

“The challenge many of us face is that we don't know what's really important.”

Bob Nees Jr., p1.



Finding Your Focus at OHI

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Finding Your Focus at OHI



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

Greetings to our OHI community; I wish you a lovely harvest season as the hot summer ends and coalesces into the warm colors and cooler temps of autumn. I love this time of year because it is a great time for introspection and reflection about life. In this issue, I discuss the importance of focusing your time on your highest priorities – living your best life doing what is most fulfilling and meaningful to you.

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Romans 12: 1-2

Translation: Stop allowing yourself to be overtaken by meaningless demands that waste time. Instead, focus on the things that matter most in life. Start by renewing your mind.

In our Focus I & II classes at OHI, our guests repeatedly state “not having

enough time” is the main reason they fail to accomplish their top priorities. But the hard truth is there is plenty of time... they simply don’t yet understand how to manage their time according to their priorities.

If you were facing your last days on earth, would you be concerned with writing more emails, making more money, or spending more hours at your job? I doubt it. More likely, you would be finding ways to spend time with loved ones or making a difference in peoples’ lives.

Renewing your mindset is the first step toward prioritizing living life to its fullest.

Return Your Time to Your Control

Like many of you, when I was growing up my parents gave me chores to do, my teachers at school gave me homework to do, and I was held accountable if I failed to do them. When I was a little older, I got my first part time job. My boss gave me tasks to do and a schedule for the days I was to work; there were, of course, negative consequences if I failed to show up on time or to complete any of the tasks assigned. But none of these were personal goals that I chose for myself. In other words, my time was organized for me by others - my parents, teachers, and bosses.

When I went to college, I lived more independently than what I was used to at home. Wow, there were so many new and exciting things to do - new friends, sports events, clubs to join, and of course my classes, homework, and study. The problem was **everything** seemed important. And, because I didn’t know how to prioritize and manage my time, I got behind in my school work.

I struggled with this for a bit, but eventually learned how to better juggle my responsibilities with my interests. It wasn’t until I discovered Stephen

Covey, that I found the Holy Grail of life management. In his book, *The 7 Habits of Highly Effective People*, I learned there are things we can control, influence, or be concerned about. And the real deception is focusing on *concerns* rather than what you can *control* and *influence*. For the 7th habit, *Sharpen the Saw*, Stephen Covey tells the story of a man walking through the woods who comes upon a lumberjack swearing. He asks, “*What’s wrong?*” The tree cutter replies, “I have all these trees to cut but not enough time.” “*Why?*” “Because my saw blade is dull and it’s slowing me down.” “*Why don’t you sharpen it?*” “I don’t have time to stop!”

The lesson from this chapter is the lumberjack was focused on his concern – too many trees and not enough time. Instead of focusing on what he could control, which was sharpening his saw which would influence the amount of time the task would take.

Stephen’s methods were life-changing for me and helped me achieve the corporate success that I enjoyed. Stephen Covey’s time management techniques are not just for business, and for this reason, I introduced his time-management concepts to our OHI staff and guests in our Focus I & II classes. These skills are imperative, not only for prioritizing our goals, but to help our OHI community members manage the vital time necessary for their healing opportunities and keeping a razor focus on living a meaningful and purpose-driven life.

You Are THE Priority

I’ve had the opportunity to conduct pastoral care and counseling with many of our guests over the years. One of the top concerns I hear is people find it difficult to make themselves a priority. They feel they have neglected themselves – often while fulfilling the needs of others – it results in them feeling stuck, and not knowing how to break free.

“The Main Thing is to keep the Main Thing the Main Thing.” Stephen R. Covey

The challenge many of us face is that we don't know what's really important. There is always some urgent matter requiring our attention. Everything that demands our time seems important, so we believe we have to do everything. And, that's where it goes sideways...because we are so busy, we don't take the time to distinguish between what is truly important and what is not. When all we do is put out fires, we find ourselves in permanent crisis-management mode which creates stress – which in turn causes dis-ease (also known as, “health opportunities”).

