



# EXODUS EFFECT

Heal Yourself With  
True Anointed Oil

# Read Me First!

I get it... life is busy.

And your time is valuable. So you might be tempted to skim this book or just read the areas you find most important.

However, I HIGHLY recommend you read every single word of this Healing Manual.

Why?

Simple. Because not only will you heal faster, but you'll have far more tools in your arsenal to combat whatever health issues that are facing you and your loved ones.

For example, in Chapter 2 I share with you the true source of your pain and suffering...

Hint: it's not what most doctors will tell you.

And in Chapter 7, I share with you a super simple hack for skipping all the steps of making anointed oil...

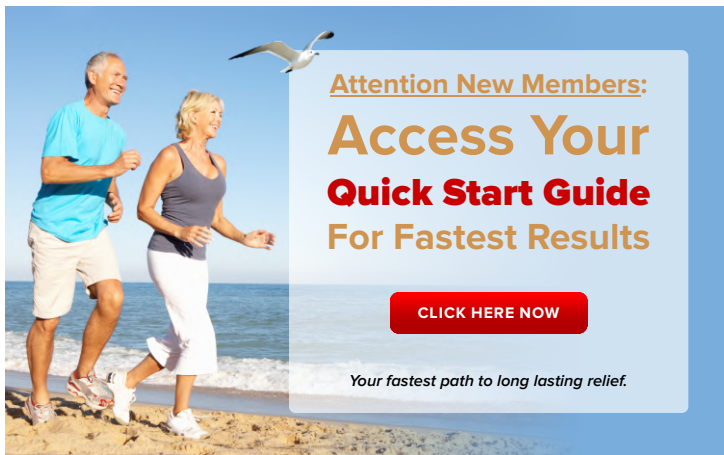
And getting the best ingredients on the planet (from the Holy Land) for pennies on the dollar.

With that said, if for whatever reason, you can only do ONE THING...

(or you hate reading) then please -

**just read the quickstart guide on our resource page,**

order the ingredients, and then use them by following the simple directions on that page.

A man and a woman are jogging on a sandy beach. The man is wearing a light blue t-shirt and khaki shorts, and the woman is wearing a dark grey tank top and white pants. A seagull is flying in the sky above them. The background shows the ocean and a clear blue sky.

Attention New Members:

**Access Your  
Quick Start Guide  
For Fastest Results**

**CLICK HERE NOW**

*Your fastest path to long lasting relief.*

# The Inspiration For This Book

To my darling wife, Lisa.

My dearest Lisa,

Even after all these years together, I wake up every day feeling like the luckiest man on God's green earth that you chose to marry me. Your grace, kindness, loyalty and love know no bounds, and every moment spent with you is a true blessing from God.

The fact you'll be reading this book pain-free fills me with more joy than you can ever imagine.

It tore me apart to see you suffer all those years.

But you never lost your faith, and I believe God tested us like that for a reason. For it was only out of your suffering that I stumbled on the solution — God's solution — that will help the lives of so many men and women.

Seeing the radical recovery back to health you experienced was a true miracle. And it excites me to no end to realize this same miracle is the reward that's waiting for anyone who reads this book.

So I want to thank you for inspiring me to write this book and in the process, sharing God's miracle healing method with the world.

Your partner in Christ,

Andrew

# Chapter 1: Divine Origins



Before we get started, I think it's important to take a moment and quickly cover sacred anointed oil's origin story. Or as I like to say its "Divine Origins."

Anointed oil first appears in Exodus, when God gives the recipe to Moses on Mount Sinai and commands him to make it:

"Say to the Israelites, 'This is to be my sacred anointing oil for generations to come . . . It is sacred, and you are to consider it sacred . . . It shall be most holy to you.'" [\[1\]](#)

The Lord commands Moses to make an oil from specific ingredients that will make anything it touches healed and holy:

† “22 Moreover the Lord spake unto Moses, saying,

† 23 Take thou also unto thee principal spices, of pure myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet calamus two hundred and fifty shekels,

† 24 And of cassia five hundred shekels, after the shekel of the sanctuary, and of oil olive an hin:

† 25 And thou shalt make it an oil of holy ointment, an ointment compound after the art of the apothecary: it shall be an holy anointing oil.



- † 26 And thou shalt anoint the tabernacle of the congregation therewith, and the ark of the testimony,
- † 27 And the table and all his vessels, and the candlestick and his vessels, and the altar of incense,
- † 28 And the altar of burnt offering with all his vessels, and the laver and his foot.
- † 29 And thou shalt sanctify them, that they may be most holy: whatsoever toucheth them shall be holy.” [2]

That was the beginning - anointed oil's Genesis.

Yet it wouldn't be until the New Testament that we see examples of its remarkable healing powers.

For example, in Mark 6:13, Jesus commands His disciples to use the oil to anoint and heal the sick.

Then the Gospel of Luke details the story of the Good Samaritan. But what most scholars miss is that the Samaritan uses God's sacred oil to heal the wounds of the man beat - and left for dead - by robbers.

In the Book of James, Jesus' apostle instructs members of the church to make well any ill Christian by anointing them with this holy oil. [3]

These are just a few of the countless stories and parables of anointed oil being used to heal.

Throughout the Bible there are dozens more examples of how anointed oil was more than just a symbol of God's healing power...

But an actual remedy that was used to help people in pain.

Me and my wife's personal experience with anointed oil further proves this.

Today, as you'll see for yourself inside this book, modern scientific research now shows us exactly why and how anointed oil works.

One reason stems from Dr. Sula Benet's research. And her discovery of the mistranslation in the Bible that kept anointed oil's true recipe a mystery for over 2,000 years.

More importantly, in this book see practical steps you can take to make your own at home anointed oil.

But before we cover the recipe, let's talk about preparing yourself for God's healing...

# Chapter 2: How To Prepare For God's Healing



## Who Is This Book For?

As I'm sure you know by now, I am a man of God.

I grew up going to church every Sunday and with my parents teaching me about Our Lord and Savior Jesus Christ.

With that said, I have plenty of friends and extended family members who aren't Christians. I don't judge them for their particular beliefs — that's not up to me.

Instead, I try to live my life by the principle that God laid out for us in

✝ Mark 12:30-31. *“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”*

Just because someone doesn’t share the same faith as me doesn’t mean I should treat them differently. After all, I believe we are all God’s children and He wants me to love everyone as though they were my own brother and sister.

With that in mind, this book is aimed at helping everyone — Christian or not.

I believe everyone deserves to live their life without pain and enjoy the best health possible. Just like my wife Lisa does, along with countless others, after following the methods you'll discover in this book.

