

Optimum Health Institute Newsletter

Connecting the OHI Community | SPRING 2023



Building Self-Esteem

"When you have high self-esteem you are more likely to enjoy good mental health, a sense of purpose, and clarity in your thinking."

— Bob Nees Jr., p2

Talaya Frazier, OHI Austin Guest |



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CHAIRMAN'S PERSPECTIVE

BOB NEES, JR., SENIOR PASTOR

Greetings OHI community; what a wonderful season is upon us. The days are getting longer but not yet hot, which makes it a great time to spend more time outside with the new leaves and fragrant flowers. Spring is a time of renewal and new life making it the perfect time to work on our own personal growth.

Building Self-Esteem for Personal Growth

You may recall from our January newsletter, I wrote about personal growth: what it is; why it's important; the areas of your life on which to focus your attention; and how to achieve it. In this issue, I will dive deeper into personal growth by focusing on one of the most important aspects of all: self-esteem; because if you don't love yourself, personal growth is nearly impossible. With that in mind I offer the following verse:

And the second [greatest commandment] is...: 'Love your neighbor as yourself.' Matthew 22:39

God commands us to love our neighbor as ourselves, which means we must first learn how to love ourselves.

I have guests who come to me for counseling. Some have asked me how they can boost their self-confidence. After a brief discussion, I am usually able to determine that they are mostly asking about how to boost their self-esteem. Self-confidence and self-esteem can appear to be the same to those looking on from the outside. On the inside, they can evoke similar feelings which is why people get them confused, but they are fundamentally different.

Self-Confidence Vs. Self-Esteem

Self-confidence is a person's belief about their skills, abilities, and control over specific areas of their lives. Self-confidence comes from knowledge and practice. Confidence comes from the Latin word for trust, and in essence we trust our abilities.

Self-esteem is how people see themselves on the inside; their self-worth. Self-esteem comes from self-care and self-perception. Esteem comes from the Latin word to appraise, value, or rate; and it is all about how we value ourselves.

One way to see the differences between the two is to look at their opposites. The opposites of self-confidence are fear and ignorance; and the opposites of self-esteem are a lack of self love and self-worth.

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

What is Self-Esteem?

Self-esteem is frequently defined as self love; but what does that really mean? It is mostly about how you view and feel about yourself. Do you see yourself in a positive or negative light? Positive self-esteem means you don't criticize yourself. And, it means that when someone puts you down, you don't take it personally, you know your own value which renders someone's insults or bullying remarks meaningless. It also means you are resilient to setbacks; you don't see failure as a personal flaw and that you just need to keep trying or rethink your strategy.

How Self-Esteem Is Formed

Initially, for those who are fortunate, self-esteem is formed in loving households by caring parents who nurture and encourage it. This is accomplished by supporting and praising their children. These children are raised to believe that the world is a good place. In time the child becomes an adult who will naturally surround themselves and interact with the type of people they know best: loving and supportive people who maintain the positive environment that person is accustomed to, and enables them to preserve and perpetuate their strong sense of self-value.

Unfortunately, many parents have their own doubts and fears and these are passed down to the child. The stronger a child's sense of self the more resilient they will be to the hurts and disappointments they encounter as they grow up and enter society. Enough wounding, however, and a child's self-esteem will diminish, and at some point someone will criticize them, tell them that they are no good, and inside their head they will agree.

Why It's Important to Have High Self-Esteem

One of the best reasons to have high self-esteem is because it allows you to be yourself. You are relaxed and approach life with poise and self-possession. You don't fear reproach and you don't disguise yourself with phony personas. You don't compare yourself to others, and you have no need to be perfect. You don't need approval; you can be your authentic self.

High self-esteem also improves interpersonal relationships.

You have empathy which means that disagreements do not upset you. You are able to explain your points rationally, and you are willing to hear the other party's point of view.

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7

When you have high self-esteem you are not afraid of uncertainty. You accept that you are fallible; and you recognize that you don't have to know everything. As I mentioned earlier, you are resilient. You don't fear change; and you're willing to embrace challenges. You are highly motivated and have a strong desire to succeed.

