

“The future is here, and it looks like we're going to be blending the in-person world with the virtual one for a new hybrid community.”

**Bob Nees Jr., p2.**

## Rediscovering Fellowship in Our New Abnormal



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## Rediscovering Fellowship in Our New Abnormal



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

**G**reetings to our OHI community; I wish you a cool, comfortable, and colorful fall as the temperature drops and autumn leaves paint a beckoning background. This is such a wonderful time of year to get outside, enjoy the fresh air, and celebrate the spirit of life while noticing God in nature.

Meanwhile, our Covid-19 world continues to confound many people, including the experts, which makes me want to see our ministry reaching beyond the walls of our two campuses. Our four-and-a-half, decade-long God-centered holistic approach to healing has helped so many people facing health opportunities, and it can help so many more. Ahead of us on the horizon, is the holiday season, and yet new fears, such as the Delta variant of Covid-19, are causing us to pause in our return to normalcy. Still, our physical, mental, and spiritual health is dependent on connectedness within our faith-based and secular communities. Prioritizing fellowship should take precedence.

You may recall from our January newsletter, we looked at two ways of protecting ourselves during our current circumstances and beyond by using Situational Awareness and Self-Care. In the spring issue I expanded on how we can remain safe by keeping mentally and physically healthy by staying socially connected, and doing so by utilizing Safety Bubbles. In the summer issue, I addressed how we can intelligently and safely move forward into our new abnormal

with purpose, mindfulness, and critical thinking. In this issue, I will discuss how we can rediscover our empathy and fellowship in these trying times.

*"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." Hebrews 10:24-25*

I share these Bible verses because we're all weary from the pandemic restrictions especially those that have kept us apart from our extended network of friends, loved ones, and communities of faith. Spending time with those we most value - in other words belonging - is a huge part of the human condition; in fact, as I have mentioned before it is built into our DNA.

Renowned professor of social work, Dr. Brené Brown, says it best, "A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick."

### Avoiding Communication Breakdowns Prevents Misunderstanding

Covid-19 is a coronavirus which by its nature, isn't going away anytime soon, nevertheless, it's time to focus on new ways to get back together and stay involved with our most important relationships.

Pandemic masking, social distancing, and isolation have disrupted our natural communication structure. Despite that we still strive to stay in touch, feel connected, and enjoy the sense of belonging that comes from our communities. Because of the lockdowns, we have relied more and more on digital communication. But, well before 2020, the world was moving toward a preference for corresponding via email, text, and instant message.

The problem is that these lack the humanity and richness of one-on-one linguistics.

Words, without seeing faces and hearing voices, can be misinterpreted. They simply cannot accurately convey the body language, hand gestures, eye contact, nodding, emotional expression, vocal tonality, and non-verbal cues of face-to-face conversation; and the real meaning of your tidings get lost. Even worse is how much it curtails meaningful conversation and physical touch. And, sadly many people have been upset, and relationships destroyed, over a poorly written text.

The simple solution is to take more time when you write. Depending on the age of the person you're messaging limit the use of abbreviations (especially for Baby Boomers like me). When you take the time to use full words, proper spelling, grammar, and punctuation, it can make all the difference in how your message receiver interprets the intention of your words. Ask yourself before you hit SEND, "Could this message be understood differently from what I think it means?" Or even better, hand write your letter and deliver it in person.

### Take the Time to Make the Impersonal More Personal

If it's not urgent, let it sit for a while as a draft, then re-read it before you send. You'll be surprised how often stepping away, then returning with a fresh set of eyes, will enable you to view your words in a whole different light. It also helps to read your messages aloud in a neutral tone of voice as it will help you hear the tone of voice as your recipient will.

If you must quickly send a brief message, and you don't want it to come off as curt or insensitive, use an emoji. I know, I know, I had to be dragged into the 21st century too, but the fact of the matter is that humans are hard-wired with a negativity bias that makes us assume the worst when the objective of a message is unclear. Using an emoji helps clarify your emotional intent, and because of this their acceptance has grown immensely.

The best solution, if you can't meet in person, is a one-on-one conversation via Zoom or Skype. These real time applications enable us to see and read faces while hearing the tone of voice nuances so vital to understanding intention. And, let's not forget a good old fashion phone call. The goal is to stay connected and not allow today's circumstances to keep us apart.

*"Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister." Romans 14:13*

The future is here, and it looks like we're going to be blending the in-person world with the virtual one for a new hybrid community. How well that will work depends on how much we reach out to the people in our communities. Most of us will have several communities such as work, family, friends, hobbies, and communities of faith, such as the OHI community.

