Miracles for the Asking

As a 30-year-old nurse, I found myself in a completely different kind of zoo. I turned 20 years old with a diagnosis of Stage 4 breast cancer. At a very young age, I found myself in a completely different kind of zoo. At a very young age, I found myself in a completely different kind of zoo. I found myself in a completely different kind of zoo.

One medical doctor had deemed incurable. One medical doctor had deemed incurable. One medical doctor had deemed incurable. One medical doctor had deemed incurable. One medical doctor had deemed incurable. One medical doctor had deemed incurable. One medical doctor had deemed incurable.

The very next week, I was a guest at the Optimum Health Institute in Lemon Grove.

If I had a serious health problem, I would get myself to the Optimum Health Institute in Lemon Grove. If I had a serious health problem, I would get myself to the Optimum Health Institute in Lemon Grove. If I had a serious health problem, I would get myself to the Optimum Health Institute in Lemon Grove.

It was during a trip to a San Diego farmer's market that Peg's life began to radically change. The farmer's market was touting the health benefits of a dietary supplement called OHI. When the vendor gave Peg a sample of the supplement, she was amazed by the results. She felt a sense of well-being and a renewed sense of purpose.

While her body was relishing this new healthy lifestyle, Peg's mental and spiritual selves were thriving with the alpha techniques, like meditation, that she learned at OHI.

One of the most important elements of the OHI holistic healing process is to share your story and inspire others. Peg was one of the first people to share her story with others. Her story inspired others to join the OHI community and to live healthier, happier, more fulfilling God-centered lives.

Through prayer and thoughtful discussions with the church’s board of elders, we realized the importance of creating a distinct group within the church who focuses on the nurturing environment of healing, support and transformation. We appreciate this opportunity to share our spiritual identity and establish the OHI Community Care Team.

In this issue, Pam Nees, Program Director, and I will share our donation is tax deductible. Number of self. By knowing who we are, and why we are, we can live part of our growing community has impacted your own sense of our unique spiritual identity.

When combined, three main characteristics capture OHI's unique spiritual identity and set us apart from other organizations: 1. God-Centered, 2. Holistic Healing, 3. Spiritual Community & Fellowship.

Our Mission

We exist to create a change agent for human kindness by improving the physical, mental and spiritual well-being of everyone we touch. We believe in the unique spiritual identity and set us apart from other organizations: 1. God-Centered, 2. Holistic Healing, 3. Spiritual Community & Fellowship.

Embracing the Spiritual Identity of the OHI Community

One of the five pillars of OPTIMUM HEALTH INSTITUTE • SAN DIEGO • AUSTIN

5933 Tivoli Street, Austin, TX 78753

6700 Central Avenue, Lemon Grove, CA 91945

(512) 303-4817 or (800) 993-4325

www.optimumhealth.org

newsletter@optimumhealth.org

Prayer

Persistence

Positive

Purpose

Our Mission

We exist to create a change agent for human kindness by improving the physical, mental and spiritual well-being of everyone we touch. We believe

The Five P's to Optimum Health

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I’ve seen it many times – guests share how they’ve been brought closer to God’s presence in their lives. This other guest’s act of service was part of a group project with other guests, Missionaries, staff, and OHI San Diego and Austin board members working together to form an OHI mission in unique spiritual identity.

I believe people are starved for spiritual and long to fill a hole with something personally connected to God. When we spend time talking about how the OHI works to transform your life, as people come to bring healing to others who are struggling, everyone starts to move in a more meaningful, authentic, and authentic way. The opportunity for Holistic Healing.

The following Spiritual Community and God-centered teachings on OHI balance and heal the body, mind, and spirit.

Some experiences are impregnated by the original vision to provide a delivery to the body. These clean, pure food-based healing people get back in rhythm with plants while improving and ensuring every cell of the body. It's an important part of a community's life, mind, body, and spirit.

One great way to try is by taking time to retreat from technology and the business of everyday life. And here we're really emphasizing that we're a peace ministry. It's a place to stay with friends, guests, return home, with grace, joy and mindfulness.

The seed pulp. The sesame milk will keep in the refrigerator for three weeks, or freeze for up to six months. This is a great addition to any diet, especially those following a raw or vegan diet.

***Note: This recipe is for the maintenance diet.

**Open, Sesame!**

A Healthier Bang for the Buck:

**Fresh Organic Corn Salad**

| Salsa Mix: This is a delicious addition to any Mexican meal. Add one organic orange bell pepper, diced, 1 organic red bell pepper, diced, 1 organic jalapeño, diced, and 1/2 cup organic raw sauerkraut to your favorite rice or bean dish for a satisfying, colorful, and nutritious meal.