When you have high self-esteem you are more likely to enjoy good mental health, a sense of purpose, and clarity in your thinking. You are also more likely to have good physical health because you will be less prone to stress related health challenges; and because you will more likely take better care of your body.

Low Self-Esteem Can Negatively Impact Health

On the other hand, low self-esteem can lead to feelings of insecurity, depression, and anxiety. People with low self-esteem are less able to handle the daily stresses of life which can make them more susceptible to some health challenges. Low self-esteem can lead to poor eating habits, substance abuse, and other risky behaviors that can affect their health.

People with low self-esteem spend a great deal of time in worry and doubt including having a negative outlook on the future. It makes them fear failure which prevents them from trying new things or exploring opportunities. They have trouble asking for help, yet at the same time they are people pleasers who don't know how to set boundaries and allow others to take advantage of them. All the while, comparing themselves to others which make them feel like more of a failure.

Improving Your Self-Esteem

Working on your own self-esteem is a great way to grow personally; you begin improving your self-esteem by setting your intention to do so. Understand that it takes practice and focus. For example, notice when you slip into negative self-talk and reverse that thinking immediately by praising your positive qualities. Find or create an affirmation or two that you can relate to, and then memorize it, so that you can instantly call it up to shut down negative thoughts.

Stop comparing yourself to others; it's toxic! Their background is different from yours and so is their life path. The only measurement you should be considering is your own success. If you don't like the story you are telling, then change it.

Forgive yourself for making mistakes, no one is perfect, it's time to be fair and realistic about them. Allow yourself to accept compliments and praise - enjoy it - you earned it. Start accepting yourself for who you are - flaws and all - focus on what makes you unique and celebrate your individuality.

What makes you feel happy, valued, and proud? Those are the areas of your life to keep in the forefront of your mind. Keep a gratitude journal to record all the positives in your life. Then whenever you're feeling down open it up and read about all your accomplishments and happy moments.

Practice self-care such as taking care of your body with proper sleep, nutrition, and exercise; enrich your support group by spending time with friends and family; keeping your mind active with stimulating as well as leisure activities; finding healthy ways to process your emotions by acknowledging and feeling them; and nurturing your spirit with meditation and prayer.

Come to OHI and take our Self-Esteem Class and join our supportive community in a safe and sacred place. In our Self-Esteem class, you will learn how self-esteem is formed, how low self-esteem can impact health, and how to build self-esteem for personal growth.

Come to OHI in this Spring!

The sun is shining and the flowers are blooming, this is a great time to start working on boosting your self-esteem. Plan a trip to OHI and enjoy all our classes while connecting with like-minded people who understand you and your goals like no one else. Make sure to book early – **call us (800) 993-4325 to book your stay!**

Inside this edition: Read further about Wheatgrass – the Superstar Superfood and tips on how to make YOU a priority. Get to know staff member, Marianne Peterson; OHI Austin missionary, Judy Shaw; OHI “frequent-flyer” guest, Talaya Frazier; and how an OHI Scholarship helped Jacquie Solomon’s journey to wellness. We remain humbled and grateful to all those who contribute and help people like Jacquie. 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 OHI’s Memorial Day Savings. Here’s wishing you health and wellness in this spring season.