As we head into the holiday season, we will be test driving this hybrid community with our family and friends. Many of us have seen how it functions at work, now we can expand it the rest of our lives. Imagine a Thanksgiving dinner with a computer screen logged into Zoom at one end of the table, and around the rest of the table will be seated the host and those guests who are able to attend in person. We may have to learn new forms of etiquette in order to make those attending virtually feel fully included. These friends and family will still be praying together, showing gratitude together, and conversing together, all while sharing a meal together.

Fellowship and belonging, which I've written about before, is vitally important to revisit as we move forward into our new abnormal. It affects our life satisfaction, happiness, health, mental health, and longevity; and it helps us find and achieve our purpose.

### Hybrid Communities Provide the Sense of Belonging We Need

According to Forbes Magazine, belonging is more than just being part of a group. It is critically tied to social identity, which means having a shared set of beliefs or ideals with the members of your group. Belonging has to do with identification as a member of a group and the higher quality interactions which come from that.

Belonging is a powerful emotion. Sometimes we don't notice how the sense of belonging really feels until it is gone. Have you ever gone back to visit friends at a company where you once worked? The place looks the same, your friends are happy to see you, but it feels different than you remember. That's because you are on the outside of the group, versus the inside.

It is crucial right now to maintain contact with the members of your groups during this time of change and adjustment, so that you don't lose that special feeling or those connections. Without a sense of belonging, we can fall into loneliness and depression. Social media helps, but it falls short; it simply doesn't provide the personal interaction that we all need and crave.

*How good and pleasant it is when God's people live together in unity! Psalm 133:1*

As I mentioned above, I see this hybrid world as a new opportunity for our ministry to reach out beyond the walls of our campuses. A church may have five areas of participation and influence: worship, mission, discipleship, ministry, and fellowship. Here at OHI, we have all five.

We worship individually and together as each of us understands our creator. We have missionaries who help our new guests navigate the curriculum. We have disciples who advocate to their friends and family the benefits of becoming a guest. At the core is our ministry: a holistic healing program for the body, mind, and spirit that teaches participants how to: cleanse and nourish the body with diet, fasting, and exercise; quiet and focus the mind with journaling and meditation; and renew and awaken the spirit with study, prayer and celebration.

Best of all, we create a safe and sacred environment for fellowship that lasts a lifetime, and with people who understand you better than anyone else. Reach out this holiday season and spend time with your cohort either here at OHI, or by creating your own hybrid community.

### The Safest Place You Can be Away from Home Keeps Getting Better

We've made these recent updates with your safety and comfort in mind: At OHI San Diego, all 60 guest rooms have been remodeled including replacing the carpeting with wood flooring. This upgrade is more hygienic and makes the rooms feel larger

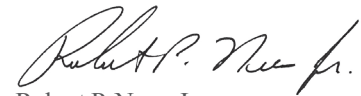
and warmer. At OHI Austin, we added new wood flooring and carpet to our exercise classroom. At both locations, we added 100% certified organic cotton bedding. And, by the time you're reading this, we will also have certified organic cotton towels.

We hope to see you at OHI soon - either to help us celebrate our 45th Anniversary or for the Thanksgiving, Christmas, or New Year holidays.

**Inside this edition:** Read further about building strong families and community and best practices in communication. Get to know our colonic provider, Dr. James Novak; Jane Jones, an OHI San Diego missionary; OHI guest, Nila Sinha; and Jan Hemming's story of how the OHI Scholarship helped her. We remain humble and grateful to all those who contribute and help people like Jan. Please also consider contributing to the OHI Scholarship Fund which helps OHI community members in need. And finally, be sure to turn to page 10 for details on your Optimum Fall Cleanse.

Wishing you health and wellness in this blessed fall season.





Yours in prayer,



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

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

Join OHI Facebook pages for San Diego and Austin.

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

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

## How to Build a Strong Family & Community



**A**s we breeze into fall and find the holidays on the horizon, now would be a good time to talk about what makes a healthy family, and look at how we can leverage holiday rituals and traditions to bring that healthy family closer together.

### What is a “family”?

Family includes people we love, and those who love us — parents, children, grandparents, and siblings. “Family” can also include close bonds with friends and neighbors. No matter who you consider “family,” it all boils down to those we feel connected to through a shared history and experience.

### Why is a strong family important?

Our family teaches us how to function in the world. Children learn manners and appropriate socialization skills from their family. They learn how to communicate, how to cooperate, and how to problem-solve. They learn empathy and trust, find meaning in shared values, and take on responsibility. At its best, family members provide unconditional love and support to each other.

