

January 2023 | Connecting
the OHI Community

“Personal growth
is about developing
a better version of
you.”

Bob Nees Jr., p1.

New Year, New You



In This Issue

| | | | | | |
|------------------------------------|-----|---------------------------|---|--------------------------------|----|
| Growing Personally..... | 1,2 | Meet Jo Makous..... | 6 | Get to Know Sheryl Haupt..... | 9 |
| How Movement Impacts Wellness..... | 3,4 | Missionary Spotlight..... | 7 | New Year, New You Cleanse..... | 10 |
| The Power of Microjoys..... | 5 | OHI Scholarship Fund..... | 8 | | |

New Year, New You – Growing Personally While Cultivating Joy



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

Greetings OHI community; I look forward to this time of year because the crisp and invigorating winter weather is the perfect contrast for enhancing our appreciation of the softer seasons. During these days when we are limited in our outdoor endeavors, it's a great time to reflect on the past and plan for the future. Many people like to make New Year's resolutions; and I like mine to focus on self-improvement.

"He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake."
Psalms 23:2-3

The past three years have been rugged and we've all had to focus on our most essential core needs. In 2020 and 2021 it was all about health and safety, then last year as we began to emerge from the lockdowns, we were able to start working again on our social needs while rebuilding our confidence and self-esteem. It is now time to climb to the top of Maslow's hierarchy and work on self-actualization, and fulfill our potential. I

offer the above verse because God gives us the ability to change and improve our lives. When we listen to Him, we find inspiration for OHI's theme for 2023 – Personal Growth – where we are encouraged to live our best lives.

What is Personal Growth and Why is It Important?

Personal growth is about developing a better version of you. The goal is to improve all areas of your life so that you will experience more success and confidence. Personal growth can be broken down into these broad categories: physical, emotional, mental, and spiritual.

Personal growth leads to greater productivity and success. Both of which can give you more resilience to adversity and peace of mind. Most of all you'll feel happier and more fulfilled. That fulfillment in turn may lead you to sharing your wisdom and prosperity with others, or as Albert Einstein observed, "Strive not to be a success, but rather to be of value."

How Do You Know Where You Need to Focus?

If you are having trouble identifying which areas of your life you'd like to improve, there are two methods for helping you find them. Both methods involve following your feelings.

The first is to look at your life and see where you are feeling uncomfortable or experiencing pain. If fear or anxiety is keeping you from doing something, stop and feel those feelings - follow them - dig deep, and see if they will lead you to their source. Once you've identified the cause of those toxic thought patterns, you can develop a plan to overcome them.

"A cheerful heart is good medicine."
Proverbs 17:22

The second method is to follow your joy.

Look at your past and identify the times you experienced joy. Those feelings of pure pleasure give you the clarity to identify what is most important to you. I love this quote from basketball legend, Phil Jackson, "Winning is important to me, but what brings me real joy is the experience of being fully engaged in whatever I'm doing."

When you return to or rediscover the interests and activities that bring you joy, you are on the right track. These are the ideal areas for pursuing personal growth because developing expertise where you find joy will provide you with the greatest feelings of fulfillment.

How Do You Achieve Personal Growth?

Once you've identified an area in which you wish to grow the next step is to outline a strategy that will guide you to that goal. Visualize achieving your goal. See yourself taking the necessary steps that you outlined.

"I can do all this through him who gives me strength." Philippians 4:13

Meditating a few minutes each day will help you focus your mind on what you need to do that day. Anticipate setbacks - being prepared improves your resilience. Give yourself small intermediate goals, and then celebrate their achievement - these little victories will boost your confidence. Resist comparing yourself to anyone else - this is your journey. Remember to be patient, persistent, and keep a positive mental attitude: three of OHI's 5Ps to optimum health. And plan a trip to OHI, many of our classes will teach you useful techniques for personal growth.

What's New at OHI

OHI is experiencing personal growth too! As you may know, we pay close attention to your comments, questions, and survey responses – and I want you to know we

HEARD you loud and clear. In response to your feedback, here's a quick recap of some of the things we have improved to make your stay at OHI Austin and OHI San Diego more safe, sacred, and enjoyable:

- We continue to make **upgrades to our facilities and guest rooms/bathrooms**, fine-tune our recipes for more delicious and nutritious meals, and take non-invasive Covid-19 precautions.
- We recently launched our **new website** (www.optimumhealth.org) – and redesigned it with you in mind! You'll find it to be more visually appealing, faster, easier to use, and multi-device friendly. Plus, you'll see lots of photos of our guests, missionaries, staff. On our new website, be sure to sign up for our emails where you can take advantage of our special offers and hear about the latest goings-on 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. Our Focus classes 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.