Yours in prayer,



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



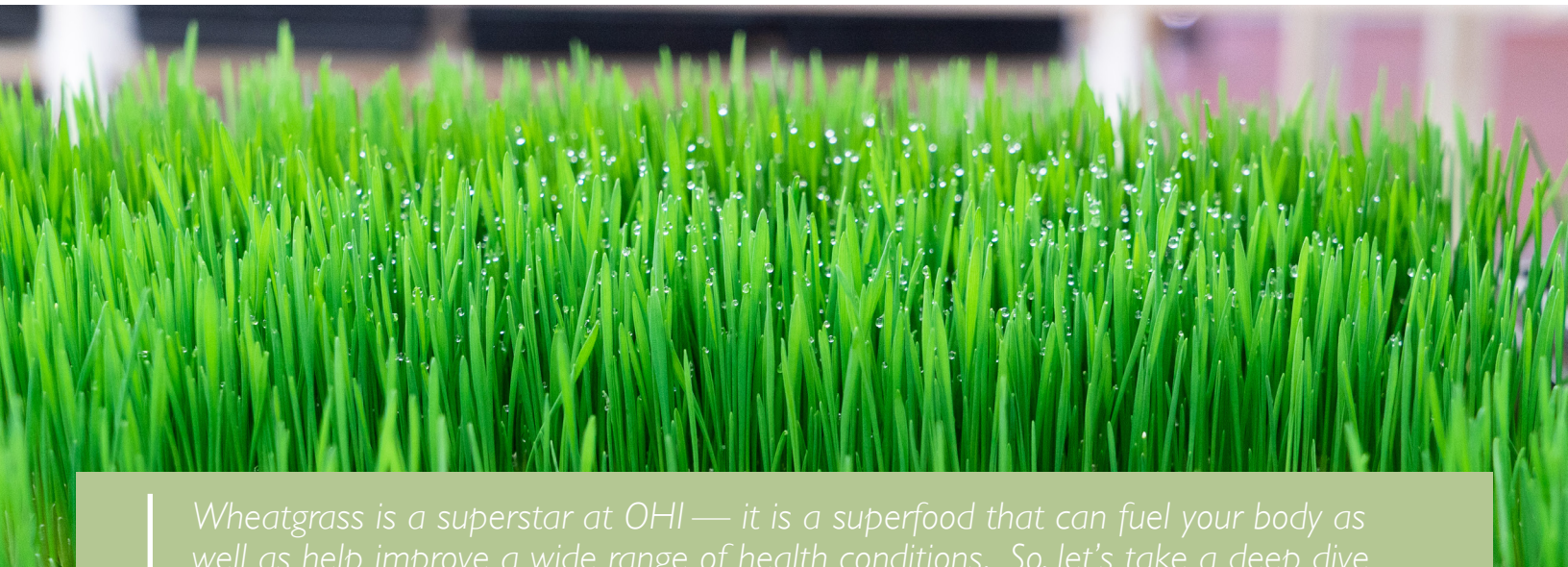
Stay Connected With Your OHI Cohort

Join OHI Facebook pages for San Diego and Austin

- Start a Facebook group page for your cohort.
- Share food videos.
- Keep writing “Daily Gratuities.”
- Pledge to support your “Buddies.”

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

Wheatgrass – A Superstar Superfood



Wheatgrass is a superstar at OHI — it is a superfood that can fuel your body as well as help improve a wide range of health conditions. So, let's take a deep dive and learn what it is, why it is considered a superfood, and its many health benefits.

What Is Wheatgrass?

Wheatgrass is the green leaves of a young wheat plant that look like the grass in your yard. While there are many wheat species, the most common is known as *Triticum aestivum*. This plant eventually grows and forms seeds, which make up the grain we know as wheat.

Wheatgrass is harvested at a very early stage in the plant's growth because this is the peak phase where there are the most phytonutrients in the plant. The wheatgrass is cut, and then turned into a juice or dried and made into a powdered form. When consumed, it has an earthy taste.

What Makes Wheatgrass a Superfood?

Wheatgrass is considered a superfood because it is compound-rich in the following ways:

- Contains all minerals known to man (iron, magnesium, calcium, etc.), plus vitamins A, B Complex, C, E, and K.
- It's extremely rich in protein, and contains 17 amino acids, the building blocks of protein. Of its 17 amino acids, eight are considered essential, meaning your body cannot produce them and you must obtain them from food sources.
- Contains several important antioxidants, including glutathione and vitamins C and E. Antioxidants are compounds that fight free radicals to prevent cell damage and reduce oxidative stress.
- Packed with phytonutrients like flavonoids and alkaloids (helps with liver function), active enzymes (helps with digestion), and polysaccharides (helps store energy) that can be easily absorbed. Many phytochemicals work as antioxidants by counteracting the damage to

cells from natural cell processes and some additional damage that occurs from lifestyle, like smoking or a poor diet heavy in sugar and animal fats.

- It's highly alkalizing (reduces inflammation).
- It is a nutritionally complete food. 1oz of wheatgrass juice is the nutritional equal of 2lbs of produce. Scientists have never found wheatgrass to be toxic in any amount when given to either animals or humans.