### What are the characteristics of a healthy family with strong bonds?

Researchers from the University of Nebraska conducted a study on the characteristics of strong families, and they recognize six major qualities that all contribute to family happiness and strength:

**1. Commitment: They make their relationships a high priority.** Put the welfare of other family members before yourself. If everyone chooses a path of selflessness, the family as a whole benefits. When you hold yourself responsible for valuing another person’s feelings and needs over your own, that empathy grows to become the foundation for a strong family bond.

**2. Appreciation: They let other family know, daily, they are appreciated.** Use appreciative language and gestures with each other. Greet everyone warmly as they walk in the door. Ask them about their day. Thank whoever cooked dinner. Go out of your way to be kind.

**3. Communication: They talk to each other about issues both big and small.** Keep your communication positive, listen to all opinions, and don’t forget to lighten the mood with laughter when tensions are running high.

**4. Time together: They are deliberate about planning activities.** It’s the small daily family rituals that are often the most meaningful. Eat dinner together. Watch a movie on Friday nights. Walk the dog together.

**5. Spiritual wellness: They believe in a greater power and have shared beliefs.** Model acceptance and tolerance. Share your views about your beliefs, and why they are important to you, but also be open to learning more about the beliefs and values that your loved ones hold dear.

**6. Crisis and stress: They are able to cope with difficulties and crises because they are resilient together.** Everyone processes stress differently. Give everyone room to vent and work through their stress in their own way. Just be available to provide support as needed.

### How do we develop and cultivate the traits of healthy families?

**Here are seven simple keys to growing healthy families:**

**The power of modeling.** What kids see you do as they grow up is what you’ll likely see them do when they’ve grown up.

**Giving the gift of time.** Set aside special time for individual family members. Take an interest in their passions, and introduce them to your hobbies. Be curious and open to new ideas.

**The power of nourishing love.** Cherishing and nourishing your family are two very different things. Cherishing means to value and care about it. But do you express it? Nourishing is the action that expresses that love, and reinvigorates the relationship.

**Cultivating an encouraging environment.** An encouraging environment is one in which you spend more time building and encouraging your loved ones than you do scolding and correcting them.

**The gift of healthy anger.** When a person understands anger and learns how to express it in healthy ways, it can be an ally and actually lead to increased trust, greater intimacy, and stronger relationships. While we may have minimal control

over when we experience anger, we have total control over how we choose to express that anger.

**Nurturing quality communication.** Good communication doesn't just happen. Healthy families set aside a regular time for focused communication, where individuals really listen to what others are sharing, and show sensitivity to each other's feelings. Quality communication also recognizes the importance of nonverbal aspects of communication — hugs, laughter, tears, etc.

**Conflict — pathway to intimacy.** Most of us haven't learned the value of conflict, and interpret it as an attack. When we avoid healthy conflict, we avoid growth. Instead, make your primary goal of conflict to understand the other person. Take a few minutes to acknowledge, discuss, and define the conflict, and then LISTEN. Ask yourself "What is MY contribution to this problem?" And finally, commit yourself to understand what the issue looks like through the other person's eyes. It is through this journey of empathy that you will be able to resolve conflict.

### How do rituals bring a family closer?

It is important to actively find ways to bring your family emotionally closer. In his book, "The Intentional Family," family therapist William Doherty focuses on the idea that the way we enact our family relationships through rituals is just as important as how family members speak to each other.

So what exactly is a ritual? Doherty defines a family ritual as an activity that has meaning, has coordinated activities that are significant to the family, and is repeated. Not all family rituals necessarily involve the whole family. Some rituals involve just two members (ie: a grandparent/grandchild playing a game), some involve the larger extended family, others include close friends of the family, and still others connect the family with a larger community such as a church or synagogue.

#### Family rituals give us:

**Predictability:** A ritual brings a sense of order to family life, and that brings calm to the environment. If there is no predictability to a ritual (ie: reading a bedtime story EVERY night), then the ritual loses its power.

**Connection:** When a family feels connected to each other through rituals, it's because they have built trust within a shared experience. (ie: the bedtime ritual is often the primary one-on-one time between parent and child)

**Identity:** Rituals provide a sense of belonging and defines what is "special" about the family. Maybe your grandmother once knit matching sweaters for everyone, and now your family has taken the tradition to a new level by all wearing ugly Christmas sweaters at the holiday.

**Values:** Values demonstrate what we believe and hold dear, and religious rituals are a good example of the way rituals enact values for a family.