And if you're not a Christian, it's my hope that by the time you experience first hand the healing power of Anointed Oil, you may become a believer in Christ. But if not, that's okay too. I realize that you're the only person who can make that decision and I'm not going to pressure you to adopt my own beliefs.

So the main point I'm trying to make here is that Exodus Effect is for everyone, Christian or not.

If you're suffering with any kind of pain, or want to restore your health to optimal levels, that's what this book will do for you.

So let me congratulate you again on the wise decision to invest in your health and wellbeing. I promise it will be well worth it.

And don't forget that you can access the **resources page here in your member's area** to find all of the ingredients that make up your holy anointed oil. I'll be discussing all of these in detail later in the book, but if you wish to buy them in bulk and not have to find them yourself, I've created that **resources page** to make things easier for you.



## What The Bible Says About Healing

There are many passages in the Bible that talk about healing and the power The Lord has to heal us.

### † James 5:14-15

*Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.*

*And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.*

**† Exodus 15:26**

*If you listen carefully to the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you.*

**† Exodus 23:25-26**

*And I will take sickness away from the midst of you. No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days.*

**† Psalm 103:2-3**

*Bless the Lord O my soul and forget not all His benefits; Who forgives all your iniquities, Who heals all your diseases.*

**† Isaiah 53:4-5**

*Surely He has borne our griefs  
(sicknesses, weaknesses and distresses)  
and carried our sorrows and pains  
(of punishment)...*  
*And with the stripes (that wounded) Him  
we are healed and made whole.*

**† Matthew 8:17**

*He Himself took (in order to carry away)  
our weaknesses and infirmities  
and bore away our diseases.*

**† Psalm 107:20**

*He sent His word and healed them, and  
delivered them from their  
destructions.*

**† Isaiah 38:16**

*O Lord, by these things men live, and in  
all these is the life of my spirit;  
restore me to health and let me live!*

**† 2 Chronicles 7:14**

*If my people who are called by my name  
humble themselves, and pray  
and seek my face and turn from their  
wicked ways, then I will hear from heaven  
and will forgive their sin and heal their  
land.*

**† Psalm 41:3**

*The LORD will sustain him upon his  
sickbed; In his illness, You restore him  
to health.*

### † Psalm 103:1-5

*Praise the Lord, my soul; all my inmost being, praise his holy name.*

*Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good thing, so that your youth is renewed like the eagle's.*

### † Proverbs 4:20-22

*My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.*

**† Isaiah 57:18-19**

*'I have seen what they do, but I will heal them anyway! I will lead them.*

*I will comfort those who mourn, bringing words of praise to their lips. May they have abundant peace, both near and far,' says the Lord, who heals them.*

**† Jeremiah 30:17**

*For I will restore health to you, and your wounds I will heal, declares the Lord.*

**† Jeremiah 33:6**

*Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security.*

### † **Matthew 4:23**

*And he went throughout all Galilee,  
teaching in their synagogues and  
proclaiming the gospel of the kingdom and  
healing every disease and every  
affliction among the people.*

### † **Mark 5:34**

*He [Jesus] said to her, “Daughter, your  
faith has healed you. Go in peace and  
be freed from your suffering.”*

### † **Acts 10:38**

*How God anointed Jesus of Nazareth with  
the Holy Spirit and with power.  
He went about doing good and healing all  
who were oppressed by the devil, for  
God was with him.*

## † James 5:16

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The effectual fervent prayer of a righteous man availeth much.*

The takeaway from all of these is that it IS possible to heal our bodies.

By following the guidelines given to us in the Bible, many people have experienced remarkable transformations in their health.



## **The True Source Of Your Pain And Suffering**



Let me preface this section by saying that I'm not a doctor. And since there will be thousands of people reading this book, I obviously can't say that everyone's pain and suffering can be attributed to the exact same thing.

But while there are countless physical reasons that could have led to your current health challenges, most people don't consider the emotional and spiritual causes.

It's been scientifically proven that emotional trauma and holding onto negative emotions can dramatically impact your health.

And if you're like most people, you've probably had painful experiences in your life that were never completely resolved.

Even if you don't realize it, your body could be holding onto this unresolved tension and it manifests as physical pain and illness.

So if there is something you're holding onto, I'd encourage you to do whatever you can to let it go. If there's somebody who wronged you and you haven't moved past it, try to forgive them. You don't even need to speak to them to do this — you can forgive them in your own heart.

Here is my favorite passage about forgiveness,  
and it comes from

† Ephesians 4:31-32. “Get rid of all bitterness,  
rage and anger, brawling and slander, along with  
every form of malice. Be kind to one another,  
tenderhearted, forgiving one another,  
as God in Christ forgave you.”

This is a very powerful message from God, and  
it's clear he doesn't want us to live our lives  
with hatred in our hearts.

Now, how do you forgive someone and let go of  
any emotional baggage?

For some, this may feel like it's easier said than  
done. But we all have the God-given ability to  
forgive. I find that the best way to do so is to  
realize that none of us are perfect. We all  
make mistakes. We have all sinned.

Yet if God has the good grace to forgive each and every one of us, who are we to do any less when it comes to our fellow man (or woman)?

And even if you can't bring yourself to forgive someone for their sake... do it for your own benefit. Taking this one leap of faith can make a tremendous difference to your health and wellbeing.

Now, there's also another unseen force that can potentially be causing you harm. And I'm talking about the effect spiritual sickness can have on you. This is what happens when sin and Satan grabs a hold of you and works its way into your life.

I know that some people will dismiss this as hogwash. And that's fine. Not everybody believes in Satan, and that's okay. But whether you believe or not, I strongly encourage you to at least try out what I'm about to share with you.

That's because I've seen first hand the almost miraculous effects it can have on people.

What am I referring to?

The practice of anointing your home with oil. This ritual is far less common these days than it used to be. Back in Biblical times, anointing your home and blessing it with prayer was a customary practice for maintaining spiritual health.

People knew it was the best way to keep demons and the forces of Satan out of their homes.

In fact, Jesus had his followers anoint the doors of their homes with the blood of the Passover Lamb. It was this act of showing their faith that saved them from the fate of losing their first-born son.

Now, most of the time this sort of blood sacrifice wasn't called for. Simply using the Holy anointing oil to protect the home was sufficient to ward off evil spirits and protect one's family from harm.

Even though it's not as common these days, it doesn't mean it's any less effective.

The problem is most people are simply unaware of the risks of demonic spirits in today's world.

They think if they can't see something, it doesn't exist. And that naivety is what allows Satan to implant his wicked ways into your thoughts and feelings, undetected.

Yet when you anoint your home with the oil you'll soon learn how to make, it really can drive the evil out and keep you safe.

All you need to do is simply place the oil on the different door frames and windows in your home, praying to God for Him to fill your house with the Holy Spirit and keep everyone within it free from the clutches of sin and evil.