The big reason wheatgrass is such a healthy powerhouse is because it is made up of 70% chlorophyll. Chlorophyll is the hero of this story for so many reasons:

- Chlorophyll is an antibacterial and can be used inside and outside the body as a natural healer. (Chlorophyll ointments can treat various skin diseases like weeping and dry eczema, poison ivy infections, insect bite itching, etc.)
- It is an important blood builder, increasing hemoglobin production, and may be helpful in treating hemoglobin deficiency disorders such as anemia.
- It has the ability to get into the tissue, where it can actually refine and renew them.
- Chlorophyll has been linked with increased energy, hormonal balance, arthritis relief, and cancer treatment.

Wheatgrass is one of the best sources of living chlorophyll available. It can be taken orally and as a colon implant without side effects.

Keep in mind, wheatgrass must be juiced before being consumed because it is full of a type of fiber that the human digestive tract cannot break down. When you juice

the wheatgrass, you release the nutrients from the fiber.

Health Benefits of Wheatgrass

Studies have shown wheatgrass juice is helpful for a long list of conditions:

- Lowers cholesterol
- Reduces blood pressure and enhances the capillaries
- Modulates the immune system to minimize chronic inflammation which is believed to contribute to conditions like cancer, heart disease, and autoimmune disorders
- Helps cleanse the liver and regenerate liver tissue
- Detoxes the body and removes heavy metals from the bloodstream
- Stimulates tissue growth and regeneration
- Helps with diabetes by controlling blood sugar levels and lowering the body's sensitivity to glucose
- Supports joint health (anti-inflammatory) and alleviates gout
- Helps with constipation (high in magnesium)
- Supports skin healing (eczema and psoriasis) and fights acne
- Prevents tooth decay and combats toothaches (pulls poisons from gums)

Wheatgrass is high in oxygen, helping the brain and body tissue to function at their optimal levels.

The antioxidants in wheatgrass may help protect against certain conditions such as heart disease, cancer, arthritis, and neurodegenerative diseases. Some research indicates that, when combined with traditional cancer treatment like radiation and chemotherapy, wheatgrass juice may also help minimize adverse effects like nausea while also decreasing the chance of infection. One study found that wheatgrass juice decreased the risk of impaired bone marrow function, another common complication of chemotherapy.

Wheatgrass implants are great for healing and detoxifying the colon walls. The healing properties may also be an effective option for ulcerative colitis, which is characterized by inflammation in the large intestine. After an enema is evacuated, implant 4 oz of wheatgrass juice and retain for 20 minutes. The implant replenishes the electrolytes



and the healthy flora necessary for proper digestion and elimination.

Wheatgrass juice has been shown to stabilize red blood cells. Scientists theorize that the antioxidant content of wheatgrass juice may help extend the life span of red blood cells.

Wheatgrass contains enzymes and super-oxide dismutase (SOD), a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, helping to slow down the aging process.

Wheatgrass at OHI

Wheatgrass is one of the main features in the OHI cleanse. Cleansing has been practiced for many centuries around the world to promote healing and longevity. To help your body cleanse, detox, and restore itself, OHI provides:

- Wheatgrass juice to cleanse cells and purify blood
- Enemas and wheatgrass implants to cleanse the colon
- Gentle exercise to cleanse the lymphatic system

So, whether you are at OHI or at home, we hope you'll strive to make wheatgrass juice part of your regular diet. The immediate infusion of vitamins and minerals will completely nourish your body and restore it to its natural balance. And the preventative health benefits — from boosting your immune system to improving the condition of your vascular system — are beyond compare. There are so many reasons why wheatgrass is considered a superstar superfood, so take a shot every day!