According to Doherty, the idea of the Intentional Family is to create rituals that reflect your family's own unique values,

histories, religions, and cultures, and to leverage those rituals to consciously plan your life together.

### What are the different types of family rituals?

Let's examine the five different types of rituals identified by Doherty:

**Family rituals:** Not all family rituals involve the whole family. Some rituals involve just two members — a married couple going out to dinner or a grandparent reading to a child. Successful intentional families learn to ritualize everything from pairs to large community families (church group or volunteer group).

**Connection rituals:** These offer everyday opportunities for family bonding, such as family meals, morning and bedtime routines, or family outings.

**Love rituals:** These focus on developing one-to-one intimacy, and make individual family members feel special. They can be divided into couple rituals and special-person rituals. Examples of couple love rituals are anniversary celebrations or date nights. Special-person rituals generally center around birthday celebrations, Mother's Day and Father's Day, etc.

**Community rituals:** These have a more public dimension than connection and love rituals. They include major family events such as weddings and funerals that link families to their communities, as well as religious activities in churches, synagogues, or mosques. In addition, community rituals include conscious efforts to connect with a wider social network than the family, to both give and gain support. The healthiest families give to their communities and receive support back in good measure.

**Holiday rituals:** Thanksgiving and Christmas have evolved into a special category of family ritual, involving three functions of rituals — connection, love, and community. There are the grand rituals of the calendar year for the majority of families, Christian and non-Christian alike.

So while we still have a few months before Thanksgiving and Christmas, why not take the time to assess the rituals your family keeps, and create or change them in response to the way your family has grown and changed over time. Multi-generational families are a gift, and it is a delicate art to balance the weight of tradition with the desire to incorporate fresh rituals as new members join the family with their own values and opinions. Major transition times in family life are good opportunities to review your rituals. Focus on the needs of the group, and the values you want to promote. Building and maintaining a strong family bond is a process. Enjoy the journey together.

*"The Intentional Family" by William J. Doherty, Ph.D.*

*"7 Keys to Building Strong Families", Dr. Gary Oliver, iMom.com*

*"What makes a family strong?", Gail Innis, Michigan State University Extension, December 2, 2016, canr.msu.edu*

## Communication Best Practices for a Happy Family



**E**veryone wants their families to feel bonded. While every family is different, there is a single commonality every happy family relies on...**Open communication.**

While it seems obvious, the reality is that productive open communication is anything but easy. It takes commitment and practice from every member of the family, but the results speak for themselves. Let's take a deep dive into communication best practices for a happy family.

### Strong families have open lines of communication

“Open lines of communication” boils down to the idea that all family members feel heard and respected. So while every member gets an ample opportunity to speak, conversely, it also means that every member needs to actively LISTEN to that person speak. Until we truly hear each other, we cannot build strong relationships.

#### First, practice ACTIVE listening:

Give the person your full attention: Turn off the TV, set aside your phone, and put down what you are doing.

Focus on what the person is telling you rather than thinking about your reaction or response to what is being said. (There will be time for that.)

Listen for how the other person is feeling and relay back what you think they are saying and how they are feeling: “I hear you saying that you don't like your sister. You look pretty mad. Did something happen?”

Resist giving advice or your reaction until you are certain that you have fully understood what the person is saying to you.

#### Second, use “I” messages rather than “You” messages when talking:

“I” messages require us to be clear about our own thoughts and feelings. This technique increases the chance that our message will be heard and decreases the chance that a fight will begin. “I don't like all this fighting. It upsets me to see the two of you not getting along.” is more productive than “What's wrong with the two of you? You're making e crazy! Can't you ever get along?”

Teach everyone in your family to speak with “I” messages as much as possible. For example: “I feel (upset) when I see you

(playing video games before you finish your homework).” “You” messages should be discouraged because they often lead to bad feelings and increased fighting. “You” messages seldom resolve the problem.

#### Third, encourage all family members to share their thoughts and feelings:

Productive communication within a family allows all family members — no matter how young — to share their thoughts and feelings. While you may disagree with another person's thoughts, their feelings are valid and everyone should be respectful of the thoughts and feelings that are shared.

In productive communication, family members are held accountable to express themselves with “I” messages. When people feel heard and respected, they feel validated and come to trust those they are sharing with. Sharing private thoughts and feelings can leave a person feeling very exposed and vulnerable, so it's imperative that they completely trust those they are sharing with. When family members feel heard and validated, they are more likely to allow others to express themselves freely and be more open to solving problems cooperatively. Working together to resolve simmering issues is the goal of productive communication.