You can also command any demons to leave your house, using The Lord's name.

Here is a simple prayer you can use: *“Spirits, in the name of and by the authority of the almighty God, my Lord and savior Jesus Christ, and the Holy Spirit, begone.”*

Another thing worth doing is removing any items in your home that might have links to sin or evil spirits.

For example, anything that was given to you by someone who may have acquired it through sinful means. Or even something that's associated with a negative experience in your life, that could be subconsciously triggering dark thoughts inside of you.



When you get rid of anything negative in your home, as well as anointing it with oil and praying for God's blessing, you'll be well set up to be protected and healthy.

Here's what one of the members of my congregation told me after following this practice:

*“For about 18 months my wife and I felt like there was an evil presence in our house. I can't explain it, but it was like there was a darkness hanging over us and suffocating us. But once we anointed our home in the fashion you described, we noticed an immediate difference. Our home felt full of light and love, and we have never been happier or healthier than we are now.”*

I should also point out that he is a member of our Prayer Warrior Network.

Now, if you're like most people and signed up for this when you purchased this program, you will already have access to it. All you need to do is submit your prayer and you'll have thousands of Christian Warriors all around the globe praying for you. There really is strength in numbers and the powerful effect this has is extraordinary.

But if for some reason you elected not to join the **Prayer Warrior Network**, I want to give you another opportunity to do so.

**[Simply click on this link here](#)**

**Simply click on this link here** and you'll have a second chance to join our community of brothers and sisters who are committed to supporting each other in the name of our Heavenly Father.

Most of our members absolutely love being a part of this Network, and choose to stay with us for the long haul. But you won't be under any obligation to remain a member if for some reason you decide it's not right for you. So I'd encourage you to at least try it out and experience the benefits before making a final decision on it.

# **Chapter 3:**

# **How To Get The Best**

# **Ingredients For**

# **Anointed Oil**

## **Ingredients List**

Let's dive in now and take a look at the actual ingredients you'll be using to create your anointed oil.

I'll start by listing out the ingredients, then go into more detail on which specific types work best, as well as the history behind them and why they work.

So here are the ingredients that comprise the anointed oil:

- † Turmeric
- † Bioperine
- † MCT Oil
- † Hemp or CBD Oil
- † Olive Oil
- † Cinnamon/Cassia Oil
- † Myrrh/frankincense/boswellia serrata

**NOTE:** You might have noticed that some of the ingredients are not from the Bible. However, if you recall when me and Paul (my chemist friend) deciphered this recipe, we found several ingredients (shown above) that helped enhance the effects of the original anointed oil recipe found in Exodus.

Now, you may wish to find some, or all, of these products on your own.

However, to make things easier for you, I've sourced reputable suppliers you can order them from. This is available for you to access **[right here in your member's area, on the resources page](#)**

Besides convenience, the other advantage of ordering your ingredients via the member's site is you can be assured you'll be getting quality products that I've already researched and vetted. This is key, because as you're about to discover, not all of these ingredients are created equal.

And if you want to make things even easier by skipping all the steps to making anointed oil, then please read Chapter 7 of this book.

There you'll see how me and Paul (my chemist friend) have developed an easy and cost effective way to have anointed oil (already mixed together) shipped to your door.

Now let's take a look at each of these ingredients in more detail, including the specific things to look for, and what scientific research says about them.

## Turmeric



Turmeric is a spice commonly used in curry, and has a lot of health benefits.

It's commonly used as a supplement to treat inflammation and help with gut and digestive issues.

For maximum effectiveness, you should opt for liposomal turmeric. Liposomal refers to a delivery mechanism used for drugs and supplements, and it makes whatever you're taking more bioavailable. Basically it means your cells can absorb more of it, compared to non-liposomal alternatives.



Also, you want to make sure that the turmeric you purchase contains at least 1000 mg or more per dose. That's because if you go for a lower quality product with a lesser dose, it won't be nearly as effective.

(Again, to make it easy for you, I've already listed some on [resources page](#) that are a great option.)

One of the biggest benefits of turmeric is that it's great for bone strength.

And this is really important as we become older, because osteoporosis leads to so many broken and fractured bones. But by consuming turmeric everyday in your anointed oil, you'll be well placed to preserve your bone strength as you age.

In research studies, turmeric has also been shown to help with inflammation, metabolic syndrome, high cholesterol, arthritis, anxiety and muscle soreness. It's also been shown to have measurable health benefits even for people who don't have any specific illnesses or health conditions. [4]

## Bioperine



Also known as piperine, bioperine is the active ingredient in black pepper that gives it that unique taste.

What's so great about bioperine is it increases your body's ability to absorb other nutrients. This is important, because with a lot of nutrients you only absorb a small amount of what you take, meaning much of it is wasted. But when you add bioperine to the mix, it enables you to make use of more of the nutrients you've ingested, increasing bioavailability by as much as 2000%.

Another huge benefit of bioperine is it can aid with fat loss, as well as improve cholesterol levels, without any change to your diet. [\[5\]](#)

There's also evidence that it helps improve your mood and happiness via its effect on dopamine and serotonin levels. That means if you suffer from any kind of depression or even just feeling down from time to time, bioperine could be hugely useful for you. [6]

As if that wasn't enough, this ingredient has been shown to improve the immune system, as well as memory and general cognitive function.

With all of these amazing benefits in one simple ingredient, it's important you include this when making your anointed oil.

## MCT Oil



MCT stands for

“medium chain triglycerides” or “medium chain fatty acids.” They’re types of fat most often derived from coconut oil but sometimes made from palm oil.

Due to their shorter length, MCTs are easily digested and many health benefits are linked to the way your body processes these fats. Some of these health benefits are:

- † Weight loss [\[7\]](#)
- † Healthy source of fuel [\[8\]](#)
- † Help manage conditions such as epilepsy, Alzheimer’s and autism [\[9\]](#)
- † Reduce total cholesterol while raising HDL (the healthy cholesterol) [\[10\]](#)
- † Control blood sugar and support diabetes [\[11\]](#)

The only issue with MCT oil is that there are some poorer quality brands on the market that won't be as good as others. To check out some that I personally vouch for, take a look at [\*\*the resources page here\*\*](#) .

If you happen to be on the keto diet, or you're interested in using MCT oil to boost your ketones, then C8 MCT oil is the type you'll want to use.

## Hemp and CBD Oil



While hemp and CBD oil come from the same plant, they come from different parts and have different makeups and benefits.