To learn more about the benefits of wheatgrass and OHI's cleansing diet, **call us at (800) 993-4325.**

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"The Immunologically Active Oligosaccharides Isolated from Wheatgrass Modulate Monocytes via Toll-like Receptor-2 Signaling," National Library of Medicine, National Center for Biotechnology Information, June 14, 2013, written by Chia-Che Tsai, Chih-Ru Lin, Hsien-Yu Tsai, Chia-Jung Chen, Wen-Tai Li, Hui-

Ming Yu, Yi-Yu Ke, Wei-Ying Hsieh, Cheng-Yen Chang, Chung-Yi Wu, Shui-Tein Chen, and Chi-Huey Wong

"The 50 Benefits of Wheatgrass According to a Doctor," www.thechalkboardmag.com

"12 Scientific Benefits of Wheatgrass," Dr. Eric Berg, February 21, 2017, www.drberg.com

"7 Evidence-Based Benefits of Wheatgrass," by Rachael Link, MS, RD, February 21, 2018, www.healthline.com

"Is Wheatgrass Worth the Hype? 7 Benefits," February 22, 2022, Cleveland Clinic, www.health.clevelandclinic.org

Making YOU a Priority

There is so much content about self-care and making yourself a priority. All the advice is well-founded and important...

- ...Schedule time into your calendar just for you
- ...Speak kindly to yourself
- ...Ask for help
- ...Learn to say no
- ...Value your physical health (diet, exercise, sleep)
- ...Don't push aside your own needs to service the needs of others
- ...Understand you can't control the thoughts of others
- ...End toxic friendships and relationships
- ...Be present and embrace joy

But there is also a case to be made that before you can make yourself a priority you need to discover what your true priorities are. So, let's do a deep dive into how you can figure out what to prioritize, and then get a plan for putting those priorities into action.

What is a priority?

A priority is "a thing that is regarded as more important than another." It's time to stop focusing on urgent requests that are masquerading as "important things." Take the time to ponder the type of life you'd like to live. Once you can articulate what your personal values are, then you can distinguish your priorities — the tasks, experiences, and actions that fulfill your personal values.

The reality is that most of us are "reactors." We respond to the priorities other people set for us rather than priorities we have defined as important to ourselves. By setting your own priorities, it gives you the opportunity to exercise personal choice and live out your values on a daily basis.

How do you discover and live your priorities?

Here are 7 steps for setting your priorities.

1. **Clarify your values.** What do you believe in? What do you stand for? It's OK if your values are not the values your family or your culture holds dear. This is about recognizing what rings true for you. Don't define a value based on a metric — money, status, approval. And don't base your priorities on what you think you "should" value. Be true to yourself.
2. **Put everything in your life through the "Maintain/Improve/Change" test.** Think about every sector of your life — family relationships, friendships, romantic relationships, work responsibilities, home responsibilities, finances, health, hobbies, spirituality, and goals. As you think about what has transpired in



each sector of your life over the last 6 months, think about whether you want to maintain it, improve it, or change it. Then give yourself one mini task to take a baby step forward toward achieving that status.

3. **Give a new habit a trial run.** Is the mini task you set for yourself worth turning into a habit? It takes 21 days to turn a behavior into a habit. When you start small, you'll be able to see if the burgeoning habit truly supports your personal values and is actually worth keeping. Really commit to that trial run for 21 days and see how you feel about the habit after 3 weeks.
4. **Don't over burden yourself.** When you take on too much in pursuit of your personal values, then none of it feels do-able. Limit yourself to taking no more than three actions that match your priorities in a day. Don't spread yourself too thin.
5. **Focus on each sector of your life for short time frames.** You can't focus on all the sectors of your life at once. Give yourself a break. For example, if you make "family relationships" the priority around the holidays, you give yourself permission to not take on new work projects at that time of year. Those newfound boundaries will help you feel present.
6. **Note the difference between "important" and "urgent".** Urgent tasks call for immediate action. Important tasks are in service to your personal values and long-term goals. Make it your priority to cut or delegate urgent but unimportant tasks (ie: You tackled an important work project, so hire help for grocery shopping.).
7. **Think before you accept.** Ask yourself what you'd need to give up before you take on a task. Is that "change" in line with your personal values?

It's Your Life — It Deserves Your Full Attention

Personal values...priorities...habits...this hierarchy sets the stage for a life that is meaningful and in balance because your focus will be intentional. YOU will be your own priority!

In OHI's Focus Class, we help identify what is most important to you, and teach you how to achieve your highest priorities – **Call us today (800) 993-4325.**



GUEST SPOTLIGHT

Meet Talaya Frazier, a Frequent Flyer Guest at OHI Austin

Talaya Frazier has always been passionate about wellness, but it was when she found herself fighting for her daughter's health that she suddenly understood how important and fragile good health truly is.