### OHI gets guests talking in their COMMUNICATION class

Productive communication is a skill that needs to be learned and practiced. OHI's Communication class starts by defining the difference between the three different communication styles:

**Aggressive Style.** A person who communicates with this style is demanding, openly or subtly angry, insensitive to others' needs, puts others down, is judgmental, and sees others as inferior.

**Submissive Style.** A person who communicates with this style does not express their own needs, thoughts, or feelings, harbors resentment towards self and others, has poor boundaries, turns anger inward, and sees others as superior.

**Assertive Style.** A person who communicates with this style understands their own needs, expresses needs/wants/desires clearly, respects others needs/wants/desires, accepts responsibility, meets own needs, and sees others as equal.

In this class, guests practice reflective listening by giving feedback on what they are hearing said in a conversation, and giving the speaker room to clarify. They learn to use silence to gently nudge the speaker to think and reflect on their own words, and then comfortably proceed at their own pace. Guests also learn to avoid giving advice. Basically, advice is a backward form of criticism, and sends the message, “You don't know how to handle your life, but I do.” To avoid giving advice, check your use of the word “should”. It usually precedes advice, as in “You should do...”.

Overall, the more you practice productive communication with your family, the stronger the bond will grow. Just try to listen more than you speak, and when you do speak, do so with clarity and kindness. Productive communication is the true foundation for generational happiness.

## Meet Nila Sinha, an annual guest at OHI Austin!



**Nila Sinha**

**N**ila Sinha first learned about OHI Austin 15 years ago, but it took a big life change to springboard her into booking a visit. “I heard about OHI from my family’s NAET practitioner in South Florida,” said Nila. “She had been a regular at OHI San Diego for over a decade, and raved about it. At the time it was early in my career when I was traveling a great deal, and feeling very stressed and burned out. The detox sounded like a great way to get my body back on track in order to better handle my work stress, but I just couldn’t take a whole week off, let alone three weeks. I vowed to visit OHI ‘someday’.”

That “someday” eventually came for Nila in July 2018. “Basically, my whole life fell apart in the span of two weeks,” said Nila. “My 19-year career with a company abruptly ended at the same time that my marriage ended. I was in an emotional free fall! I tried to flip my perspective, and see these big life changes as an opportunity and not a loss. I pulled together a list of things I had always wanted to do if I had the time, and a visit to OHI was at the top of the list. I was long overdue for some self-care.”

Nila arrived at OHI looking for help. “Physically, I was experiencing sleep apnea, the lethargy and discomfort from 60 pounds of excess weight, and lots of inflammation in my joints,” said Nila. “Emotionally, I was feeling completely adrift. I committed to a three-week stay at OHI Austin, so I could completely detox and give my body the rest it so desperately needed. After the first week, I could feel the fog in my brain lifting, and began to feel at home in my body. My inflammation was markedly reduced, and I was amazed

that I could sit cross-legged on the floor without discomfort. I hadn’t been able to do that for years! After three weeks, I returned to home with a life plan for healthy eating, as well as the mental and emotional confidence to tackle a new career. I soon launched my own consulting business, and being my best healthy self is essential to the coaching and leadership development side of my business. I couldn’t have done it without the energy I’ve gained from detoxing at OHI!”

The pandemic turned everyone’s lives upside down, but Nila still found time for a visit to OHI Austin. “I have returned to OHI Austin at least once a year since July 2018. I try to spend at least two weeks on campus for a total body/mind/spirit reset. I used to come in July, but after the challenges that 2020 brought all of us, I ended up spending two weeks at OHI Austin right before New Year’s. It was such a rewarding way to start 2021! I was already on a renewed path to better mental and physical health, and not just making resolutions about it.”

Nila used the 5 P’s to optimum health (purpose, positive mental attitude, persistence, patience, and prayer) to help her heal. “The 5 P’s allow me to live with intention so that I don’t lose my way again,” said Nila. “Purpose, patience, and persistence have particularly helped on my healing journey. I continue to focus on a foundation theme or intention (purpose), kindness to myself (patience), and a mentality to just breathe and jump in knowing I have to trust that I can handle whatever comes my way (persistence). I have let go of self-criticism, which I had somehow thought was part of my search for excellence. OHI has taught me to take a more loving approach towards myself, and to trust my inner wisdom. I focus more on finding the small gifts in every day life, and being grateful for those things has helped me feel joy.”