• As we update and re-vamp our classes, we have also re-branded 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. Rebranding our 21-day program makes room for this new growth to occur.

• We also have a new **Referral Program**. Many of you have been asking for this and we have delivered!

As a Christian-based healing ministry, we strive to keep our prices down to make our program accessible to as many people as possible. People get to know us through word-of-mouth referrals. When people

experience the immense 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 now we are rewarding you for helping us in this way.

*Get \$1000 off next your stay when you refer 1 person**

*Get \$1500 off next your stay when you refer 2 people**

*Get a FREE week when you refer 3 people**

*Restrictions may apply. Be sure to call us for complete terms: (800) 993-4325

- We have restored our **Commuter Program** for guests living in the local area of our facilities in Austin and San Diego. The cost of tuition (\$1650 per week - Sunday to Sunday) covers all classes, meals, and materials needed to complete the program.
- We have also **Grown Our Staff** both in size and by cross-training. For example, our Facilitators are trained in the OHI diet and in the kitchen on how we prepare foods, and our housekeeping staff has been trained in working the Front Desk.

We want you to know, we have heard your feedback and it's impacting our vision and direction. We are changing and growing while maintaining a safe and sacred space for your healing.

Come to OHI in the New Year

New Year, New You! What are your goals for the New Year? To manifest your dreams? To find a holistic way to heal? To lose weight? To hit the reset button and get back on track? Whatever your goals are, our three-week body, mind and spiritual healing program will assure help you to achieve your specific goals for 2023 and beyond.

The New Year is a great time to start working on Personal Growth. Plan a trip to OHI in the new year to reconnect with your purpose and set your vision and goals for the new year ahead. It's a great time to reconnect with yourself, meet new and old

friends, and commune with nature. Make sure to book early!

Inside this edition: Read further about the how movement impacts wellness and the power of microjoys. Get to know staff member, Sheryl Haupt; Louise Ni, an OHI San Diego missionary; OHI guest, Jo Makous; and Logynn Arthur's story of how the OHI Scholarship helped him. We remain humbled and grateful to all those who contribute and help people like Logynn. 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 New Year/New You Cleanse.

Here's wishing you health and wellness in this winter 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.

Move your body, and wellness will follow.



How Movement Impacts Wellness

Whether you do something as small as walking the dog around the block or as big as running a marathon, all movement is good!

Six areas that benefit from movement:

Muscles: Your more than 600 muscles contribute to 40% of your total body weight. By strengthening your muscles, you improve stability, balance, and coordination.

Bones: Movement helps build more durable, denser bones. Bone-building activities like resistance training (weights), weight-bearing exercises (hiking), and balance training (yoga) support better bone density.

Joints: Stretching and balance types of movement encourage flexibility and range-of-motion, which boosts joint flexibility and joint function.

Brain: Walking 30-40 minutes a day three times per week can help “regrow” the structures of the brain linked to cognitive decline in older adults.

Heart: Regular cardio workouts (cycling, jogging) can cut your risk of heart disease by 50%.

Lungs: Aerobic exercise improves your cardiorespiratory endurance.

Six suggested ways to move your body:

Stretch. You may remember from OHI's Stretch class, we believe it's not enough to build muscle and achieve aerobic fitness – you need to think about flexibility, too.

Lymphatic Exercise. Think of the lymphatic system as a series of pipes that removes toxins and waste from your body. It does the job just fine on its own, but lymphatic exercise can keep your lymphatic system moving more efficiently. To help keep the lymph flowing, there are simple stretches that promote muscle contraction and movement, thus stimulating lymphatic flow. Stretching promotes the muscle movement required to pump lymphatic fluid through our system and with it all the wastes and toxins that can otherwise build up because of our sedentary lifestyles.

