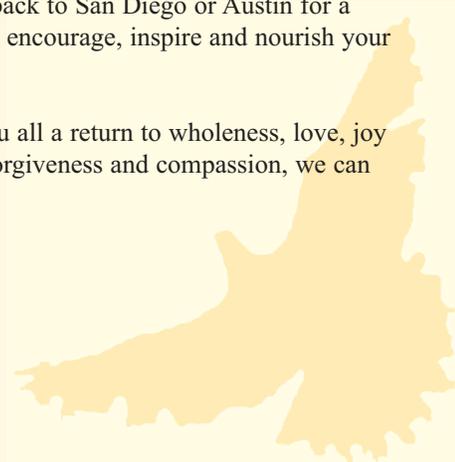
Discipline is the key to making lasting changes. Do at least several minutes of conscious breathing daily and make regular exercise part of your routine.

And finally, know that you're a valued member of our growing OHI community. Any time you feel yourself slipping back into old unhealthy habits, come back to San Diego or Austin for a week or two. We'll support, encourage, inspire and nourish your mind, body and spirit.

For the New Year, I wish you all a return to wholeness, love, joy and forgiveness. Through forgiveness and compassion, we can truly create peace on earth.

Love,

Pam Nees
Program Director



"Bring-A-Buddy Program" Provides Savings and a Support



Greg Thomas and Raphael Angelo

Greg Thomas and his buddy Raphael Angelo heard about OHI from friends and were intrigued. What clinched it for the two was the discount they could get during the October "Bring a Buddy" program. They decided to share the experience mainly to try the live, raw organic meals and were pleasantly astounded at the full scope of the entire mind, body and spirit program.

Greg said he came to the San Diego Mission of the Optimum Health Institute (OHI) for the raw food, but his experience far surpassed anything he thought he'd get during his one-week stay.

"It literally changed my life," Greg stated during their interview.

While the friends experienced the complete physical cleansing during their first visit in October, when they again took advantage of the "Bring a Buddy" discount in December, "It was like an emotional detox," they both said. The healing happened on a whole new level, and they are eager to incorporate elements of the entire curriculum into their lives.

To read Greg and Raphael's complete testimonial, please visit our website at <http://www.optimumhealth.org/optimumhealth/aboutus/news.htm>.

Beginning Anew in Austin

In addition to what Larry Taylor has outlined as new features in the OHI Missions, the Austin staff is working towards realizing one of our goals, which is to “create a safe and serene space for guests to experience the mind, body, spirit program.” As you drive onto the wooded property in Austin, you will notice a new water feature and lights at the stone entrance sign, creating a beautiful welcome during the day and a striking visual icon at night.

Just inside the Mission, a stone walkway leading to a wooden swing has been added, along with new landscaping, to create a private, serene spot for reflection. Our angel garden has a face-lift as well, with new stone benches, jasmine vines, wind chimes and solar lights along the path. A new, inviting arbor entrance with roses and other flowering plants adds to the sense of peace and beauty.

Much of the underbrush in the angel garden has been cleared, which helps to draw guests to the serene spot for introspective quiet time. At the main door, we’ve added new colorful flower gardens and a welcoming sign. We closed off certain work areas with attractive cedar fencing. We’ve also placed railings at the pool steps with a stone pathway leading to the walking trails to help prevent any possible guest tumbles.

Inside the Mission’s Great Hall, we’re making sure everyone has a comfortable stay with all new upholstered chairs and sofas. There’s also a brand new counter in the OHI store, which has created more open space for guests to browse.

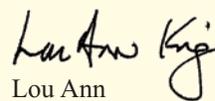
But all of these are the *outward* signs of new things and new beginnings. How do we *really* help you create new beginnings?

OHI facilitators teach each week about the great importance of setting goals based on “what is most important” and valued in your individual life. Guests are instructed on the need to clear out mental cobwebs that catch old thoughts and feelings and keep us trapped in our “old selves.”

So to begin anew, I believe you must become willing to throw out your old habits and former way of life, and seek a spiritual renewal of your thoughts and attitudes.

May today, right now, be the time you seek renewal; begin anew to be able to start each day with a spiritual attitude that all is well and right in God’s world. Blessings today and throughout 2009. Come see us!