“Most of us spend too much time on what is urgent, and not enough time on what is important.” Steven R. Covey

Identifying what is most important to you, and enabling you to make time for it, is vital to living a fulfilling life. And, THE most important thing is taking care of you so, schedule self-care first!

What's New at OHI

We are re-vamping all our classes at OHI, starting with our Focus I & II classes. Our Focus classes were developed in conjunction with Franklin Covey especially for OHI guests and teach you how to create a personal planning system that helps you manage your time more efficiently and effectively so that you can spend your time doing what is most fulfilling and significant for you. Our Focus classes give you the tools and training to get clear about what matters most, concentrate your time and energy on what's necessary, and achieve your highest priorities.

As we update and re-vamp our classes, we are also re-branding our 21-day holistic-healing program as the *OHI for Life Body-Mind-Spirit Program*. We have future plans to develop additional programs...for example, we plan to develop 3 and 4-day retreats, each with a focus on a variety of topics. Therefore, rebranding our 21-day program makes room for this new growth to occur.

And lastly, I would like to introduce our **new Referral Program**. Many of you have been asking for this and we are finally delivering!

As a Christian-based healing ministry, we strive to keep our prices affordable and our program accessible to as many people as possible. We do not pay for advertising, which helps us keep our costs down. People get to know us through word-of-mouth referrals. When people experience the profound life-changing results of our program, they naturally want to tell their friends and loved ones about OHI. This is truly the best form of advertising and spreading the word about OHI, and now we are rewarding you for helping us grow the OHI community.

OHI's New Referral Program

*Refer 1 Person -- \$1000 off your next stay**

*Refer 2 People -- \$1500 off your next stay**

*Refer 3 People -- FREE week in a Courtyard room (OHI San Diego) or King room (OHI Austin)**

*Some restrictions may apply. See page 10 or call us for further details.

Happy Birthday OHI

September 19, 2022 marks 46 years of our tried and true body-mind-spirit healing program. In 1976, my parents, Bob and Pam Nees, along with Raychel Solomon focused on developing a program to detoxify, alkalize, nourish, and heal the body with a live, raw, plant-based food plan in a safe and sacred setting where people can become whole. Adopting the nutritional guidelines along with the mental, emotional, and spiritual practices are the core of OHI for Life's Body-Mind-Spirit Program.

Since 1976 we have helped hundreds of thousands of people. I sincerely thank you for your decades of support!

Come to OHI for the Holidays

Plan on celebrating the holidays at OHI this year, and enjoy this heartfelt time of year with like-minded people in our warm and welcoming community. We go all out with

our decorations, lights, and music to make the season special. It's quite magical! Make sure to book early!

Inside this edition: Read further about the importance of identifying your personal values and the 10 tips on nutrition. Get to know our staff member, Guillermo Romero; Breanne Scott, an OHI Austin missionary; OHI guest, Dawn Dickson; and Mac MacEwen's story of how the OHI Scholarship helped her. We remain humbled and grateful to all those who contribute and help people like Mac. 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.

Here's wishing you health and wellness in this fall season.





Yours in prayer,



Robert P. Nees, Jr.,
Senior Pastor and Chairman
OHI San Diego and OHI 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.



What do you value?

How Your Values Lead To Your Success

Everyone talks about personal values, but what are they, why are they important, and how do you identify which ones have meaning for you? Let's get the conversation started...

What are personal values?

Personal values are defined as the basic, most fundamental beliefs a person can have. They help to determine what a person prioritizes, who they want to be, how they live their life, and how they interact with their community. Your values help determine what is important to you and inform your decision-making, helping you decide what you want to achieve and become. Values are the tenets that guide actions and motivate attitudes, behaviors, and personality traits. Values are expressed through your actions, words, and behaviors.

Where do values originate?