Born in New Mexico, Talaya earned a degree in biomed and nutritional science from Texas A&M. In 2005 her second daughter, Cheyanna, was born. At 9 months, Cheyanna was diagnosed with "Failure to Thrive." Cheyanna was eating as many calories as a full-grown man but failed to gain any weight nor grow in a full year. Cheyanna was ultimately diagnosed with fructose and sucrose malabsorption, which meant her body failed to digest sugars into glucose. Talaya turned to nutrition and

Talaya Frazier

Eastern medicine to heal her daughter's gut when she was told Cheyanna would have this rare condition the rest of her life as well as be mentally and physically slower. Needless to say, she proved them wrong.

To deal with her stress, Talaya turned to running as an outlet. She ran her first marathon in 2006 in honor of her daughter's medical struggles, in hopes Cheyanna would someday cross her own finish line of healing. Fast forward 10 years, Talaya has run 34 marathons, including 10 consecutive Boston Marathons, and was on Team USA for the Half-Iron Man. As an elite runner, she relied on nutrition to appropriately fuel her training.

By 2012, Cheyanna was miraculously healed, and Talaya felt called to start the non-profit, Cheyanna's Champions for Children (CC4C.org) whose mission was to enhance the quality of life for children in Texas with rare or undiagnosed medical conditions. By 2015, Talaya was completely burned out as the high demands of work stress and overtraining compromised her health. She hit rock bottom in 2018. "I knew my body needed time to rest and reset," said Talaya, "but I had children at home and a very demanding job. I knew of OHI through my non-profit but couldn't see how I could go for 3 weeks. I decided that going for 1 week was better than nothing, so I got in the car and drove straight to the Austin campus. I couldn't believe the significant difference I felt after just 1 week. It was like my organs were screaming 'thank you!' My gut felt light. My mental clarity was restored. I felt rejuvenated, and spiritually renewed. Right then and there, I committed to come to OHI for a 1-week stay every quarter. I have been back 14 times, and it has been transformational."

"When you are cleansing, you are humbled. In that stillness is when it becomes clear what you truly want in life. The deep work and deep prayer I do at OHI have consistently led to my biggest breakthroughs with work and family. I can't wait to go back each time. OHI is a special place where I truly connect to God. Every time I go, I have countless prayers answered."

While Talaya was already very knowledgeable about health and wellness, every time she goes to OHI she learns something new. "I come alone to OHI, and spend one week humbling myself before God, just listening for what he has to say to me," said Talaya. "I feel like God talks to me at OHI. He sends me into a random class, and as soon as the facilitator starts talking, I know why I'm there. I think one of the biggest things I have learned from OHI is how to be more present with myself. I now can immediately recognize when I am unbalanced. Thanks to OHI's classes, now I have the tools to help pull my body, mind, and spirit back into harmony."

Talaya's advice to anyone considering a visit to OHI is to implement just one change every time you visit. "One of the most recent changes I've implemented in my life is to use meditation in my prayer. Now I meditate every morning, even if it's just for a minute. It brings me true peace. Overall, just give yourself the gift of time at OHI. Show your children that wellness is important, and hopefully they will make the same commitment. Afterall, it is the best 'health insurance' you can invest in!"

To learn more about the OHI for Life Body-Mind-Spirit Program, call (800) 993-4325.

Get to Know OHI Missionary, Judy Shaw

Judy Shaw has held many titles in her lifetime. Besides being a 20-year realtor, she was also a plant manager statistician for General Motors for a decade. She established an outreach center for Native Americans in Sioux Falls, SD, and was the Senior Lead Pastor there for over 35 years. She served on both the City and County counsel in South Dakota, as well as a spiritual counselor for 25 years at Keystone detox center. Besides establishing the Judy Shaw Ministries, she is the founder of the JS Foundation, focused on building infrastructure (schools and orphanages) in different countries. With all those accomplishments, what would bring Judy to OHI?