Warmly,



Lou Ann
Executive Director,
OHI Austin



Scripture References:

Romans 5:3-5

Ephesians 4:21-24

2 Corinthians 4:16

Psalm 51:10

TO YOUR HEALTH

Yam Soup

(10 servings)

Ingredients:

- 1qt Garnet yam juice
- 2 pints Sesame milk
- 1 Tsp Cinnamon
- 1 Avocado

Seasonings:

- Mace
- Allspice
- Nutmeg
- Cardamon
- Cloves
- Pine nuts



Directions:

1. Let the yam juice sit for at least 45 minutes so the starch can settle to the bottom.
2. Pour the juice off the top.
3. Blend Yam juice and sesame milk until smooth.
4. Add cinnamon. Add additional seasonings as desired.
3. Take the pulp of the avocado, mash until smooth and add to above mixture.

Holiday Plate:

Food Art:

- Summer Squash
- Whole Cloves
- Baby Carrots

Additional Items:

- Flax Seed Cracker
- Sprouts

Sauerkraut

- Seed Cheese
- Red Bell Pepper stuffed with Guacamole
- Bok Choy Salad
- Sprouted Mung Beans
- Onion Rings



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

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

Guiding Principles

Trustworthiness, Respect, Empowerment and Alignment.



The OHI Newsletter and Website IT'S ALL ABOUT YOU!

A cell phone provider has a great ad campaign where everyone using their service has a whole crowd of people following them around, making sure they always have a clear connection. As a member of the Optimum Health Institute (OHI) community, YOU have a network of support available to you, too. Our mission is to be a change agent for humanity, so we want to make sure you have the encouragement, inspiration, support and information you need to shift old habits into a healthy new way of living after you get back home.

Both the OHI website (www.optimumhealth.org) and this newsletter are dedicated to giving you “news you can use” on your path to optimum health. We’d love for you to tell us the type of contents you’d like to see. Recipes? Recommended books and movies? Mind, body and spirit success stories from OHI guests? Ideas on taking the OHI program to school or work? News stories that tie in with the OHI program? Or, how about a “question and answer” column where our staff provide information to questions you submit?

Please take a moment to share your thoughts, so we can effectively continue to be your personal support network. Write to us at PO Box 23878, San Diego, CA 92193-3878, email us at newsletter@optimumhealth.org or give us a call at (800) 993-4325. We’re eager to be your connection to achieving and maintaining optimum health!

www.optimumhealth.org

The Five P’s to Optimum Health

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

Positive mental attitude that supports the healing process.

Persistence in following the holistic disciplines of the OHI program.

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

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

Giving Opportunities

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



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CONNECT WITH US!

Visit our weekly Open House every Sunday starting at 4:00 p.m. in San Diego and 4:30 p.m. in Austin. The OHI Program offers visitors, guests and adherents a personal tour of the facility, lecture, prayer circle and an all raw foods vegetarian dinner. A \$3 donation is appreciated, but not required.

CONTACT US

We'd love to hear from you. You can receive your newsletters via email. Email us at newsletter@optimumhealth.org.

OPTIMUM HEALTH INSTITUTE

A Mission of the Free Sacred Trinity Church

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GET READY FOR A NEW BEGINNING!

It will soon be the New Year—a time for new beginnings and new opportunities. Inevitably, our thoughts turn to self-improvement and the annual ritual of making resolutions, which offer the first of many important opportunities for renewing ourselves.

Perhaps one of your New Year's goals is to improve your health, get fit, and enjoy more energy. Or, you may have a health opportunity you want to attend to *now*. Whatever your goals, it's time to take care of yourself.

Do you remember how good you felt after your stay at OHI? Did you leave feeling lighter, happier, and more *alive* than before with a wonderful glow of health? Remember the testimonies on Friday morning at OHI? Inspiring. Encouraging. Filled with hope and great insight.

You can experience that again. We're serving up the best of OHI

with new and improved organic cuisine along with a lot of old favorites. Sip the vegetable juices and revive your cells. Sense the wheatgrass juice at work helping to cleanse away toxins. Give your body super nutrition with the sprouts and delicious organic raw meals. Detox your mind and emotions with classes and exercises designed to help you release what does not serve you well. And renew your spirit with prayer circles, release ceremony and quiet moments of reflection.

As you walk the paths at either OHI Mission or sit in one of the peaceful gardens, you can dream, set your goals, and reflect on what's most important in your life. Aren't you ready for a new beginning this year? What better place could you be than at the Optimum Health Institute of San Diego or Austin to kick-off 2009 as your year of optimum health? We invite you to come and join us. Why don't you give us a call? We'd love to see you again.