Values originate from the source of your beliefs — authority figures, your past experiences, and your environment. Authority figures like parents, relatives, teachers, mentors, or religious leaders have a very big impact on your value system. Children build their foundational value system based on the values of authority figures they respect, but as they age and have their own life experiences children develop values through personal growth. People often prioritize their values based on a number of different factors, including their socioeconomic

status, their environment, and their upbringing.

Overall, there are four different categories of values:

Personal Values: These are the values you exhibit in your own life, and what you consider to be the most important. Personal values might include creativity, compassion, selflessness, enthusiasm, personal fulfillment, or friendship.

Relationship Values: These values demonstrate how you relate to others in your life, including your friends, family, peers, and colleagues. Relationship values might include openness, trust, generosity, empathy, caring, and communication.

Organizational Values: An organization's values help to provide it with a purpose, so it can manage both employees and customers more effectively. Organizational values include teamwork, productivity, innovation, volunteerism, financial growth, and strategic alliances.

Societal Values: These values depict how an individual or organization relates to society. Societal values might include accountability, environmental awareness, sustainability, individual rights, social responsibility, and future generations.

The bottom line is when we use our values to make decisions, we make

a deliberate choice to focus on what is important to us. When values are shared, they build internal cohesion in a group, whether that group is a family, a corporation, a school, or a country.

Why are values important?

Values help to inform your thoughts, actions, and beliefs. They differ from short-term or long-term goals because they're not specific to a single situation. While you may not always be aware of your values, taking the time to understand what you believe and why can help you make decisions that make the most sense for you. Recognizing your values can help you live life with more intention, and increase your integrity. There are many benefits to living in alignment with your values, like:

- Improving your problem-solving and decision-making skills. When you're in a challenging situation, consider how you can use your values to make a choice.
- Increasing your self-confidence and motivation. When you understand who you are and what you believe, you'll have the confidence and enthusiasm to overcome obstacles and solve complex problems.
- Helping you realize what's important and that improves your well-being. Identifying your core values helps you better focus on what matters most to you.
- Enhancing your career choices which

have a direct impact on your personal and professional life. Clarifying your values helps you choose a career you truly want, and helps you transition to roles that best reflect your values as they evolve over time.

How do you identify your personal values?

Here's a 3-step guide to identifying your personal values, and putting them to work so you can be the best version of yourself.

Step 1 — Ask “Who am I?”

Look through the following list, and choose 10-15 values you think you live by. Then share the list with family and friends, and ask them to pick the values they think best represent you. Compare the lists, and that will give you a very realistic portrait of who you are. That realistic portrait is the starting point of self-awareness and self-reinvention.

- Acceptance
- Alignment
- Compassion
- Courage
- Creativity
- Empowerment
- Faith
- Fitness
- Forgiveness
- Generosity
- Gratitude
- Health
- Holism
- Honesty
- Hopefulness
- Humor
- Independence
- Integrity
- Leadership
- Learning
- Love
- Loyalty
- Optimism
- Patience
- Peace
- Perseverance
- Relationships
- Respectfulness
- Responsibility
- Service
- Spiritual Life
- Stewardship
- Trustworthiness
- Truth
- Wisdom
- Understanding

Step 2: Prioritize your value list

Some values are more significant to us than others. Prioritize your values, and you can then prioritize your primary and secondary behaviors. Read your list often, and reinforce your identity to yourself. If you like yourself and believe in your values, you'll avoid sabotaging your own efforts to succeed.

One way to change the direction of your life is to re-shuffle the order of the values in your list. That re-prioritization



will dictate the behaviors you should be focusing on. For example, if your goal is to spend more time with your family, that value should be at the top of your list, and should guide you in the choices you make.

Step 3: Complete regular value audits

As our life circumstances change, so may the things we consider most important to us. Your value list can and should change over time. Just recognize those changes, adjust your value priorities, and make sure your primary behaviors support those top values.