“Quite simply, I needed to take care of myself,” said Judy. “I needed to cleanse my system and reset myself. The first time I came to OHI for 2 weeks, and it changed my entire mindset. I finally understood that I had to make my body a priority so I could continue to minister to others. I gradually increased the lengths of my annual visits, staying from 2 weeks to up to 2 months at a time. The opportunity to become a missionary here and stay for even longer just

seemed like a natural progression in my self-care. I have been going to OHI every year for over 20 years, and I will continue to do that for the rest of my life.”

So what struck Judy most about the OHI program? “The raw organic plant-based diet truly works miracles with the body,” said Judy. “I had fallen and developed arthritis in my knees. When I would visit OHI, my knees would improve. Working as a missionary, my extended stay here has shown me how impactful the diet truly is. I now have no knee pain, the inflammation is completely gone, and I am not on any medication. I know without a doubt that when I stay on this diet, my body will serve me well.”

Since Judy has stayed at OHI over 20 times, is there anything left for her to learn from the curriculum? “I always come with an open mind and have the expectation that I’ll learn something new every time I visit,” said Judy. “I never feel like the curriculum is the ‘same soup warmed over.’ While all the classes are amazing, the Food Combination class changed my life! Now, more than ever, I am more focused on my diet, and more contemplative of what I eat.”

So, does Judy see an intersection between food and spirituality in her life. “I understand now how my body is a temple of God,” said Judy. “When I feed my body raw food it functions at its best. When I feed my mind positive thoughts and feed my spirit with God’s word, then my whole being can function at its best, and that’s Optimum Health.”

For someone like Judy with a very rich spiritual life, how has the missionary program changed her? “I call OHI a magical place,” said Judy. “For all my leadership and ministry work, it took being here at OHI for me to finally let go of the idea that I am not enough because

I was comparing myself to others. I have transformed into being more confident and more courageous, knowing that my contribution matters. I really believe that we all have talents and gifts that are valuable to share with others. I practice staying open, because I know that someone will cross my path today that I am supposed to be of service to. I practice listening deeply, and I try to be present with everyone. There’s always something I can learn from someone, and I can always help someone in return. I appreciate how guests arrive, and a week later they leave with a completely different mindset. The education here leads to a transformation, and all transformations are inspirational.”

Judy has one piece of advice for those considering a stay at OHI. “Go on an inward quest and find your inner voice,” said Judy. “It will bring you peace because it is establishing your connection with God.”

“It is your responsibility to keep your mind open, to continue to deepen your spiritual beliefs, and to grow as a human being. It’s OK to not be OK. You need more information so you can grow. OHI will support you on your journey.”

“I love seeing people transformed right in front of my eyes. I have watched people walk in pain, and after the physical detox they are healed. I have seen people cry, and the emotional detox has unlocked something in them that was holding them back for years. With education and new understanding, truths will present themselves to you. You are the gatekeeper for your own life. Come to OHI and find clarity.”

Thinking about applying for OHI’s Missionary Program? **Call us (800) 993-4325.**

Judy Shaw



Scholarship Recipient Jacquie Solomon Faces a Health Opportunity with Courage

"Many people living in San Diego know OHI," said Jacquie Solomon, a recent OHI scholarship recipient. "It has a wonderful reputation. It wasn't until I faced my own health opportunity that OHI became so pivotal in my life. In 2022, I was diagnosed with Stage 4 Melanoma. I took a fall, lost consciousness, and hit the back of my head. I spent a week in the hospital. My memory was fuzzy, my balance was off, my energy was completely depleted, and I needed a walker to get around. I couldn't afford OHI, but I didn't know where else to turn. My son reached out to OHI and detailed my health status. They were generous enough to provide me with a scholarship, and I immediately booked a 3-week stay. The first week, my energy was so low that I

only left my room to eat. The second week I started to come around. My energy was up, I didn't need the walker quite so much, and I was able to attend some classes. The third week I felt like a different person. I went to every class I could. I didn't use the walker at all, and my energy was greatly improved. I was thrilled!"

Jacquie took advantage of her renewed energy to immerse herself in the OHI curriculum. "There's just so much to learn about a raw plant-based diet," said Jacquie. "And the stretching in the lymphatic exercise class helped me stabilize my balance again."

"The staff and the guests were all so supportive and kind. They made me feel like I can conquer anything!"