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I’ve seen it many times—guests who have just been diagnosed with cancer. They “feel” that they’re going to die. Almost immediately, though, that fear is replaced by a deep knowing that God and others want them to live. That’s the breakthrough moment. Afterward, the Guest Manager, Kimmie Strobhar, and I talk with the guest, sharing with them the comfort we’ve discovered as we’ve walked this path with hundreds of others. We tell them about the power of prayer, and how we’ve found it to be a powerful tool to aid in their healing. As they sit with us and open their hearts, they usually begin to speak in a language of love and protection. It’s a very personal experience, and it always leaves us with the same feeling—peace. We sometimes call it “openness.” Once we’ve had this conversation, we ask the guest if they’d be interested in praying. Almost every time, they say yes. And, usually, the power of the prayer is almost immediate. We ask the guest to simply say a prayer for themselves, and then we ask them to pray for the person around them who is being healed. And it is almost always the case that those around the guest begin to heal as well. I’ve seen it many times. The power of prayer is real. We’ve seen it happen thousands of times.

As a closeted, shy, and sensitive child, I felt that every day was a source of being invisible. I knew I was unique, but I had no way to be experimenting with the world or being my true self. By the time I was in my early teens, I realized that I was different, and I began to question why. I finally came out at 18, and it was a time of celebration and recognition. I had been living a lie for so long, and now I could be myself. It was a liberating experience. But I knew that I still had a long way to go. I had to learn how to navigate a world that didn’t understand me. I had to learn how to be myself in a world that seemed to be against me.

I’ve been to many places, but the only place I really feel at home is in the OHI community. I’ve been to other places, but none of them have felt like home. I’ve been to hospitals, and I’ve been to universities, and I’ve been to conferences, but none of them have felt like home. I’ve been to places where I’ve felt safe, and I’ve been to places where I’ve felt unsafe. But nowhere else has felt like home. I’ve been to places where I’ve felt welcome, and I’ve been to places where I’ve felt unwelcome. But nowhere else has felt like home. I’ve been to places where I’ve felt loved, and I’ve been to places where I’ve felt neglected. But nowhere else has felt like home. I’ve been to places where I’ve felt supported, and I’ve been to places where I’ve felt unsupported. But nowhere else has felt like home.

As a child, I had a deep sense of knowing that there was something more to life. I knew that there was a bigger purpose, and I knew that I was meant to play a role in it. But I didn’t know what that role was. I didn’t know how to express it. I didn’t know how to communicate it. I didn’t know how to live it. But I knew that I was meant to be a part of something bigger than myself. I knew that I was meant to be a part of the world, and I knew that I was meant to make a difference.

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We’d Love to Hear From You!

As part of the Optimum Health Spirit Program, we definitely have a story to share, and we’d love to hear it.

Particularly because Optimum Health Institute is celebrating our 21st anniversary this fall, we want to know how your visits and your experience with our spirit-based healing program helped to transform you in body, mind and spirit.

For instance:
1. We love to hear about your successes! Share your joy, your relief, your peace, your joy, your relief, or your peace, and how your experiences with our spirit-based healing program helped to transform you in body, mind and spirit.
2. Do you have any photos from your visit to the Institute? We’d love to see your photos from your visit to the Institute.
3. Tell us about your friends who made the decision to continue the journey.
4. What other experiences have you had with our spirit-based healing program that you’d like to share?

We’re very excited to hear about your experiences and to learn more about your transformation.

Thank you for your continued support of the Optimum Health Spirit Program.

How can we reach you?

Your contact information

What can we do for you?

Your requested action

What’s been most powerful for you?

Your most powerful experience

What would you tell others?

Your advice to others

How can we get in touch with you?

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That first week, she met many people who were able to heal, Peg devoured everything the facilitators had to offer. Starved for information about helping her body’s “I knew he was being divinely inspired to give me a ‘It was as if I was in a white fog,” Peg remembered. “If I had a serious health problem,” Peg remembered “Another had, which didn’t empower me very much. Another said I could do chemotherapy, which would make me sick for six months, but it would extend my life by four months. To me, that sounded like a proposition for people who are bad at math,” Peg laughed. While her body was relishing this new healthy lifestyle, Peg’s mental and spiritual world was thriving with the alpha techniques, like meditation, that formed at OHI. “One day I was meditating in my room and all of a sudden, it felt like someone placed an angel’s car in my left ear and switched on a radio. A man’s voice said, ‘My experience at OHI has been part science and part miracle,” said Peg. “When you understand the relationship between body, mind, and spirit, you can get out of your own way and allow healing to occur.” She was diagnosed with uterine cancer, and endured a long battle with aggressive treatments. “My doctor said, ‘I don’t know what you’re doing, but it’s working,” Peg laughed. She applied for OHI’s financial program, and was accepted for a scholarship.