At times you will even add new values to your list. One way to find new values that are meaningful to you is to look at the people you respect and want to be like. What values do they live by? Can you emulate them? Whatever values you add to your core beliefs, make sure you wholly embody them. Be courageous. Let new life experiences prove to you that this is a value worthy of being at the top of your list.

How does OHI focus on values?

One of the most pivotal classes taught at OHI is our Focus I & II classes. Franklin-Covey helped design these classes, and they're based on the Franklin-Covey time management principles. The intention of this class is to help you identify your core values, and define the goals that support these values so you can achieve what matters most to you. With your values and goals clearly in view, it's easier to stay focused on your highest priorities

and experience greater success in achieving what you desire. Your personal values are at the heart of your success.

So at the end of the day, how do you live a life of value? The secret is to plan the things that matter most to you into each day, and place those items as top priorities. Think about what values you'd risk everything for — people you love, ideals you hold dear. Keep laser focused on that list of core values, and your actions will follow. Understanding your values allows you to live a meaningful life of purpose.

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“What are personal values? Discover yours in 5 steps,” by Lois Melkonian, April 27, 2022, www.betterup.com

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“The Importance of Values (Plus Benefits and Tips), by Indeed Editorial Team, March 25, 2022, www.indeed.com

“Why Values are Important”, by Jarrod Davis, Barrett Values Centre, www.valuescentre.com

10 Smart Takes on Nutrition

A strong, healthy body leads to a clear, active mind, and an open, giving spirit. Good nutrition is the very foundation of good health. If you want your body, mind, and spirit to thrive, then you need to fill your body with the right balance of delicious, nutritious food. It goes without saying that you should eliminate processed foods from your diet — they are packed with salt, sugar, preservatives, and chemicals. But what should you eat, and how often? Learning more about nutrition is a great way to support your goals of better health, but you don't need to take a deep dive into the deep well of nutrition research to become an informed consumer. Why not start by focusing on these 10 smart nutrition takeaways to jumpstart your healthy eating.

1. Eat more whole, organic, plant-based foods to create a fiber-filled diet, rich in vegetables, fruits, whole grains, beans, and legumes. Make vegetables the star. Eating vegetables is linked with a reduced risk of Type 2 diabetes and a reduced incidence of cardiovascular disease. Eating vegetables also promotes healthier blood pressure and weight loss. Vegetables also have fiber, which women need at least 25 grams of every day. For vegetables and fruits, go for color and variety — dark green, yellow, orange, and red. These foods are rich in essential nutrients and critical to good health.
2. Include a source of lean protein in every meal. Nuts and beans are great choices.
3. Choose foods with healthy fats, limit foods high in saturated fat, and avoid foods with trans fat. Avocados, plant oils, and nuts are the healthiest sources.
4. A healthy gut is a happy gut. A large portion of your immune system is in your gut, so keeping it healthy extremely important. Eat foods that



contain probiotics, which can aid digestion and create and maintain a good balance of healthy bacteria in your gut. Probiotics are found in natural foods like plant-based yogurts, coconut kefir, miso, kimchi, and sauerkraut.

5. Stay hydrated. At 1-3% dehydration there's a noticeable effect on health and performance, including mental clarity, moodiness, difficulty concentrating, fatigue, and more. OHI recommends you drink half your body weight in ounces of pure water daily. For example, if you weigh 150 pounds, you need to drink 75 ounces of pure water every day. And ditch the flavored water. Instead, try adding a slice of cucumber, lemon, or a sprig of herbs to your water for a healthy splash of flavor.
6. Practice mindful eating. Focus on the food in front of you instead of looking at your phone or watching television. When you focus on the food you make healthier choices, you eat only until sated, and you enjoy the experience of eating more fully.
7. A daily multivitamin is a great nutrition insurance policy. Add in a Vitamin D supplement and an Omega-3 supplement to take advantage of their extensive health benefits.
8. Walk away from the pantry in times of stress. Eating is one coping
9. Don't eat if you're not hungry. Listen to your hunger cues. Some people prefer to eat breakfast as soon as they get up. Others prefer to skip breakfast altogether. Some people eat three meals a day. Others eat five to seven small meals per day. Listen to your body, and only eat when you're genuinely hungry.
10. Have a plan for eating IN — It's easier to eat nutritious, healthy foods when you have a plan. Eat breakfast before you leave for work. Pack a lunch. Reach for healthy snacks. Have a plan for eating OUT — Look at the menu online before you go to a restaurant. Ask for food to be served with no added salt, oil, or butter. Load up at the salad bar. Choose a lean protein, and ask for it to be prepared without salt or sauces.