CBD (Cannabidiol) acts as an analgesic and anti-inflammatory, which reduces pain and inflammation. It is also used to treat anxiety, neuropathy, and could help with skin conditions like eczema and acne, and even sunburn and bug bites. [\[12\]](#) [\[13\]](#)

There is also scientific evidence that CBD is effective for weight loss. This is because CBD blocks communication with what's known as CB1 receptors.

These receptors are located all throughout our bodies and are associated with a number of physiological processes, including appetite.

What this means is that consuming CBD can help suppress your appetite, and clinical studies have shown it to cause weight loss. [\[14\]](#) [\[15\]](#)

Depending on where you live, CBD oil can either be easy to purchase or a little more difficult. That's because the CBD industry is heavily regulated and there are a lot of restrictions about what can and can't be sold.

For example, for a CBD product to be legal, it needs to contain less than 0.3% to 0.5% THC, depending on the state you live in (unless you're in one of the few states where THC is legal).



The laws also differ state by state in regards to the use of CBD oil in general. And while things are moving in the direction where most states are legalizing it, you should check the laws where you live to see if it's okay to purchase.

That's why hemp oil can be used as an alternative if CBD oil is not legal where you live. It doesn't contain the same benefits for pain and inflammation, but it's still useful for skin issues and is seen as a source of healthy fatty acids.

It can be a little confusing for most people knowing what CBD or hemp oil to purchase. That's because there are many options and can differ greatly in terms of their ingredients, additives and where it was sourced. There are also different types of CBD oil, depending on the extraction process, (CBD isolate, full spectrum CBD, and broad spectrum CBD.)

So with all of that in mind, unless you're already experienced in purchasing quality CBD and hemp products, I suggest you **[take a look here at the reputable products I've listed for you.](#)**

Now, some Christians ask me whether it's sinful for them to use CBD oil. And this is where I have to remind you that the Bible actually promotes the use of cannabis.

In fact, Dr. Sula Benet discovered that Cannabis is a very Holy ingredient.

If you watched my video presentation about the Exodus Effect, you'll remember that Dr. Benet uncovered a translation error in the Bible.

The word "Cannabis" was mistranslated to "Sweet Calamus" instead of it's original Hebrew word - "Kannabos"

Unfortunately, this 2,000 year old translation error hid Cannabis' important role in Holy Ceremonies (like the Feast of Tabernacle). And more importantly, it hid Cannabis role in making Holy Anointed Oil.

On top of that, Dr. Carl Ruck, professor of classical mythology at Boston University, said “there can be little doubt about a role for cannabis in Judaic religion.

Obviously the easy availability and long-established tradition of cannabis in early Judaism would inevitably have included it in the [Christian] mixtures.”

And Dr. Ruck is just one of a growing number of theologians who are spreading the truth about Cannabis’ role in the Bible.

So if you’re hesitant at all to use CBD oil because of your faith, rest assured that it comes from a natural plant that God created for us all to benefit from.

## Olive Oil



I have no doubt that you've purchased olive oil before, and this will be the easiest ingredient for you to find. Although make sure you go with a quality version, like extra virgin olive oil.

There are so many health benefits linked to olive oil, it's amazing.

Not only is it great for your heart and lowering blood pressure, it's even proven to have anticancer properties too. [\[16\]](#)

New research shows that olive oil might possess natural healing properties unmatched by many advanced medical breakthroughs.

For example, scientists in Italy recently discovered that an olive oil-rich diet reduce the death rate among 1,200 heart disease patients by 37%.

Plus, a study published in the prestigious New England Journal of Medicine, revealed that people at high risk for heart disease who consumed olive oil regularly were 30% less likely to suffer a heart event - like stroke, heart attack, or heart-related death - than those on a low-fat diet. [17]

On top of that, a major study from the Journal Archives of Internal Medicine reports about four tablespoons of olive oil a day allowed hypertensive patients to cut their dosage of blood pressure medication in half over the course of 12 months. [18]

And what's even more impressive is that Spanish Researchers found an olive oil-rich diet lowered cardiovascular death risk by 44% over 13 years in a group of 40,622 people. [\[19\]](#)

Isn't it incredible that science is finally catching up with what the Bible has already known for 2,000 years?

I think so... Especially when I read the Bible and see that olive oil is referenced throughout the Bible 192 times! (**NOTE:** The Hebrew word 'shemen', which means olive oil, is referenced approximately 192 times in the Bible.)

## Cinnamon and Cassia Oil



Cinnamon is another important ingredient from the Bible.

Now, when it comes to cinnamon, there are two main types. One is known as *Cinnamomum cassia*, and the other is *Cinnamomum vera*.

When the latter is used, it'll typically be referred to as cinnamon oil. But if cassia is used, it'll either be called cassia oil or cassia cinnamon oil.

What's the difference between the two?

Although they come from the same plant genus, their chemical composition is quite different.



Without going too deep into it, just know that cinnamon oil is the option you should go for, not cassia oil.

That's because there is a toxic compound called coumarin which the FDA banned from use back in 1954. However, cassia cinnamon contains up to 1% coumarin, whereas the non-cassia type contains trace amounts about 250 times lower, and is considered safe.

Coumarin is known to be toxic to the livers and the kidneys, which is why I suggest you stay away from cassia oil. It's just not worth the risk in my opinion. It's not hard to find a good quality cinnamon oil online, but you can also [go to the resources page](#) to see my preferences also.

As for the health benefits of cinnamon, it has been shown to be effective as an antimicrobial, antiparasitic, and antioxidant. There is also evidence that shows it is good for lowering blood pressure and has cardiovascular benefits. It's also often considered a remedy for respiratory, digestive and gynaecological ailments. [20]

But the best thing about cinnamon is that it is a very potent and natural diabetes fighter.

Researchers at the USDA looked at 49 different plants, herbs, and spices purported to have anti-diabetic properties. They found cinnamon was the most bioactive of all. [21]

In other words, it could be the most potent natural anti-diabetic ingredient on Earth...

And numerous clinical studies confirm just how powerful it really is...

A placebo-controlled study in the journal Diabetes gave as little as one quarter-teaspoon of cinnamon a day to 60 people with type 2 diabetes. After 40 days, the subjects getting cinnamon pills instead of a placebo had impressive results: [\[22\]](#)

- † Fasting glucose levels reduced by 29%
- † Triglycerides lowered by 30%
- † LDL (“bad”) cholesterol dropped 27%
- † Total cholesterol fell by 26%

In another study, researchers at London's Thames Valley University investigated cinnamon's ability to reduce HbA1c. It is produced when the hemoglobin in your blood mixes with glucose.

Think of HbA1c as a measure of “sugar-coated” red blood cells. If your percentage of HbA1c reaches 7% or higher, you're diagnosed with type 2 diabetes.

But they found subjects with poorly controlled diabetes who added just a gram of cinnamon to their normal daily medication for three months lowered their HbA1c by 83%.