After completing the three weeks at OHI and rigorously practicing the program at home for another four weeks, chest x-rays revealed the largest cancerous tumor on the second lung had completely gone. In addition to her heart-felt gratitude for receiving a scholarship, the largest tumor on the second lung had completely gone. In addition to her heart-felt gratitude for receiving a scholarship, her physical victory was brief. The aggressive treatments beat the disease into submission, her physical victory was brief. The aggressive treatments beat the disease into submission, but her battle was far from over. The cancer returned last May. This time Peg had the courage to call out for spiritual help, and the second-largest tumor was shrunk in size.

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Although the aggressive treatments beat the disease into submission, but her battle was far from over. The cancer returned last May. This time Peg had the courage to call out for spiritual help, and the second-largest tumor was shrunk in size. Her heart was full of love, but it was empty. She and her husband completed their shopping and stepped back to the car. She suggested an elephant ride. She started to argue, then agreed. They two board elephants were placed in a small wooden box, and made their way through the jungle to a clearing. “If I had a serious health problem,” Peg remembered, “I would have gone to the Optimum Health Institute in Lyons Grove.” “Have you ever been in a zoo,” Peg asked. “I have. I have seen hundreds of bears, monkeys and many other wild animals. The animals were eating their fill,” Peg replied. “I made the most of eating my fill,” Peg laughed. "My experience at OHI has been part science and part miracle,” said Peg. “When you understand the relationship between body, mind, and spirit, you can get out of your own way and allow healing to occur.” We are a non-profit religious organization under section 501(c)(3) of the Internal Revenue Code. The Five P’s to Optimum Health

Our Mission
We acknowledged a charge from humanity to improve the physical, mental and spiritual well-being of everyone on the planet. Cara Values
Belief, values, relationships, long-term learning, stewardship and service. Guiding Principles
Transcendence, empathy, empowerment and alignment. The Five P’s to Optimum Health
Purpose: To create a natural balance and resonance in the Divine Positive: mental attitude that supports the healing process. Positance: as part of the holistic disciplines of the OHI program. Persistence: In following the holistic disciplines of the OHI program. Prayers: 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. Connect with Us: Please visit our website at www.optimumhealth.org
Miracles for the Asking

In 1980, as the Director of Education and Merchandising for the San Diego Zoo, Peg Nees faced daily challenges that would have thrown less resilient individuals into total submission. That year she found herself in a completely different kind of battle. She was diagnosed with cervical cancer, and endured surgery and radiation. Although the aggressive treatments mitigated the disease into remission, but not without a price. The cancer returned last May, following Peg with full cello. In some lungs, too close to surgical options, and innumerable tiny tumors.

One doctor said, to the joy of the entire family, that cancer didn’t sound very serious. Another doctor said to follow a program at home or chemotherapy, which didn’t empower me very much. Another doctor said could be assistance, which would make me sick for the month, but it would only extend my life by three months. To me, that sounded like a proposition for people who had it bad, “Peg, play it.

It was during a trip to a San Diego farmer’s market that Peg’s world was turned upside down. She heard a man saying, “I would get myself to the Optimum Health Institute of San Diego and Austin, are not-for-profit organizations exempt from federal income tax in accordance with Code Sections 501, 5001 (c)(3), 509 (a)(1), 509 (a)(2), 509 (a)(3) of the Internal Revenue Code. The Free Sacred Trinity Church and its subordinate religious missions, the Optimum Health Institute of San Diego and Austin, are not-for-profit organizations exempt from federal income tax in accordance with Code Sections 501, 5001 (c)(3), 509 (a)(1), 509 (a)(2), 509 (a)(3) of the Internal Revenue Code. The Free Sacred Trinity Church and its subordinate religious missions, the OPTIMUM HEALTH INSTITUTE • SAN DIEGO • AUSTIN

Embracing the Spiritual Identity of the OHI Community

Pam Nees, Program Director

One of the most important elements of the Optimum Health Institute’s holistic healing programs is to share your story with others in the OHI community. As Anne Frank wrote, “To keep the fire burning within us all we must keep the ashes of yesterday as an inspiration to tomorrow.” As the Chairman of the OHI Community, I invite you to share your story with us.

Pam Nees

Pam Nees, Program Director, and I will share with you, and invite you to share your thoughts on how being a part of the OHI community has transformed your life and how you are living a healthier, happier, more fulfilling God-centered life. Through prayer and thoughtful discussions with the church’s Community Care Team, we realize the importance of creating a dynamic group within the church whose sole focus was to encourage, inspire and grow the spiritual culture of OHI throughout our community, and to those in need of healing. Putting this inspiration into action required an educated leader from our community who exemplified our mission, values and principles and who could articulate the benefits of the OHI program.

I am happy to announce Tina Pallitto, a frequent guest and a member of the Austin OHI community, will lead our Community Care Team. This dedicated team of experienced nurses will be empowered to share the story of the OHI community and promote the five main characteristics of our unique spiritual identity.