At OHI, we believe your body is self-healing. When given the proper food, it can restore itself to its natural balance.

Meet Dawn Dickson, a Regular Guest at both OHI Campuses!



Dawn Dickson

OHI is a retreat that draws guests from across the country and around the world. Some choose OHI to help them build a strong body/mind/spirit foundation in their life. Others come to OHI looking to deepen their connection to God. Many visit OHI to help them work through a health opportunity they are facing. Whatever the

reason, OHI seems to attract the most intelligent, interesting, and passionate people to our campuses. Dawn Dickson is just one of the many intriguing people who returns to OHI regularly for a reboot. A seasoned professional speaker, business advisor, and angel investor, Dawn is recognized as one of the nation's top retail tech entrepreneurs.

"I describe myself as a serial entrepreneur and inventor with over 20 years of experience in technology and business development," said Dawn. "I have founded six companies since 2001, including Flat Out of Heels (2011) and PopCom (2017). I was named to the inaugural Forbes Next 1000 List (2021), and was in the March 2021 issue of Entrepreneur magazine, in Fortune, Fast Company, Venture Beat, Huffington Post, Essence Magazine, and more. Throughout the year I'm invited to speak on numerous panels and workshops, and all of that entails A LOT of travel. I started to feel really worn out from all of my time on the road. My friend, Malika James, told me about OHI eight years ago. I was always interested in giving OHI a try, but was just so busy. I realized that if I kept up this pace, my body was going to start breaking down. I know better. My health and my personal growth deserve all my attention, and I wanted to give myself a clean start. OHI felt like the exact right place to give my body, my mind, and my spirit the attention it deserved. So I booked a stay at the San Diego campus."

Dawn arrived at OHI ready to make changes. "Before my first visit, I was feeling tired, heavy, and sluggish," said Dawn. "I had gained a few extra pounds, and I needed a jumpstart to making life changes. I was hoping the curriculum at OHI would give me the education and the support I needed to change my eating. From the minute I walked in the door at

OHI San Diego, everyone was so welcoming. I felt at home immediately, and that gave me the courage to fully embrace change."

Dawn jumped in with both feet, and took as many classes as she could. "The education and programming at OHI is outstanding," said Dawn. "I learned so much about the benefits of wheatgrass, dehydrating food, and the importance of the body/mind/spirit connection in achieving any health-related goals. The biggest change I've made in my life with the help of OHI is in my food choices and also in my overall outlook about health. I truly believe anything can be cured naturally. Wheatgrass is really a miracle food! After my first visit, I lost 12 lbs and had a new outlook on my health and eating. I know that I can live a long, healthy life with the tools OHI has given me."

While Dawn embraced the education around food and better health, she also appreciated the camaraderie found with fellow guests. "I learned so much about myself through OHI," said Dawn. "The opportunity to meet like-minded people of all ages, backgrounds, and lifestyles is invaluable. It's the people that I've met, guests and missionaries alike, that make the experience of staying at OHI even more rewarding. And the OHI staff is spectacular. Danielle in particular is a gem! She is so relatable, and makes everyone feel welcome. I met her at the San Diego campus, and when she moved to the Austin campus, I scheduled a visit there. I've been to OHI San Diego twice and OHI Austin once, and they are both wonderful. I will definitely continue to come back each year for maintenance, prevention of a challenging health opportunity, and to meet more interesting guests. The bonds that you make with others while you are here are friendships for life!"