Focusing on the neck and shoulder area is significant. The location of the upper thoracic area is where all the lymphatic fluid collected from around the body finally drains back into the bloodstream via the two large veins at either side of the neck under the collarbone. Stretching and exercising this area will help to open these important vessels, enabling the effective return of lymph into the bloodstream. Neck rolls, shoulder rolls, head tilts, and shoulder shrugs are all great lymphatic exercises.

Yoga. Yoga is an ancient practice that involves physical poses, movement, meditation, and breathing techniques. The overall philosophy of yoga is about connecting the body, mind, and spirit to promote endurance, strength, and flexibility, to improve sleep, and to address mental well-being by reducing stress, anxiety, depression, and chronic pain.

Qigong. Qigong, pronounced “chi gong,” was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.

In most forms of Qigong:

- Breath is slow, long, and deep. Breath patterns may switch from abdominal breathing to breathing combined with speech sounds.
- Movements are typically gentle and smooth, aimed for relaxation.
- Mind regulation includes focusing one's attention and visualization.

Dynamic (active) qigong techniques primarily focus on body movements, especially movements of the whole body or arms/legs. Meditative (passive) qigong techniques involve breath and mind exercises with almost no body movement.

Tai Chi. Tai chi is often described as “meditation in motion”. This mind-body practice originated in China as a martial art but has now become a gentle form of exercise that can help maintain strength, flexibility, and balance throughout your whole life.

In this low-impact, slow-motion exercise, you move without pausing through a series of motions named for animal actions (“white crane spreads its wings”) or martial arts moves (“box both ears”). As you move, you breathe deeply and naturally, focusing your attention on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched.

Tai chi is a form of Qigong. What is the difference between the two? Qigong can be thought of as a movement you do for a certain situation (ie: opening the lungs), as opposed to tai chi, which is a series of movements that work on the entire body in a flowing sequence. Tai chi movements can be quite complex. Qigong is simpler and more free form, focusing less on mastering specific forms and more on cultivating energy.

Rhythms Dancing

Dancing is a whole-body workout that’s FUN! From line dancing to ballet to disco, dance is accessible to almost everyone: you can take a class, follow a dance workout on a YouTube video, or just turn on some music and shimmy to the beat.

Dancing combines aerobic plus weight-bearing exercise, and the physical and mental health benefits include:

- Improved heart health
- Stronger muscles
- Better balance and coordination
- Stronger bones
- Lower risk of dementia
- Improved memory
- Reduced stress
- More energy
- Improved mood



Movement & Mental Health

So, whether you dance, cycle, hike, stretch, run, swim, ski, lift, or walk your dog, there is no doubt that movement is imperative to wellness. We don’t yet know all the mechanisms to explain why movement benefits the brain, but the connection between movement and mental health is strong, including:

- Reduced anxiety
- Clear-headedness
- Ability to focus
- Sense of connectedness
- Increased confidence

Movement is also crucial to our physical, emotional, and mental health in four key ways:

Improved Blood Flow: When you have better blood flow your body more effectively delivers oxygen and nutrients to every cell and more efficiently carries away waste. By boosting blood flow to your brain, studies have shown a link to reduced depression and improved cognition in older adults.

Improved Blood Sugar Regulation:

The exact mechanism is still unclear, but the action of simply contracting a muscle moves glucose into your body’s cells. The only other way that happens is when the pancreas creates insulin to take sugar out of circulation. When muscles can do the work of moving glucose, it eases the burden on the pancreas. Blood sugar regulation also evens out highs and lows of mood, and can reduce anxiety.

Improves Overall Brain Function:

When you exercise, the brain produces a chemical called brain-derived neurotrophic factor (BDNF). It appears to work by protecting your brain’s cells from inflammation and may even contribute to the development of new brain cells.

Improved Parasympathetic Tone in the Nervous System:

The parasympathetic nervous system is the part of your brain that supports “rest & digest.” It allows your mind and body to recover and recuperate from any stress you’re experiencing. “Rest & digest” boosts our hormone balance, metabolic health, cardiovascular health, mental health, and overall quality of life.

So move, move, move a little every day, and embrace wellness for a lifetime!