Each time she returns to OHI, Nila feels a rush of comfort and familiarity. “As I drive onto the OHI campus, I feel an immediate relaxation of my shoulders, and a feeling of hope and safety. I look forward to that feeling of restoration that I know will come within just a couple of days. OHI is the place I can always come back to if I need help finding my footing on my path in life. And when I’m not on campus, they’ve taught me how to take responsibility for my own good health. For me, a juice fast helps reset my body/mind/spirit in times of stress. I try to do a juice fast at least once a week to give my body a rest. If guests learn just one thing at OHI, it’s how to listen to their body, and give it the healing it needs.”

**“I committed to a three-week stay at OHI Austin, so I could completely detox and give my body the rest it so desperately needed.”**

## Get to Know OHI Missionary, Jane Jones



**Jane Jones**

Jane Jones is matriarch to a BIG family. “I’m a mom of three grown children, seven adult step-children, twenty grandkids, three dogs, and six chickens,” said Jane. “We moved a lot for my husband’s job as an insurance executive, so I’ve lived on both coasts, in the Rocky Mountains, in the Midwest, and in London. I received a culinary degree from le Cordon Bleu, I’m certified in sports therapy, and I am currently finishing a sociology degree. I am an empty nester for the first time since I was 21 years old!”

Jane has visited the San Diego campus eight times over the course of her life. “My acupuncturist told me about OHI twenty years ago,” said Jane. “The first time I visited, I only stayed a week because my kids were young. I thought I was there to lose a bit of baby weight, but after a few days I felt so happy and peaceful I realized I was really there for my spiritual and emotional well-being. Each time I stay I discover something new about myself as a flawed human committed to improvement.”

It took almost two decades before Jane felt ready to be part of OHI’s missionary program. “I had always been interested in the missionary program,” said Jane, “but the 3-month stay didn’t work with managing a large family. I booked a two-week stay a year ago after being diagnosed with Lyme disease. I met Tamara, who was serving as a missionary at the time. She also had young adult children, and I talked with her about the worries I had about being away from my kids for three months. The next day, Tamara found me and said, ‘I’ve been thinking about our conversation, and I want you to know that one of the reasons I decided to become a missionary was for my children. I need them to know that it’s okay to put your health and well-being first.’ That really struck a chord with me. If I wasn’t at my best, I couldn’t give my family my best. OHI is a place where

I am not someone’s mom or wife. I am just me. I get time to reconnect with myself.”

During Jane’s time as a missionary, she balanced working with guests with some intensive work on herself. “I really wanted to work on overcoming some personal flaws,” said Jane. “I spent time reading books by experts, and praying for guidance. What I came away with is self-compassion. I’m not always going to get it right in life, but I am doing my best. Forgiving myself and self-love are the most profound spiritual exercises in my life now. Also, my missionary buddies love me, and helped me to see the good in myself. For that, I will always be grateful.”

When Jane was a guest, she made it a point to go to as many classes as possible. As a missionary, she encouraged all guests to do the same. “I have two ‘favorite classes’ at OHI,” said Jane. “I love the Vocal Toning class. Sometimes I have so much energy after the class I feel like I could levitate! I also love the Focus class. I’m not a naturally organized person, and this class really gives you tools for living successfully.”

Whether she’s at home or at OHI, Jane makes her diet a priority. “Our bodies hold our spirits” she said. “When we feed our bodies nutrient dense foods, we feel better. When I eat well, I’m more in tune spiritually. I eat more raw food than I used to, and I eat out less. A restaurant just can’t compare to what you can make at home with organic produce. Also, I always have homegrown sprouts in the fridge. They’re so easy to sprout yourself.”

In addition to her food choices, Jane keeps her daily celebrations simple yet meaningful. “I meditate every morning,” she said. “I read scriptures, and spend time in prayer. I also have affirmations, and a positive mantra I repeat during stressful times. I also spend time in nature as often as possible to help myself heal. I’ve been mostly sedentary the last couple of years battling Lyme Disease and Epstein-Barr. After my 3-month stay at OHI, I’m back to mountaineering. This week I climbed two 14,000ft peaks in Colorado. I am amazed at how well I’m doing!”

While serving as a missionary, Jane shared a simple piece of advice with guests. “Make time for quiet daily,” she said. “The world is so noisy, and we often buy into the rush — that somehow our lives have more meaning if our days are overflowing with tasks. Time in meditation and prayer opens our hearts to inspiration. If there’s too much noise in our lives, we can’t hear the quiet whisperings that are there to guide us.”