Every visit Dawn makes to OHI is a different experience as she focuses on different aspects of her physical, mental, and spiritual growth. But she looks forward to a few simple things with each return visit. "Honestly, I really look forward to the peace I find here," said Dawn.

“The rest and deep relaxation I experience here I just can’t find anywhere else.”

The juice cleanse and the massages really put me in touch with my body. And I love that I don't even have to think about what I am going to eat when I'm at OHI. I know that I'll find only the healthiest organic raw foods on my plate, and at the end of the day my body will feel all the better for it. Thank you OHI!"

Missionary Spotlight

Get to Know OHI Missionary, Breanne Scott

Breanne Scott first discovered OHI when a client challenged her to attend. “He didn’t tell me anything about it, but challenged me to go,” said Breanne. “I went to the San Diego campus in 2009, and loved it so much I’ve never stopped coming. Every time I walk in those doors, I look forward to the reset, the sense of calm, and the feeling of being closer to God.”

Breanne was a very successful medical sales rep in Michigan, California, Texas, and Florida for 15 years. She has always been active and healthy, crewing on competitive sailboats, going to the beach, and working out. “My first visit to OHI was very eye-opening,” said Breanne. “After detoxing, I suddenly felt better and more clear-minded than I had in my entire life. I lost 8 lbs, and it changed my relationship with food. I became aware of how the nutritional density of foods make me feel. I felt so much better after eliminating sugar and gluten. I now eat foods with very few ingredients, and incorporate fermented foods like raw sauerkraut. I even make my own kombucha. It makes my body feel great!”

Over the years, Breanne has spent 13 weeks as a guest with OHI. “I absolutely love the feeling I have on Friday/Saturday/Sunday of Week 1,” enthused Breanne. “The people you meet at OHI become life-long friends because it is the only place where you can open up, be vulnerable, and still feel safe. This is a no judgment zone. The deep feeling of community and fellowship found here just doesn’t exist in the outside world. What I experience at OHI is what I would like to experience every single day of my life. That’s where the missionary program came in.”

Breanne made a huge change in her life to be part of the OHI missionary program. “Every time I’m here I always want to stay longer,” said Breanne. “The last time I was here as a guest, I had an epiphany that maybe I shouldn’t be trying to implement OHI into my life at home, but rather I should be trying to implement myself into OHI. So after applying and being accepted, I resigned from my job in medical sales, found a friend to live in my home and tend to my rental property, and drove here. I’m now letting things unfold as they will. I have successfully surrendered to not controlling the outcome, and it’s liberating!”

Many who have been a part of the OHI Missionary Program

“For anyone who has the OHI missionary program on their bucket list, I guarantee when you invest months here instead of weeks, you will deepen your spirituality and get closer to God.”



Breanne Scott

say it has forever changed them. “I really like how long your stay is with the missionary program,” said Breanne. “It gives me a chance to go deep into the detox, focus on spiritual quests, and even take a deeper look at some of my personality traits to identify what serves me and what should be let go. It’s never easy to change, but with sufficient time, the right focus, and of course a supportive environment, it can happen. It took me two weeks just to get out of my ‘fight or flight’ mode, which has been my continuing state of mind for the last four years. That was the ah ha moment for me. I don’t want to live like that anymore, and I realized that being in the missionary program is where I belong in this moment of my life. No looking back. I feel less worry about what the future holds. Now I can fully invest myself in getting to know each and every guest, and supporting their healing journeys.”

