

Optimal Health

Optimal health is more than just diet, exercise and medical care. It includes being on your personal passionate path and living your ultimate life adventure.

The Institute

The Health Optimizing Institute is a non-profit research and training organization. At UCSD with our affiliates we have provided training for over 20,000 health professionals in optimal health care since 1973.

The pledge of HOI is to discover and make available the best programs and services for reversing the aging process and establishing optimal health.

Energis® The Best Kept Secret

A major contribution of the Health Optimizing institute was researching and bringing together the most effective programs in Energy Healing.

There is now scientific evidence that this form of Bio-Energy Therapy is constantly effective. We practice under the name Original ENERGIS®.

Evolving

♥ Enrichment Circles ♥

Being in an Enrichment Circle starts freeing the 90% of your potential scientists say you are not using.

With your Soul Team, Tribe or Soul family of authentic friends we can be living our ultimate life adventure.

As we experience our selves as Pure Essence Potential, we have a deep beingness opening us to connect with our vast potential.

Our win is being best friends, living in the bonding process in devoted Sacred Circles provide.

We all agree that if something can not really be proven like what is God, then we choose to believe what is most empowering.

Each person is making the ultimate commitment to themselves with the power of The *Ultimate Agreement*. The best way to release our personal potential is to assist others in releasing theirs.

You may choose to launch an additional career and become an Ambassador For Fulfillment

We Find Our Soul Teams, Tribes and Families In

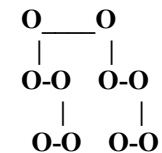
Evolving Enrichment Circles

Imagine being best friends creating with an empowering soul team that supports you living your authentic self and freeing your vast potential.

This is the ultimate match making for sustainable fulfillment.

With the Mandala Cornucopia Gift you have all you need for freeing your vast potential and Winning the Game of Life.

Inviting a person you would like to have a deeper relationship with to co-host a Circle with you. Each invites another person to find a co-host selects a person to find a co-host creating five pairs Playing it forward. We are all in this home group and the one we co-host The circles provide a chain reaction for living our new actualizing sustainable society.



This is your group of ten. Five pairs that will play the gift forward creating five groups forever expanding creating our loving world:

When asked the value of being in an Enrichment Circle some say it is worth Everything

An Invitation to PARTICIPATE
www.hoisd.org

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HEALTH OPTIMIZING INSTITUTE



This Certificate Entitles the Holder to a Complementary
FULFILLMENT ASSESSMENT®
This opens the door to Life's Greatest Adventure

Partial List of Founding Advisors

Herbert Benson, MD
Professor, Harvard Medical School

Emanuel Cheraskin, MD, DMD
Authority on Preventive Medicine

John Diamond, MD
Past President, International Academy
of Preventive Medicine

David Harris
Founder, Health Optimizing Institute
and Mandala Holistic Health

Howard Hunt, PhD
Authority on Exercise Physiology,
Advisor to NASA

Gerald Jampolsky, MD
Founder, Center for Attitudinal Healing

Dr. Abraham Maslow
Founder Humanistic Psychology

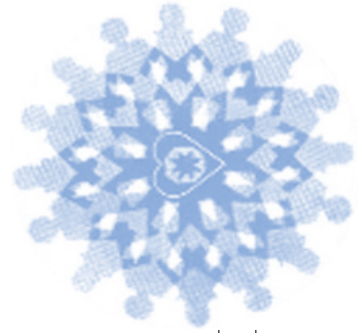
Hans Selye, MD
Leading Authority on Stress Management

Elisabeth Kubler Ross, MD.
World Renowned in Hospice

Alex Szekely, President
The Golden Door and Rancho La
Puerta, world-famous health resorts

Edward Taub, MD
Founder of Integrative Medicine

John Travis, MD
Author, The Wellness Workbook



A Personal Invitation...

*Be in a caring evolving support group, freeing our full potential
for living our ultimate life adventure of sustainable fulfillment.*

From: _____
Phone/Email _____ To: _____

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