Subjects who didn't add cinnamon and followed only standard care saw just a 37% reduction. [\[23\]](#)

The bottom line? Cinnamon could be very powerful in helping people manage the symptoms of diabetes...

And even more powerful when mixed in with the other ingredients inside anointed oil.

## **Myrrh/ frankincense/ boswellia serrata**



If you're a fellow Christian, you'll have no doubt heard of myrrh and frankincense and recognize them as being two of the gifts the Magi — or Three Wise Men — brought for baby Jesus.

And while most people have heard of these, not everyone is familiar with what they actually are.

Myrrh is a gum or resin that is extracted from bark in different tree species. It can be used as a perfume, incense, and in embalming. However we are primarily concerned with its usage for medicinal purposes.

Some of the things it is used for include:

- † Indigestion
- † Asthma and lung congestion
- † Cancer
- † Spasms
- † Arthritic pain
- † Ulcers
- † Increase menstrual flow
- † Gingivitis
- † Canker sores
- † Bad breath
- † Hemorrhoids
- † Bedsores

When purchasing myrrh, you can buy it in oil form already and it will be easy to add it to your anointing oil mixture.

Let's take a look now at frankincense.

There are three different types of frankincense oil you might come across: carteri, serrata, and frereana. Because the extract comes from the Boswellia trees, you may see the oils also called boswellia, but please note that this is still frankincense.

Frankincense is recognized as one of the most powerful essential oils. Here are some of the benefits it has been shown to have:

- † Can fight some cancers e.g. bladder cancer and breast cancer [\[24\]](#) [\[29\]](#)
- † Reduce inflammation caused by rheumatoid arthritis and osteoarthritis [\[25\]](#)
- † Help with asthma [\[26\]](#)
- † Improve gut function [\[27\]](#)
- † Maintain good oral hygiene [\[28\]](#)



In the Bible, the gift of frankincense was used to acknowledge Jesus' priesthood and set him apart from ordinary kings. It had a special significance in temple routines and was recognized as a very precious ingredient.

That's why you'll want to make sure you include this in your anointing oil.

Because not only does it have amazing health benefits, the spiritual meaning is also very significant.

I'll go into more detail in the next modules about how to best prepare and take the anointed oil, but first let me share a couple of success stories from people who have used it.

*“Hi Pastor Andrew, I’m just writing to let you know how much things have improved since I started taking the anointed oil. I used to experience chronic pain every day and it was difficult to do simple activities like going for a walk with my wife, or playing with my grandkids. Traditional drugs never seemed to help and sometimes had their own side effects that made me feel worse.*

*But I would say my pain has been reduced now by about 90% and some days I don’t even notice it. Not only can I now do all the things that were too difficult before, but my overall mood and enjoyment of life is higher than it’s been since I was a young man. I thank God everyday that I discovered your teachings and feel blessed because of the impact has made.”*

And one more:

*“It’s now been almost 3 months since I started using the anointing oil you told me about. I mainly wanted to get relief from my digestive problems and mild depression, which have been bothering me for a few years now. And while I have faith in God, I have to admit I was a little skeptical that the oil would help me.*

*Well, I only wish that I had come across this sooner. My symptoms have all but disappeared and I feel like a new woman. I can now enjoy eating again without worrying about any stomach issues afterwards, and feel like a dark cloud has been lifted from me. I have no doubt that the anointing oil, combined with daily prayer and being a member of the Prayer Warrior Network all played a significant role in my healing. Thank you so much.”*

Both of these testimonials came from members of our **Prayer Warrior Network**.

It's impossible to quantify exactly how much of their success came from the thousands of people praying for them everyday... and how much was directly attributable to their use of anointing oil.

My belief is that these things work in conjunction to deliver exponential results.

So if you're already signed up for the Prayer Warrior Network, I encourage you to submit your prayer so we can all start praying for you.

And of course, don't forget to pray for other members who need your support in turn.

And if you haven't signed up yet for whatever reason but you don't want to miss out on this, all you need to do is go to [this page here](#) and it's not too late for you to come and join us.

# Chapter 4:

## 7 Simple Ways To Mix Anointed Oil

### How To Make Anointed Oil



Now that we've been through all of the ingredients that comprise the anointed oil, let's talk about how to actually make it.

Just to remind you, if you're having any problems ordering any of the ingredients or simply want to save time and see the specific brands I recommend, you can find that [here on the resources page of the member's area](#).

Here is the general recipe you'll use when making the anointed oil:

- † 1 ounce of olive oil
- † 1 ounce of MCT oil
- † 20 drops of Frankincense
- † 20 drops of Myrrh
- † 20 drops of cinnamon oil

Note that I haven't included the hemp or CBD oil above, nor the turmeric and bioperine.

This is because these are all available in vastly different forms and dosages.

Particularly with CBD oil, if you use 20 drops it could be much more potent than 20 drops of another brand and dosage. I suggest starting with a smaller amount, say 5 to 10 drops, and make sure you tolerate it well before adding more next time if you wish.

When it comes to turmeric, there are many options that have bioperine included. If you purchase one of those then you won't need to get bioperine separately. This is a safe substance with side effects being rare, so I suggest adding in 20 drops of this oil also.

Now, you'll need a small glass bottle with a cap in which to place all of the ingredients.

Simply place them all in (you may wish to use a small funnel if the opening is small) and then screw the cap on and gently shake all the ingredients together.

Then store the bottle full of your Holy anointing oil in a cool, dry place. Let it sit for at least a few hours before using it for the first time.

That's all there is to it in terms of how to make the oil.



You can also experiment with the ratios of the ingredients in the oil, according to your particular needs. For example, if you're looking to improve mobility and flexibility, myrrh is great for that. I suggest people add an extra 7 drops to their mixture for best results.

If you suffer from pain or digestive problems, then upping the amount of CBD oil would be beneficial.

But always, and I mean always, follow the recommended dosage on the CBD bottle you purchase.

Now here are some of the ways it's possible to consume the anointed oil:

- † In a liquid mixture
- † In capsule form
- † Topically, added to a cream
- † As an incense oil you burn
- † The Freedom Method

So for example, if your main aim is you want to anoint your house to protect yourself from evil, you wouldn't need to ingest it or apply it to your body. You would just dab small amounts above your doors and windows for protection. Doing this once or twice a day would be sufficient.

But assuming you're experiencing some health issues, then you'll need to choose a way to get the anointed oil into your system.

The easiest way is to mix all the ingredients together into a single oil, and then use it as an incense oil. This is generally seen as the safest way, because the oil isn't making direct contact with your body or insides.

The downside is that you won't really reap the full power of all the ingredients as you would if ingesting them, for example.