“What is Qigong?,” National Qigong Association, www.nqa.org

“How to do Tai Chi,” www.healthline.com

“Yoga for Everyone,” by Kelly Couturier, The New York Times, www.nytimes.com

“The Benefits of Yoga: 38 Ways Your Practice Can Improve Your Life,” Timothy McCall, MD, www.yogajournal.com

“Differences Between T’ai Chi and Qigong,” Nathan Rodgers, www.gaiam.com

“9 Benefits of Stretching,” Caitlin Geng, www.medicalnewstoday.com

“Dance — Health Benefits,” www.betterhealth.vic.gov.au

“How can massage & exercise improve your lymphatic system,” Lynne Gillogly, www.mygphysio.com.au

“Just Move! The Six Benefits of Everyday Movement,” Fitness, www.anschutzwellness.com

Microjoys — How Small Pieces of Happiness Offer You a Path Forward

While most days are OK, real life is messy. There is loss. There is trauma. There is grief. There is sadness. And yes, there are sometimes sunshine and rainbows. So how do you bridge the gap between grief and sunshine? How do you find comfort when you're feeling so profoundly uncomfortable? How do you embrace joy amidst grief?

That's the real trick to living a happy life...finding microjoys that take you from point A to point Z, like stepping stones across a river.

What is a microjoy? It's the smell of a wood fire on a cold winter morning. It's hearing a child laugh on a crowded playground. It's seeing a tiny flower growing up through a crack in a sidewalk. It's the feeling of cool rain on the back of your neck at the end of a hot summer day. It's the delicious zing you get when you bite into a crisp, tangy apple. It's all the perfectly imperfect little moments that pass by in a blink that most people don't notice or appreciate or remember, but that really make a difference in your life if you just take the time to tune in and say, "Wow."

Is a stranger holding the door open for you going to change your life? Nope. Is a warm evening breeze going to dispel your grief? Unlikely. Is a cat's purr going to kick depression to the curb? Not a bit. But the sheer act of taking note of these little splinters of beauty and kindness and simplicity to be found in this world is an act of defiance. It is you shaking your fist at the storm clouds and saying, "I may be beaten up, but I am not down for the count. I know there is goodness in people. I believe that happiness is real. And I am strong enough to weather this storm." For it is when we are under crisis that we have



the most to gain by embracing microjoys. They have the power to energize us, to encourage us, to bring us hope. Recognizing the existence of microjoys reminds us that we are resilient. It's not easy to will ourselves to feel less angry and more grateful. But feelings follow from the way we look at the world, and if we can string together small moments of acceptance and wonder and quiet, we can bridge the gap from the way things are to the way we think they should be.

The power of microjoys is in their fleeting smallness. They should remind you that when you view life in its entirety, everything is really just a temporary circumstance. So, when disaster strikes, as it inevitably will, feel all of it. Shed your tears, rail at the injustice, and howl at the moon. But also push yourself to take a deep breath and see the beauty in the first frost of winter, hear the rhythmic heartbeat of a cricket's song at dusk, and taste the salt on your fingertips as you walk out of the ocean. It's all a matter of perspective. Keep tucking away as many small microjoys as you can find. While you may feel powerless to control your

own destiny in times of uncertainty, what you can control is consciously cultivating an eye for the joy amidst the sorrow.

To be clear, when you're in crisis, no one is telling you to buck up, count your blessings, and get over yourself. Embracing an "attitude of gratitude" will not change the core truth of a dark moment. Recognizing a microjoy is simply giving yourself a lifeline to hold on for just a little bit longer. You'll make it through this minefield. You'll come out the other side a little worse for the wear but nonetheless whole. Microjoys certainly aren't a panacea for every ill of mankind. But they are a way to cope with whatever the world throws at you with grace.

The power of microjoys is being thankful for something that everyone else has overlooked. It's like going through life on a scavenger hunt for the hidden beauty all around you. Keep your heart open and let the microjoys to be found put a band-aid on your heart when it is broken. Hang in there.

Meet Jo Makous, a 30-year veteran guest of OHI!

Jo Makous considers OHI to be her happy place. “I have been a guest at OHI more than 25 times over the last three decades,” said Jo. “I have stayed here for six weeks on a couple of occasions. I have been a long-term guest for three months on two occasions, and I have been a missionary twice — once for three months and once for almost six months. For me, I feel more grounded just driving through the gates. I genuinely feel a spiritual connection to this place.”