So how has Jacquie's health journey progressed now that she's home from OHI? "OHI gave me a helping hand when I was at my lowest," said Jacquie. "Up until my cancer diagnosis, I had been very independent. The next thing I know, I have no business, no income, and no energy. OHI threw me a lifeline and taught me how to face my health challenge. Now I have a better outlook on life. The OHI scholarship made my wellness journey possible. Thank you OHI, from the bottom of my heart!"



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.**

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

Share the Gift
of Healing



1 MAIL newsletter
donation envelope

2 ONLINE
www.OptimumHealth.org

3 PHONE
(800) 993-4325

Meet OHI's Newest Facilitator, Marianne Peterson

OHI is so pleased to welcome one of our newest team members, Marianne Peterson. As a facilitator at our San Diego campus, Marianne will be teaching many of our core curriculum classes. Let's learn more about her...

OHI: Tell us a little about yourself outside of OHI.

MP: Presently, in addition to two sons, a daughter-in-law, and a granddaughter, my greatest joy is my little backyard garden where I'm able to commune with Spirit and grow many of the blessing foods we offer here at OHI. In 2021 I began the process of ministerial ordination through a holistic living path I closely identify with — the Essene Nazarene Church of Mt. Carmel — and I am excited about assuming the ordination path here at OHI, which is also grounded in Essene teachings.

OHI: What profession were you in prior to joining OHI?

MP: For the past 11 years prior to joining OHI San Diego, I was an oral history project facilitator for a local museum and a community college adjunct instructor. Adjunct instructors are often called “freeway fliers,” meaning we rush from campus to campus day and night to teach for a few hours, then return home to attend to the many hours of grading. I thoroughly enjoyed the content of my fields (Humanities and World Religions) and truly enjoyed connecting intellectually with the diverse student base here in San Diego. But as much as I always found teaching meaningful, I felt more and more called to work in a field that was more in line with my holistic home practice. I felt that change was in the air, but I wasn't exactly sure how to execute that pivot with grace.

OHI: How did you learn about OHI?

MP: In 2013, I saw a hiring post for a wheatgrass attendant to help care for the amazing grow house here at OHI. Feeling that I was too busy and not well-trained, I didn't apply for that position but was able to visit the OHI campus in 2018 when my younger son, who is building toward a future in holistic health, became interested in attending an open house. I fell in love with the program, the grounds, and the wheatgrass grow house, and knew that if I ever had the opportunity to work at OHI, it would be a blessing.

OHI: When did you join OHI?

MP: The final push to apply to OHI occurred when our San Diego college campuses went fully online in 2020 because of Covid-19. Last fall, though I tend to hermit pretty well, the hours of isolation, electronic work, and disconnection from my students and fellow teachers left me feeling completely alienated and depleted. I applied for a facilitator position here at OHI, and now feel so very blessed to have these ongoing opportunities to connect with fellows, converse and exchange ideas with new guests and returning guests, and to experience the richness and depth of the curriculum at OHI.

OHI: Explain to our readers how we get new facilitators up to speed on the curriculum before teaching their first class.

MP: These past few months I have been training mostly in the



Marianne Peterson

kitchen, where I've learned a tremendous amount on food combining, living food recipes, and nutritional information. This past January, I had the opportunity to attend OHI Austin as both a trainee and a guest. The care and practical tools that are given in classes are truly a gift everyone should experience, and the micro-community that naturally builds among guests has restored my faith in humanity. Friday Night Live — filled with singing, dance, and laughter — was definitely a highlight. And at its very foundation, there's nothing like the OHI dietary program to restore the life-force energy that is so easily depleted by unconscious living.

OHI: What are you most looking forward to experiencing once you step into the classroom as a facilitator?

MP: Balancing the body-mind-spirit experience isn't always easy, but every choice in the direction of love-light is a win for self and the collective. I enjoy helping to make the world a more recognizable place, an easier place to be. The opportunity to be a witness to transformation will truly be an honor. These last few months, it's been inspiring to watch guests bravely open their hearts and minds, to try new foods, to embrace new ideas, to change their thinking, and to take comfort in knowing that we are all on an evolutionary path. It will be a blessing to be of service to others.

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Spring2023



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 for Life Body-Mind-Spirit Program, please visit our website at www.optimumhealth.org

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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.

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