So I'd encourage you to experiment with different ways of taking the anointed oil to see what works best for your particular situation. You might find that you get the best results from adding it to a smoothie, while someone else might do better by adding it to their skin cream or moisturizer.

Now, there is some debate among experts about whether essential oils are safe to take internally. But provided you take them as directed, in small doses, there's no evidence to suggest they are unsafe for oral consumption.

Even the FDA states that they are safe as flavor ingredients (which means ingesting them). [\[30\]](#) [\[31\]](#)

Keep in mind that these ingredients are very strong, and you only need a very small dose for them to be effective. Of course if you notice that you have any adverse reactions when taking these oils, you should stop taking them, or try a lower dosage, depending on the severity of your reaction.

In most cases people will be completely safe taking these ingredients, and won't experience any adverse effects. However, depending on your particular health situation, it's always a good idea to consult your physician before taking new drugs or supplements.

For example, if you're on any medication at the moment, you'll need to make sure that none of these ingredients interfere with that.

It's also advised that kids and pregnant women don't take any essential oils without first seeking approval from a doctor.

So let's take a deeper look at how to take your anointed oil in different forms.

## 1- As a liquid



The great thing about all of the ingredients that make up the anointed oil is you can buy them all in liquid form. Even the turmeric, which is normally found in powder form, can be found as a liquid.

That means you can simply combine all of the oils into one mixture and store it in a small glass bottle, as was described just before.

And if you're using this mixture to anoint your house, you simply use this liquid mixture as is. You can either use your fingers to apply it or dab some on the end of a brush or cloth and that will do the trick.

If you want to orally ingest the anointed oil, I'd caution you against consuming the mixture just as is. That's because it's extremely potent in that form, and by itself can be overpowering.

Instead, add a few drops of the anointed oil to an edible carrier oil. Carrier oils help dilute the mix and make it easier and safer to take. Some examples include coconut oil, avocado oil, and grapeseed oil.

Olive oil is also a carrier oil, and you can also simply add the oil to more olive oil to dilute it down even further so it's less overpowering.

Here's the thing with ingesting it like this, though. Some people really don't like the taste and find it hard to stomach.

Others don't mind it at all. So you can try taking it like this, but if you don't like it, the next method could be better suited to you.



## 2- In smoothies



Most people find it easiest to simply add a few drops of anointed oil to a drink or their food.

**WARNING:** Make sure you don't add it to water though, since it doesn't mix well with oil.

A healthy, delicious smoothie is a perfect option. Just add the oil and stir it around and you likely won't even taste it. There isn't a specific recipe you need to use for the smoothie, and personally I like to mix it up. I'll usually throw in some ice, water, fresh fruit, and a green vegetable like celery or kale into a blender.

After I pour the smoothie into a glass, that's when I stir in the anointed oil.

### 3 - Divine Coffee



Not everyone is into smoothies though, and some people prefer to add the oil to their coffee.

You can create what I call Divine Coffee, which is packed full of Holy goodness. If you've heard of Bulletproof Coffee or you've tried at home, well then you're in for a delightful surprise with Divine Coffee. Because it's much more delicious and energizing than Bulletproof coffee.

All you do is make your coffee the way you normally would (I suggest no milk or sugar though, as it's healthier without them).

Then stir in up to a tablespoon of your MCT oil, which is a great source of healthy fat, and is terrific for brain performance.

Add in a few drops of anointed oil and stir that around, and you're good to go.

If you start your day off with either one of these smoothies or coffees, it means you're getting quality nutrients and a huge dose of Bible-backed healthiness to help you tackle the day ahead.

This is honestly the easiest way for most people to consume their anointed oil, without having to worry about taste.

Another option is you can add these ingredients to your food and use them in cooking.

It could be adding a few drops of oil to a generous serving of olive oil, and drizzling that over a salad. This works great for some people, while others find the taste a little overpowering

## 4 - In capsule form



This option is a little more complicated, but once you get the **machine that is used to fill capsules** hang of it, it's very convenient.

You'll need a (they're actually pretty inexpensive) along with some empty gelatin or vegetarian capsules.

Then you add the anointed oil into the empty capsules (a dropper is great for this) and the machine adds the tops so you've got ready to consume capsules.

While this option is more involved, once you've completed a batch then you don't have to do anything until you make your next lot.

You'll have your capsules ready to go,  
and you can take one in the  
morning and another at night, simple as that.

So if you're someone who is used to taking  
pills regularly and like the set  
structure and times of doing that, you might  
find this is a good option for you.

## 5 - Topically



Applying the anointed oil directly to your skin is an easy way to make sure you absorb it. But you don't want to rub it onto your skin directly. Instead, mix it in with a skin cream such as a moisturizer to make it easier to apply.

However when it comes to applying essential oils to your skin, some people can have reactions. While the specific oils listed in this book are recognized as safe, it doesn't mean 100% of people will experience no reaction to them.

That's why it's always recommended you do what's known as a 'patch test' before taking essential oils topically.

A patch test is where you apply a small amount of oil to your skin and wait a day or two to see if there's any irritation to your skin.

You can apply the combined ingredients that make up the anointed oil and do a patch test of that whole mixture. If you notice a reaction, then try each of the oils separately to determine which specific oil is causing the problem.

Or if you prefer you can start by doing a patch test with each individual oil.

To do a patch test, combine one or two drops into a carrier oil e.g. olive oil, or your skin cream, and apply it to a small area of skin such as on the inside of your arm.

If after 24-48 hours there's been no reaction (and there usually won't be) then you'll know it's fine for your skin.

Assuming you have no adverse reaction and you want to take anointed oil topically, a few drops mixed with skin cream and applied twice a day is a good rule of thumb.



## 6 - Incense oil



This is generally recognized as the safest way for anyone to enjoy essential oils, since you're just breathing in the aroma, rather than ingesting it into your body. Another benefit is it also smells great.

Like I mentioned before, you may not get the same direct health benefits using it in this way. Some of it will make its way into your system, but the majority of it is simply being burned away.

That's why I prefer to use this method as an additional supplement. I'll burn some anointed oil during my prayer time and breathe in the Holy aroma.

It's a practice I really enjoy and I encourage you to give it a try. But for the full healing effects of anointed oil, you might want to try one of the other methods as your main way of consuming the oil.

You simply need to get an incense burner and some blank incense sticks, and you then apply around 20 drops of oil to the incense stick. You can start with one stick and gradually build up to using more as you become more comfortable with it.

Another option that is even easier to use is an oil burner. You just place a small amount of water at the top of the burner and add in 5 to 10 drops of the oil. Below there's a place for a small candle and when lit it will diffuse the oil throughout the room.