**"Each time I stay I discover something new about myself as a flawed human committed to improvement."**



Jan Hemming's Journey to Wellness

## Scholarship Recipient Finds Transformation Through OHI



**B**orn in Los Angeles and raised in the San Francisco Bay Area, Jan Hemming had a vibrant career in journalism, political consulting, and public relations. She launched her own boutique PR firm, and after 15 successful years she retired and turned to non-profit and community work. An avid gardener in her spare time, Jan was leading a very full life...and then came her "health opportunities."

"In 2017, I was diagnosed with breast cancer," said Jan. "I underwent intensive hypo-fractionated radiation and surgery. I also dealt with pre-diabetes, high blood pressure, high cholesterol, and kidney stones. In 2019, I was in a very serious

car accident that broke my sternum and fractured my ribs. And in 2020, I had three parathyroids removed in an attempt to regulate my calcium. So when I say my body has been through the wringer over the course of the last 4 years, I'm not kidding."

Jan had tried many conventional diet and lifestyle approaches to improve her health, but all of them failed. Her neighbor was a missionary at OHI, and explained how the program had made such a huge difference in her own health. "Being retired on a fixed income, I was uncertain if I could cobble together the resources to attend OHI," said Jan. "When my scholarship application was approved, it was an answer to my prayers. I stayed at OHI San Diego for two weeks, and in that time my body and my health completely changed for the better. My blood pressure lowered, and my heart rate improved. I lost 11 pounds, and my blood sugar went from the 130s to the 80's. It was remarkable! Now two months after leaving OHI and making a determined effort to stick with the program, my weight has continued to drop, and my vitals are even better. I've always felt my body was a temple, and now OHI has taught me the right way to eat to match that belief. I am so grateful to those who made this scholarship possible. I firmly believe that OHI is transformational. I now regard my life as the time before OHI."

Share the Gift  
of Healing



### Three Ways to Give

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

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

Please consider contributing to the OHI Scholarship Fund to help those in need experience the benefits of the OHI program. Over the course of our 45 years, OHI has provided scholarships to individuals who could not afford to otherwise attend. In most years, we have been able to fulfill all requests for assistance through the generosity of our community. OHI invites you to join with us in celebrating our healing mission with a tax-deductible gift. Your contribution will help to make our community stronger, healthier, and more vibrant. Thank you so much for your generosity!

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

- One-Time Donation, or
- Sustainable Monthly Contribution

Thank you for your generosity!

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

Call (800) 993-4325 to make your tax-deductible donation today!

# Meet Dr. James Novak, Optimum Health Enterprises' Holistic Medical Practitioner



**Dr. James Novak**

**James Novak**, to provide supervision of colon hydrotherapy services for OHI San Diego community members.

**O**ptimum Health Enterprises (OHE) is a third-party vendor who offers colon hydrotherapy services at OHI San Diego and OHI Austin. In Texas, prescriptions are required to receive a colonic, therefore OHE provides practice management for a licensed medical doctor to supervise colonic services at OHI Austin. California does not require a medical doctor for supervision; however, we recently

Get to know Dr. James Novak with our quick Q&A...

## **Q. Why did you join Optimum Health Enterprises (OHE)?**

A. Many of OHI's staff and guests have been my patients over the years, so I was well-acquainted with their program. I knew they had always offered guests colon hydrotherapy service via a certified colonics therapist (either a licensed vocational nurse or a registered nurse) using state-of-the-art hydrotherapy equipment. During the pandemic, there were times when OHE had to put a pause on their colonic hydrotherapy services because it was not overseen by a medical practitioner, and therefore it was not considered an "essential" business. To make sure guests are never inconvenienced by a pause in services in the future, I joined OHE as the medical specialist overseeing the colon hydrotherapy practice in San Diego. I have been so impressed with OHI's immersive body-mind-spirit detox program over the years that I was inspired to join their team.

## **Q. Give our guests a little background on yourself.**

A. I earned my undergraduate degree from Northwestern University, and I received my medical degree from Rush Medical College in Chicago in 1980. I was an NHS Corp physician for three years, working predominantly on Native American reservations. I started an Integrative Medicine private practice in 1985 in Pacific Beach, CA., and as of this month have been a licensed, practicing family physician for 40 years.

## **Q. Why did you start practicing holistic medicine in conjunction with Western medicine?**

A. I had patients who felt they had reached a dead end in allopathic medicine. Those with chronic health conditions like auto-immune diseases or Lyme disease were seeing practitioners who were treating their symptoms as opposed to finding the root source of their problem. I approach a new patient by trying to find the upstream causes of the current problem, and look to the foundations of good health to activate self-healing — a

nutritionally dense diet, adequate sleep, challenging exercise, exposure to natural sunlight and clean oxygen, and a strong mind-body connection. I want to improve the bio terrain of the body — strong gut health, clean blood, a solid detox of the liver, lymph, and kidneys, and a reservoir of healthy fats in the body. That restores the physiologic processes that have been interrupted, and optimizes the innate healing power of the body.