Jo’s first visit came after she had recently given birth. “I had given birth three times in just three and a half years,” said Jo. “I had lost most of the baby weight, but my equilibrium was off, and my energy level was lower than before my three pregnancies. My body needed a reset and REST, and my friend suggested OHI. OHI had two houses down at the beach, so I rented both houses and I stayed in one with my three little girls and my girlfriend and her daughter stayed in the other house. We brought a nanny to help care for the kids during the day while we were on campus taking classes. I strictly adhered to the program for three weeks, and took long walks on the beach with my children every day. When I first arrived, I could barely walk a mile. By the time I finished the program, our family walks on the beach lasted two hours. I felt like I was in a completely different body! It was exactly the reset I needed, and I have been coming back ever since.

“Every time I visit, I look forward to an increased consciousness of how healthy eating nourishes my body, mind, and spirit, and to the joy of taking time for myself within a kind community.”

After spending so many years at OHI, Jo had some fascinating insights to share. “My favorite part of OHI has always been Friday morning testimonials,” said Jo. “Not only have I heard incredible stories of healing over the years, but week in and week out without exception I have always heard people describe the OHI community as kind, thoughtful, gracious, loving, and inclusive. I want to conduct myself in a way so that no matter where I go people think of me as kind. After all the education and experiences I’ve had here at OHI, I honestly believe that what we put into our mouths directly impacts what comes out of our mouths. If we all start by being kind, gracious, and loving to ourselves and put only healthy food into our bodies, then that gives us the foundation to go out into the world and treat others in a kind, loving and gracious way. I try to think of myself at the top of the food chain, and below me are my family, friends, and work associates. When I feel healthy and happy, I treat everyone kindly. Eating healthy food



Jo Makous

keeps me on a path of kindness, and that’s the essence of the person that I strive to be.”

Jo has been to OHI so many times, and she knows the curriculum well. “I can honestly say that every time I come to OHI there is more to learn,” said Jo. “While I have visited many times, I always take the classes again, even the first week classes. The more I learn about the effects of food on my body, mind, and spirit, the better I am at keeping my food choices on a healthy path. Knowledge is power. While my purpose has certainly changed over time — from pursuing an education to raising a family to focusing on my career — I know my focus must remain on eating healthy for me to be able to reach any of my goals.”

Jo has found her recent time at OHI to be even more healing than ever. “I have met so many people that had removed themselves from any type of communal life due to the pandemic,” said Jo. “I believe that visiting OHI is really helping a lot of people heal from that trauma, by reminding them that life in a community is fulfilling, satisfying, and loving. Guests come to OHI hoping to embrace a healthy diet, and the comradery they find here is so healing that they leave feeling spiritually uplifted and excited to rejoin society again. I encourage people to come to OHI for the genuine connection they will feel with others.”

Jo loves to share all she has learned from OHI, but for her it all boils down to one piece of advice. “Eating healthy food dictates how we relate to everything throughout the day from family to work to community. Start with healthy food and exercise, and it will all be positive from there.”

Get to Know OHI Missionary, Louise Ni

Louise Ni is a caretaker. “I have always taken care of everyone else and put myself last,” said Louise. “When I first visited OHI, the classes on self-care were very eye-opening to me. I thought a 3-month stay as a missionary would give me the opportunity to learn more about myself. I am so grateful for all that I have learned and all the different people I have met as a missionary here at OHI.”

Louise has worked in the high-powered world of advertising and marketing for many years. “I was always tired, with never enough energy to get me through the day with my busy schedule,” said Louise. “My doctor wanted to put me on medication for high cholesterol, but I wanted to find a way to lower it naturally. My friend suggested that the OHI diet might be able to help with that, so I decided to give it a try. I admit that the first few days of my first stay I felt weak during the juice cleanse, but that completely turned around and I was bursting with energy by Friday. It was so wonderful to feel vibrant again! I also realized I like the taste of raw vegetables. Coming from an Asian background where most food is cooked, I seldom eat raw vegetables. After three days of juicing, with my palate cleansed I could taste each vegetable. The raw vegetables have so much flavor I don’t need any dressing to enjoy a big plate of greens. OHI taught me how to have fun creating yummy raw food and desserts, and I am now inspired to create as many raw dishes as possible.

That first two-week stay was so motivating that I wanted to return to continue my wellness journey. Overall, I’ve been a guest at OHI eight times. The program is all about body, mind, and spirit, but when I would come as a guest, I found it difficult to work on all three aspects at once. That’s why I decided to apply to the missionary program. I wanted to focus all my efforts on each aspect of myself one at a time. It has really given me a whole new outlook on how my body heals, how my thoughts impact my wellness, and how food connects with my spirituality.”

