



## Anoint Yourself with Oil: For Radiant Health

By David Richard

Vital Health Publishing, U.S., United States, 2004. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book. For thousands of years, oil massage has been used in health practices and religious customs around the world. Anoint Yourself with Oil unites this tradition with the science of dermal absorption and the nutritive value of unrefined oil. The resulting treatment, Hygienic Oil Therapy, will lead you to a more radiant appearance, enhanced physical condition, and improved mental health. The key to Hygienic Oil Therapy is a daily massage with a high-quality nutritional oil. After being absorbed through your skin, the oil's nutrients nourish your skin, hair, nerves, brain, heart, joints, and endocrine system. Hygienic Oil Therapy is also a valuable adjunct to fasting and detoxification programs. So throw away your chemical-laden creams, lotions, powders, and gels, and begin to nourish your skin and body the natural way--with nutritional oil.

DOWNLOAD



READ ONLINE  
[ 6.11 MB ]

### Reviews

*The very best publication i possibly read. it was writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Wilhelm Predovic**

*It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly.*

-- **Timothy Johnson DVM**