## **Q. How will you interact with OHI guests?**

A. Guests at the San Diego campus who are interested in receiving colon hydrotherapy will meet with me to take a medical history, and get a brief exam. I evaluate whether it is safe for a guest to do a colonic. Those who have intestinal or rectal issues like anal fissures, active hemorrhoids, diverticulitis, colitis, or are taking blood thinners are really not appropriate candidates for colonics. I refer guests who are good colon hydrotherapy candidates to our colon therapists. It is my goal as an experienced holistic practitioner to always ensure colonics are given in a healthy and safe manner.

## **Q. What does colon hydrotherapy do for the body?**

A. Colon hydrotherapy assists in detoxing the body by cleaning out the colon. When the intestinal tract is empty and clean, it sends a signal to the liver. The liver cleans your blood and breaks down old or damaged blood cells, as well as plays a central role in all metabolic processes in the body by breaking down fats. The cleansed intestinal tract lets the liver know it is ready to process more waste. Colon hydrotherapy accelerates this detox process.

## **Q. Are there any other new healing modalities that you've had success with in your practice that would dovetail with OHI's detox program?**

A. Yes! I have had great success with a variety of oxidative therapies over the last few decades that I hope to incorporate into the OHI detox program. In particular, I feel ozone therapy would be a great addition to the program. At its most basic level, ozone stimulates an adaptive response in the body that increases mitochondrial energy production, increases white blood cell immunoregulatory function, stimulates improved blood circulation, and improves hormone balance in the thyroid and adrenal glands. It also down regulates inflammation throughout the body. Through these processes, it helps to remove microbes and toxins that don't belong in the body. I think it would be a great addition to the current detoxification aspects of the OHI program.

## **Q. Any final thoughts as you join the OHI team?**

A. Quite frankly, I think the body-mind-spirit teachings at OHI are the most important aspect of their overall program. The effects of psycho emotional healing are absolutely vital to good health. I'm proud to be a part of this life-changing program.

Welcome Dr. Novak! We are so happy to have you!

Ready to Hit the Reset Button?

## Come to OHI for your Optimum Fall Cleanse

Balance. Strengthen. Reset.

### We are open and offering full services.

It's been no easy feat to keep our doors open during a pandemic. Our third-party service providers continue to offer full services in colonic, chiropractic and massage on our campuses. Our staff members are ready, willing and healthy! **If you're considering a stay with us, give us a call and we'll talk you through it.**

### A more intimate guest experience with limited program space.

We have smaller cohorts on campus of guests, staff and missionaries. OHI San Diego is limited to 60 program attendees on our 2-acre campus; OHI Austin is limited to 20 program attendees on our 14-acre campus. **To ensure you get a space in our program and your preferred OHI for Life Wellness room, we suggest booking three weeks in advance.**

### OHI is the safest place to be outside of your home.

We follow the CDC's protocols of physical distancing and increased sanitation. We use electrostatic spray disinfection systems, and non-chemical cleaners in all common areas. We also test our guests, missionaries and employees three times per week to ensure we maintain a safe environment. **OHI is your safety bubble for healing.**

**Call to book your stay: (800) 993-4325**

**Ask about our *OHI for Life Wellness Rooms* – designed with your safety and comfort in mind!**

**Come to OHI and reconnect in a safe and sacred environment ♥**

\*Some restrictions may apply

**Call (800) 993-4325 to book your stay with us!**



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 the OHI Scholarship Fund

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

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Fall2021

## OHI IS YOUR SAFETY BUBBLE FOR HEALING

We continue to take precautions to provide a safe and sacred environment. We follow a comprehensive safety plan that involves three major pillars: minimizing infectious diseases from entering the OHI campus; sterilizing the campus, guest rooms, and public areas to reduce the likelihood of disease transmission; and conducting Covid-19 testing three times per week with our on-campus community members: guests, missionaries and staff. **OHI is the safest place to be outside your home.**

### CONTACT US: (800) 993-4325

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)

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### OHI - San Diego

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(619) 464-3346 or (800) 993-4325

## Ready to Hit the Reset Button for Fall?

Come to OHI for Your Fall Cleanse

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

### Our Mission

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

### Core Values

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

### Guiding Principles

Trustworthiness, Respect, Empowerment and Alignment.