If you don't have any particular health issue you're looking to improve, and just want to enjoy the anointed oil for what it is, then burning it is a great way to do that.

## 7- The Freedom Method



The “Freedom Method” is the final AND easiest way of ensuring that your body benefits from all of the ingredients inside holy anointed oil.

Now I call it the freedom method because it gives you the most flexibility.

Here’s how it works: Rather than combining all of the different ingredients and taking them as one oil, you can use them individually in different ways throughout your day.

For example, you might want to use some of the essential oils topically by adding them to a skin cream.

And you might consume your olive oil by just using it as a salad dressing. And you could add MCT oil to your coffee. And you might choose to use turmeric as a spice when cooking.

And you can take your CBD separately as well.

All that matters here is that you consume each ingredient within the same day. And let your body do the work and combine their power once you've consumed them.

At the end of the day, coming up with a routine that you can stick to is the most important thing because it will help you consistently take the anointed oil.

And consistency IS VITAL for long lasting relief.

That's why people who get the best results with the anointed oil outlined inside this book, use The Freedom Method. And I recommend you do the same.

However, I'll leave that decision up to you.

I should also mention that when you add prayer with your anointed oil, you'll get even better results.

Which explains all of the incredibly miraculous stories I keep hearing from the folks inside our Prayer Warrior Network:

*“I’m not a big fan of smoothies and I hate the taste of coffee, so I decided to try your suggestion of applying anointed oil on my skin. It was easy to just add it to my moisturizing cream and I’d apply it every night before bed. I can’t really explain it, but I started waking up feeling more refreshed and full of energy. My joint stiffness was greatly improved and my body just seemed to be working better than it had in years.”*

*“Hi Pastor Andrew. To give you some background, I’m a bit of a amateur chef who loves to make new recipes. That’s why I decided that adding all the anointed oil ingredients to my dishes would be worth trying. I’m not going to say it improved the flavor out of sight (because I couldn’t really taste it in most dishes) but I did notice a difference in how I felt. I’ve suffered with all kinds of gut problems for years now, and this is the first thing that has given me any kind of relief. For the first time in a long time I’m now hopeful that I’ll soon be back to my old self.”*



*“I was a bit worried that the anointed oil would taste bad, but by adding it into my fruit smoothies I barely even notice it. I now call them my Sacred Smoothies, ha. It feels amazing to know I’m drinking in God’s goodness and combined with the Prayer Warriors who pray for me daily, my health has improved tenfold. I’ve recommended some of my friends to join up also and if anybody is reading this and on the fence, I can confidently say sticking with this program and being a Prayer Warrior is one of the best decisions you’ll ever make.”*

**A Word Of Encouragement: If you don't feel or experience the results you were expecting right away - don't worry. You see, as you use any of the consumption methods outlined above, your body will begin to build up an anointed oil reservoir inside of you. And the longer and more consistent you are at not only taking the oil, but also combining it with prayer, the better results you'll enjoy over time. Just have faith in the Lord's healing power, through the Holy Oil that he gifted us so long ago.**

# **Chapter 5: A Startling Confession And The “Holy Trinity” It Led To**

Right now I'm going to “flip the script” as the saying goes...

Instead of you making a confession with me (a pastor)...

I'm going to make a confession to you.

Now I admit, some of you might be angered by it.  
Others will love it.

Either way, I guarantee each and every one of you  
WILL benefit from this confession.

Why?

Because this confession stands to save you both time and money when making anointed oil.

In fact, if you read my confession below, it could help you pay just pennies on the dollar for the best ingredients.

On top of that, it will help you skip all the steps to making anointed oil yourself.

Now I realize that's a bold claim, but as you'll for yourself in a moment, it's perfectly possible.

So keep reading...

## **My Confession**

When I released the first version of The Exodus Effect, many people expressed several frustrations.

Some people still felt there was too much guesswork involved in mixing the ingredients just right. While others still found that the ingredients themselves were too hard to find or too expensive to get.

To be frank with you, at times I felt like I was causing a lot more harm than good.

And there were moments when I felt like giving up because some people were frustrated (and boy did they let me know).

Now, don't get me wrong, not everyone was angry. In fact, the vast majority of people using The Exodus Effect, getting the ingredients, and mixing them on their own... were getting incredible results.

But there was still a group of people whose expectations were not being met.

And I felt deeply responsible.

So I asked myself a simple question...

*“How I could help people find the best ingredients at the very best price?”*

That simple question led me to a breakthrough that I'm confident will help you and your loved ones on your path to healing.

This breakthrough is called **Trinity Oil**.

And like I suggested earlier, it allows you to bypass all the “trial and error” of creating your own anointed oil...

While giving you the best ingredients on the planet - direct from the Holy Land of Israel.

And best of all, you get those ingredients for just a fraction of what you would have to pay anywhere else.

But instead of telling you about it here, I’ve created a free bonus report that explains all of the details - including how to get Trinity Oil at an Exodus Effect member’s only discount.

**[Click here to learn more about Trinity Oil.](#)**

# Chapter 6: Healing Secrets From The Bible



We've now covered how to make and use the anointed oil.

If all you do take your anointed oil and pray daily, your health should improve dramatically. And I truly believe you'll have miraculous healing.

But I want to help you even more...

Again, my life's mission is to help believers and non-believers experience profound healing through Christ. I'm confident that's my purpose in life.



And until the day I die, that's what I'm going to do.

That's why I've included some bonus healing remedies (that are also inspired by the Bible) which can help you in a profound way.

These remedies help with some of most common issues plaguing Americans. So there's a good chance one of these remedies will dramatically accelerate your healing.

## Digestive complaints (gas, bloating, constipation etc.)



If you suffer from any gut or digestive problems, I don't have to tell you that it's not a lot of fun. And if you don't have a medically diagnosable condition, you'll usually be told you have Irritable Bowel Syndrome and there's not much you can take to improve your condition.

Fortunately the Bible has some great remedies that really do help relieve the symptoms of gut problems.

One that works particularly well is aloe vera, which is mentioned in **John 19:39**: *“He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloe, about seventy-five pounds.”*

And while you can find cheap aloe vera juices in grocery stores, what I recommend is an organic aloe vera gel. You can mix an ounce of it with some juice and take it before or after a meal to assist with digestion. It's better to take aloe only when needed though, rather than making it an every day supplement you take.

Another great option for digestion is garlic. It's referenced in **Numbers 11:5**: *"We remember the fish we ate in Egypt that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic."*

Garlic is particularly useful for relieving gas and bloating, and you can either add it to your meals or buy it in supplement form. The good thing about garlic is it has other health benefits too and you don't have to worry if you're taking too much of it.