Breanne’s time in the missionary program has changed her in so many ways. “I’d describe myself as a ‘doer’ because I like to take action, step up, and get things done,” said Breanne. “I enjoy being of service, and doing a good job. Being part of the missionary program has expanded my mindset about being of service, and now I include stepping up for myself as a priority. I want my life to be more calm and holistic, and being in the missionary program is giving me the time and space to examine my life and make changes. Achieving optimal health is worth the work.”

Breanne’s last bit of advice for those considering a stay at OHI is simple but profound. “Let thy food be thy medicine, and let thy medicine be thy food,” said Breanne. “I have learned so much from my time in the missionary program at OHI, but it all boils down to appreciating the power of raw dark leafy greens. I have seen people face the most overwhelming health opportunities here. The healing power of food is truly inspiring.”

Mac MacEwen's Journey to Wellness

Scholarship Recipient Leans on Fellowship in her Health Opportunity



Mac MacEwen

the news, all he said was, 'What a great opportunity for us to get to know each other.' I moved forward with traditional cancer treatment, and while it was successful, it really took a toll. I knew that I needed nutritional support to help me fully recover. One day I stopped in a gallery in New Mexico, and started chatting with the owner. We discovered we both had lymphoma, and she suggested OHI. My previous employers,

Mac MacEwen has found her life is filled with the kindness of others. "In 2019, I found a lump," Mac said. "Doctors told me I had an aggressive lymphoma that required immediate surgery, high dose chemotherapy, and radiation. I had just met Jordan, the love of my life, and he was the first person I called after my diagnosis. Upon hearing

Robin Connell and Mary Catherine Casey, generously sponsored my first 2-week stay at OHI. The food was very cleansing for me, but I found myself sick for nearly the entire first week as I detoxed from all the chemo. I began to 'wake up' the second week, but I could tell my spirit needed to catch up from all the trauma. I wanted to undertake a second stay at OHI to focus on my spiritual healing. All of the staff at OHI were so supportive, and helped facilitate a scholarship for my return."

Mac returned home, and put in the work to implement the OHI lifestyle. "I began growing and juicing my own wheatgrass, and fermenting Rejuvelac," said Mac. "Four months later, I returned to OHI for two weeks, and was able to participate more fully because I was feeling so much better. The fellowship of the OHI program is so important to me. Just hearing other people's stories and sharing my own is very healing. I discovered a lot in Danielle's Mental Detox class, and was able to see some of the ways I had been limiting my own healing. Without the scholarship from OHI, I definitely would not be here today. I am deeply grateful to OHI for the opportunity to attend on scholarship. THANK YOU!"

Share the Gift
of Healing



Three Ways to Give

- 1** MAIL newsletter donation envelope
- 2** ONLINE 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 for Life program. Over the course of our 46 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!

Staff Spotlight

Meet Jack-of-all-Trades OHI Staff Member, Guillermo Romero



Guillermo Romero

Guillermo Romero is exactly what you think of when you say “Jack-of-all-trades.” A native of Peru, he’s lived all around the world. He’s multi-lingual. He studied industrial engineering in college. He trained as a sommelier in Spain. He worked in the hospitality industry at Marriott for a decade. And he has worked in various departments at OHI from Housekeeping to Guest Relations.

Oh yeah, and he’s a really great human being.

“I honestly love my job,” said Guillermo. “I believe in the healing power of the OHI for Life program. I enjoy the guests. I appreciate the staff. I’m just really grateful to be here.”

Guillermo immigrated to the United States almost 20 years ago, and joined OHI in 2013. “I came to OHI looking for a better work/life balance,” said Guillermo. “At the time my son was only 5 years old, and I didn’t want to miss his childhood. OHI looked like the kind of organization that valued its employees, and valued what they could contribute to the guest experience. I’ve been very happy here for the last 9 years.”