The one aspect of the program that Louise first found challenging was opening up and being vulnerable in front of others. “I am usually somewhat reserved,” said Louise. “The

first time I came as a guest, I found it difficult to open up. But I was so encouraged by the other guests and facilitators that by the fourth day I felt comfortable enough to share my thoughts, feelings, and goals with everyone. They were all so kind and encouraging! OHI is such a safe place where no one judges you and people just want to help you be the best person you can be. I love the Friday Testimonials where I hear so many inspiring stories from the guests. And the Release Ceremony

on Wednesday is always very powerful, too. As a guest, I was so grateful for the kindness and support of others when opening up to them. Now, as a missionary, I can put my caretaker hat back on and help each of them open up. Week after week, I get to meet so many wonderful people, and that is truly a gift. I thought being a missionary meant I would be able to help guests make the most of the OHI program, but the truth is that I learn a great deal from the guests as well. Forming strong friendships with people in such a short amount of time was a wonderful surprise to me. When guests ask me what made me want to be an OHI missionary, I tell them that I feel a sense of serenity as soon as I enter the gate. The nutritious live food provides me with so much energy. The classes inspire me with so much new knowledge. The facilitators comfort

me in ways that I never knew I needed. And I am now friends with guests from so many different parts of the world. OHI is a positive, encouraging environment that I have never found anywhere else.”



Louise Ni

“It is my honor to introduce new guests to this wonderful hideaway and all the knowledge to be found here.”

After all the time Louise has spent at OHI as both a guest and a missionary, she had one piece of advice for those considering a stay here. “Allow OHI to reeducate you every time you visit,” said Louise. “Don’t get overwhelmed at the idea of incorporating a raw plant diet at home. Incorporate when you can, and then come back to OHI for more knowledge. It will always be here to welcome you home.”

Scholarship Recipient Embraces a Life of Wellness

Logynn Arthur had long been a wellness devotee, but it was his parents' health opportunities that spurred him to first visit OHI. "My parents both had health issues. A friend encouraged them to visit OHI, but they were hesitant. When I was diagnosed with Basel cell skin cancer, I wanted to give my body a complete metabolic reset to battle it. I booked a week at OHI to kickstart my own health reset as well as to show my parents that the program works and is safe. After one week, I could feel my body healing, but I needed more time at OHI. I applied for a scholarship to cover an additional 2-week stay to complete the program.

"Finishing the program made ALL the difference. Those last two weeks deepened my detox and accelerated my healing."

Taking the third week courses empowered me to take the program home and continue the healing process. I left feeling the best I have felt in my entire life and have never had a reoccurrence of skin cancer since. I owe it all to OHI and the generosity of scholarship donors. Without the scholarship, I would never have been able to get myself on this amazing path to wellness. I am forever grateful!"

Logynn was particularly impressed with the educational component of his OHI experience. "To me, OHI was an oasis in a world of health carelessness," said Logynn. "Before OHI my healthy meatless diet had devolved to junk food vegetarian. OHI showed me how food and spirituality intersect in my life. It is SO much easier to meditate when I am eating mostly living food. There is a drastic difference in my focus and concentration if I consume things other than a plant-based diet. That was life-changing for me. The Mind-Body Connection class taught me how much our attitudes and belief systems play into overall health. My family and I now visit OHI each year as our annual healing and cleansing protocol. The scholarship made my wellness journey possible, and my healing inspired my family's own wellness journeys here. THANK YOU OHI from all of us!"



Logynn Arthur

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.

Meet Long-Time OHI Staff Member, Sheryl Haupt



Sheryl Haupt

Sheryl Haupt is an OHI devotee. “I first heard about OHI in 1982 and decided to go there for two weeks to help me quit smoking,” said Sheryl. “I had smoked for 13 years and was desperate to quit because I was experiencing some serious issues with my lungs. OHI helped me get through the withdrawal process and enabled me to finally break the habit. I was so impressed with the transformation I felt in my

body, mind, and spirit that I decided to come back to OHI each year to do a tune-up. That was 40 years ago, and here I am a long-time guest who became a long-time employee.”