When combined, these five main characteristics capture OHI’s unique spiritual identity and are a part of our organization’s mission and values.

1. God-Centered
2. Holistic Healing
3. Spiritual Community & Fellowship
4. Transcend Parity
5. Best Value

In this newsletter Pam Nees, Program Director, and I will share with you, and invite you to share your thoughts on how being a part of the OHI community has transformed your life and how you are living a healthier, happier, more fulfilling God-centered life. Through prayer and thoughtful discussions with the church’s Community Care Team, we realize the importance of creating a dynamic group within the church whose sole focus was to encourage, inspire and grow the spiritual culture of OHI throughout our community. In this issue we will share the story of the OHI community and promote the five main characteristics of our unique spiritual identity.

1. God-Centered
2. Holistic Healing
3. Spiritual Community & Fellowship
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Who can put a price tag on optimum health? What is it worth to have a cleansed body, a quiet mind, and a renewed spirit with a deep, constant connection to a higher power? Of course, such a positive state of being is priceless.

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.

At the Optimum Health Institute (OHI), we're proud to offer the most reasonable prices, and also a complete program that gives you the tools for transformation you need to bring well-being and balance to every aspect of your mental, physical and spiritual health.

You'll learn how what you eat, what you think and how you move are the core to achieving and maintaining your best self. You'll bring ancient spiritual practices into present day life, and realize the lasting value of Biblical disciplines. You'll also have a sincere new respect for the grass you've been trampling and mowing your entire life.

Our elegantly simple message hasn't changed in 35 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.

<table>
<thead>
<tr>
<th>OHI Holistic Healing Program Features</th>
<th>OHI San Diego &amp; Austin</th>
<th>TrueNorth Health Center</th>
<th>Hallelujah Acres</th>
<th>Esalen Institute</th>
<th>Hippocrates Health Institute</th>
<th>Tree of Life Rejuvenation Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>21-day holistic healing (body-mind-spirit) program that can be broken up into 1 week increments</td>
<td>✓</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>40+ classes and activities designed to empower you in your healing</td>
<td>✓</td>
<td>✓</td>
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</tr>
<tr>
<td>Promotes Biblically-based, non-medical, all-natural methods for healing (No supplements, non-medical facility)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily spiritual activities (Including reflection, prayer and celebration)</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serves 100% certified organic raw live, dehydrated and fermented foods</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Provides juice fasting as part of detoxification program</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Provide wheatgrass juice as part of the program</td>
<td>✓</td>
<td>✓</td>
<td></td>
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</tr>
<tr>
<td>Onsite colon hydro-therapy services* (Price of one colonic is included in the weekly program tuition)</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Onsite chapel</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Financial assistance (Scholarship Program)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Smoke-free environment</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Program and spiritual counseling (Included in the weekly program tuition)</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Spiritually-based continuing education program (Missionary Program)</td>
<td>✓</td>
<td>✓</td>
<td></td>
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</tr>
</tbody>
</table>

Weekly cost for a Shared Room, starting at: $1020 | $1078 | $1944 | $1360 | $2600 | $3724
Weekly cost for a Private Room, starting at: $1270 | $1148 | $1944 | $2605 | $3300 | $3724

Weekly cost for programs is based on a 7-day week (June 2011)
* Offered by independently operated third-party service partner
SPECIAL OFFERS

Celebrate the 35th anniversary of OHI in a spirited, healing, and affordable community.

Early Bird Special
Ideal for the one who plans and books early with us.

Receive $80 off any single-occupancy townhouse or private room, or $100 off any other single-occupancy room for your 1st week when you book your reservation 3 weeks in advance.

- Reservation must be booked 3 weeks in advance of your stay.
- Discount is only valid on room rate. OHI program tuition fee is not part of this discount and is paid separately. Each party must pay the full OHI program tuition fee.
- Offer is dependent on room availability.

For our Community that has Completed the Program
This offer is designed to inspire participation in our community throughout the year.

Many of you return year-after-year for a tune-up to your body, mind, and spirit. We recognize the need for our community members to retreat from the world to a safe, sacred and supportive healing environment.

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.

4-week stay must occur within a 12-month period.

- Offer is good for multiple 4-week stays within each 12-month period.
- Offer is good for a stay in any room except the Courtyard Suite (San Diego) and the Guest House (Austin).
- Discount is only valid on room rate. OHI program tuition fee is not part of this discount and is paid separately. Each party must pay the full OHI program tuition fee.
- Offer is dependent on room availability.
- All stays beginning January 3rd, 2010 are eligible for calculating the 12-month period

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

Some restrictions may apply. Call us toll free at (800) 993-4325 to speak to one of our expert reservation staff for details.