Guillermo started as Assistant Housekeeping Manager, was promoted to Housekeeping Manager, and is currently Director of Guest Services. He also works on projects with the Facilities Department. “As Director of Guest Services, I oversee the staff in Housekeeping, the front desk, security at the gate, and all of the Managers on Duty. As our Board approves projects that reinvest in the campus facilities, I also work on executing them. A facilities improvement project could be anything from renovating guest rooms and classrooms, to replacing the roof, or installing wood floors. I am in charge of budgeting, obtaining materials, and contractor coordination. If there is anything that a guest says would make them feel more comfortable during their stay, then we work to make that happen. A recent guest suggestion was to renovate the hot tub, and that’s exactly what I am doing right now. Everyday is different here. Our Facilities Department handles everything from tree trimming and landscape management to campus renovation and emergency repairs. No matter what the problem, we handle every request that comes our way.”

Guillermo works at the OHI San Diego campus, but when it

“Many of our project ideas come directly from guest survey input. Our goal is to always make sure guests feel at home so they can focus on themselves and the program.”

came time to experience the OHI for Life program for himself, he went to the OHI Austin campus to try something new. “My health opportunity was pre-diabetes and caffeine addiction, so I was excited to have the chance to detox and reset my body again,” said Guillermo. “I’m not going to lie —detoxing was hard for me. But I had seen so many guests do it who were experiencing a serious health opportunity, and they came out the other side so much better for it. Along with being pre-diabetic I am also borderline hypertensive, and my father died of diabetes, so I wanted to make the most of this re-set. Now I do a weekly 24-hour juice cleanse, I eliminated red meat and alcohol from my diet, I drink more water, and I make sure to get plenty of exercise playing soccer and surfing. I have lost some weight, reduced inflammation in my joints, and feel much more alert and energized. The detox was so worth it! And the staff at the Austin campus treated me so kindly through it all. I couldn’t have done it without them. Halfway through the week I was ready to throw in the towel, but they made sure I was as comfortable as possible. That’s what’s noteworthy about the OHI for Life program — whether your body is detoxing from caffeine, sugar, nicotine, chemo chemicals, or other toxins, you are going through a lot physically. The staff knows it’s important to support you mentally, emotionally, and spiritually as they make your body as comfortable as possible. No one shows more heart than the OHI staff. That’s why 75% of all guest bookings are return guests. Once you experience the OHI for Life program, you’ll want to come back over and over again to reboot your body, mind, and spirit. That’s what happens here every single week of the year.”

Guillermo knows the OHI for Life curriculum well, so it’s difficult for him to choose a favorite class. “All of them are great, but I really love the Elimination class,” said Guillermo. “I had no idea the body could eliminate toxins through a variety of ways like juicing, lymphatic exercise, and massage. The healing power of the OHI for Life program is truly amazing.”

Guillermo has simple advice for guests. “Invest in yourself, and make the time to come here,” said Guillermo. “Whether you are facing a health opportunity or just want some ‘me time’, you won’t believe how much better you can feel every single day of your life.”



OHI's New Referral Program

Come to OHI for your Optimum Fall Cleanse



Refer Your Friends And Save

GET

\$1,000 off

your next stay when you refer one person*

GET

\$1,500 off

your next stay when you refer two people*

GET

A FREE WEEK

in a Courtyard room (OHI San Diego) or King room (OHI Austin) when you refer three people*

**Referral reward will be granted once the referred guest(s) has checked-in to OHI or completed their stay.

**Restrictions may apply. Can not be combined with other offers. Call for complete terms.

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

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

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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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Fall2022

OHI - THE SAFEST PLACE TO BE OUTSIDE YOUR HOME

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 daily Covid-19 testing with our on-campus community members: guests, missionaries and staff.

CONTACT US: (800) 993-4325

We'd love to hear from you. To receive special offers and updates, email us at 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

OPTIMUM HEALTH INSTITUTE

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RETURN SERVICE REQUESTED



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OHI - San Diego

6970 Central Avenue, Lemon Grove, CA 91945
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OHI's New Referral Program

**Come to OHI for your Optimum
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.