Why did Sheryl decide to go from guest to employee? “My purpose has changed dramatically over my lifetime because of my affiliation with OHI,” said Sheryl. “For years I worked as a Vice President of a financial/real estate corporation. I felt dissatisfied and wanted to do something that made a difference in the world. After attending OHI as a guest, I knew this was a place where I could make a difference in people’s lives. So, in 1987 I took a job at the San Diego campus running the kitchen. Eventually my husband retired, and we traveled for 6 years. We ended up in Austin, and I went back to work at OHI in 1999. While there I ran the store and the office, and taught classes. My husband and I moved back to San Diego in 2001 for family reasons, and I went back to work at the OHI campus there. At that time, I ran the missionary program and taught classes. I retired in 2019, but I couldn’t stay away. I am back as a Senior Facilitator teaching classes and working on updates to the curriculum. I’ve been working at OHI for over 21 years.”

So how does Sheryl feel she embodies the energy and spirit of OHI? “OHI has been such an integral part of my life for so many years, both as a guest and also as part of the organization,” said Sheryl. I feel honored to have worked with all the founders and been able to see how dedicated they were to the thousands of guests who visited over the years. They were such an inspiration of love and hope. My goal has been to carry that same energy to the current guests. I often facilitate the Sunday tour and orientations and meet the new guests as they arrive. You can feel their uncertainty and how guarded everyone seems.

As the week progresses, we begin to see the transformation, and by Friday their hearts are open, they feel safe, and a part of the family.

It is always so exciting to see the physical transformation and healing, but even more inspiring is seeing the change at a behavioral and spiritual level.

People leave the program feeling more connected to others and to their spiritual beliefs. It is truly a transformative experience.”

Sheryl has been integral to the many facets of OHI — hospitality, ministry, and education. But does she have a favorite role? “The educational component of the program here is amazing,” said Sheryl. “When I first attended as a guest, I was surprised at the extent and depth of information presented. Now, it’s exciting to be the facilitator sharing the curriculum with those that are hearing it for the first time. It’s really inspiring.”

OHI has helped Sheryl find her purpose in life, but has her health changed as well? “When I first visited OHI in 1982, I was eating the standard American diet,” said Sheryl. “OHI taught me a healthier way of eating that has helped me achieve an excellent state of health. Some guests don’t see how food and spirituality intersect in their life, but as I ate healthier, I found I was calmer, more patient, and more willing to be disciplined in my habits. The healthy diet and exercise have truly helped me heal.”

Sheryl recently lost her husband of 51 years, and in reflecting on that relationship she shared this insight. “Enjoy every minute of your life with your family and friends,” said Sheryl. “Let them know how much you appreciate and love them. Forgive and reconcile any old hurts you are still holding on to. I honor my marriage by being mindful of what my husband would think of my choices and behavior every day. For those seeking spiritual evolution, my one piece of advice to help pivot their journey in a more productive direction is to find ways to be of service to others. It is by serving others that I have reconnected to my faith and deepened it tremendously. I am so grateful to OHI for allowing me to work here and to make a difference in the world.”

Kick Off the New Year at OHI

Come to OHI for your
New Year, New You Cleanse



OHI's New Year's Savings

OHI SAN DIEGO

**Save up to \$400 on
your room***

Pay between \$2035 and \$2290 per week
when you stay in a select single-occupancy room.

OHI AUSTIN

**Save up to \$380 on
your room***

Pay between \$2095 and \$2265 per week when
you stay in a select single-occupancy room.

*Offer is for returning OHI Community Members only. Restrictions may apply. Call for complete offer.

Valid for the weeks beginning 1/15/23 through 3/4/23

Call to book your stay: (800) 993-4325 | Code: NewYou

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 ♥

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, OHI San Diego and OHI 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!

©2023 OHI, a mission of The Free Sacred Trinity Church.

All rights reserved.



Jan2023

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

PO Box 23878, San Diego, CA 92193-3878

RETURN SERVICE REQUESTED



OHI - Austin

265 Cedar Lane, Cedar Creek, TX 78612
(512) 303-4817 or (800) 993-4325



OHI - San Diego

6970 Central Avenue, Lemon Grove, CA 91945
(619) 464-3346 or (800) 993-4325

Kick Off the New Year at OHI

Experience a New Year & New You!

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.