## **Diabetes or high blood sugar levels**



Diabetes is growing at an alarming rate in the USA, and is one of the biggest killers of our time. Even more people suffer from “pre-diabetes”, which is where your blood sugar levels are in a dangerous range and you’re on the way to becoming a type 2 diabetic.

Fortunately, God has blessed us with some natural solutions that can help regulate and normalize our blood sugar levels.

One of these is the Jerusalem artichoke, also known as a sunchoke. While there are no direct mentions in the Bible, the fact that it’s named after the birthplace of Jesus means it has some Holy significance.

This vegetable has a high level of inulin, which is proven to help regulate blood sugar level and reduce weight in diabetics. [32]

You don't need to do anything special to get the benefits of Jerusalem artichoke. Just include it as a whole vegetable in your diet and it will help your health.

Another plant that is known for its healing powers is the moringa, which is often referred to now as a superfood.

There are some people who believe this is the plant referred to in **Exodus 15:25**: *“So he cried out to the LORD, and the LORD showed him a tree. When he threw it into the water, the water became drinkable. The LORD made a statute and ordinance for them at Marah, and he tested them there.”*

It's been suggested that taking at least 2 to 4 grams of moringa leaf (you can buy this in powder form) daily can have a positive effect on blood sugar levels.

Now, one of the toughest things about diabetes is feeling restricted in what you can eat. But what if I told you can enjoy an ancient chocolate drink that can actually stabilize your blood sugar levels?

That's because cacao, which is used to make chocolate, has actually been shown to stabilize blood sugar levels when eaten in small amounts. The problem with most chocolate though is it has a bunch of sugar and other ingredients which make it a bad choice.

That's why dark chocolate, high in cacao, is a better choice than other varieties.

Anyway, this recipe comes from the ancient Mayans, and it won't spike your blood sugar like other sweet drinks. Here are the ingredients:

- † 1 cup organic goat or cow milk (Almond milk is a great substitute for vegans)

- † 2 tbsp. raw cacao powder

- † 1/4 tsp. ground cinnamon

- † 1/8 tsp. ground nutmeg

- † 1/4 tsp. ground chili pepper

And here are the steps to take to prepare this delicious goodness:

- † In a small mixing bowl, stir together cacao and spices.

- † Adding a small amount of the milk, whisk into a paste.

† In a saucepan, heat remaining milk slowly over medium heat, making sure to remove just before boiling.

† Slowly add the paste to the saucepan and simmer until slightly thickened.

† Pour into a mug and add honey to desired sweetness.

† Enjoy!



## Arthritis and joint pain



This is an issue that can severely impact your quality of life, and is a common condition as we age.

My wife suffered a lot with this, but thanks to the grace of God, she is now completely pain free and able to enjoy life a lot more.

The plant that I just told you about, moringa, is also great for joint pain. (It's actually useful for A LOT of issues.) If you take a serving of your moringa supplement daily, many people notice a clear difference in as little as 2 to 4 weeks.

Another food that's great for this is chives. You can simply add this healing herb to soups, salads, sauces, and it goes great as a garnish for potatoes.

Buy them fresh from the store and use them as often as you like when cooking.

Couch grass is something else people report having positive effects on their arthritic pain. You can buy this as a supplement and add an ounce to a couple of cups of boiling water. Let it steep and then drink about 4 to 6 ounces, a couple of times a day.

Now, if you suffer from severe pain, whether it be arthritic or any other type, a supplement you may want to use is curcumin.

There will be some curcumin in your turmeric supplement already, as it's one of the active ingredients in that.

However curcumin as a spice or supplement is even more powerful for fighting pain than turmeric is.

Most people experience significant pain relief with holy anointed oil already, but if you want to make it even stronger you can mix in a small amount of a **curcumin supplement found on our resource page here.**

## Wrinkles and loose skin



One of the challenges with getting older is not just feeling older, it's also looking older as well.

Many people try all kinds of solutions to slow down the appearance of aging, usually without success.

But there's one natural ingredient that works incredibly well, and my wife even calls it an “all natural face lift” because of the results it delivers.

I'm talking about coconut oil, which is scientifically proven to be wonderful for the skin. [\[33\]](#)

All you need to do is add a few drops of holy anointed oil to a tablespoon of coconut oil and rub it into your face like a moisturizing cream.

If you've never tried this before, it will feel more oily than a regular skin cream, but it's actually more effective and better for you because there are no chemicals in it. If you wish, you can also use it on the rest of your skin but just be aware that it'll tend to stick to your clothes.



## Bunions

Not only are bunions painful, but they also look unsightly. And if you've suffered from them, you know how hard they can be to get rid of, not to mention how often the corrective surgeries fail...

Thankfully, there are a couple of ingredients you can mix with your anointed oil to offer some additional relief. One of them is turmeric, which is already in your oil. But you can increase the amount of turmeric in your anointed oil specifically for this purpose. What works really well though is to grate some turmeric, apply some anointed oil to it, then apply it to your bunion directly. Then simply wrap some cling wrap around it for deeper absorption.

The other ingredient that works well is red pepper.

# **Chapter 7:**

## **Your Path To Healing**

### **Why I'm Proud Of You**

I'm proud of you. Why? Because you've done what so many Americans choose not to do...

Instead of solely relying on man-made drugs, blindly listening to your doctor...

And instead of following mainstream medical advice...

You've taken a different approach by reading this book.



And you've had faith in the healing power of God. The very fact that you're reading this book, tells me that you're committed to following the Word of God. Especially when it comes to your healing.

Part of that means keeping your spiritual life powered with daily prayer, which, again, is why I created the Prayer Warrior Network.

The other part means using your anointed oil to keep your body and mind healthy.

Which is why I worked with Paul to create **Trinity Oil.**

## **A Daily Practice**

The path to healing is a daily practice.

A daily practice that has 3 vital parts: your faith in God, prayer, and using anointed oil.

If you do these 3 things every day, I'm certain your healing is just around the corner.

Because I've seen first hand the miraculous changes this path can bring to those who have FAITH - no matter their age, gender, race, medical history, family history, or previous lifestyle choices. In my opinion, this is a true example of God's healing power.

But you must be consistent about it. Because, as I mentioned earlier in this book, your healing is a daily practice. And it should come first and foremost before anything else in your life.

Yes - that does mean before any other role you have (at work, in your family, or with your spouse). That may sound a bit selfish. But if putting your faith in God and praying every day is selfish, well then you can call me selfish all day long!

But the truth is putting your healing first really isn't selfish. When you put your healing first, it allows you to be the best version of YOU.

You're happier, healthier, and more present throughout the day. This allows you to show up as a better husband, wife, sister, brother, father, mother, co-worker, or

\_\_\_\_\_ [FILL IN THE BLANK].

That's why I'm praying every single day for everyone inside the Exodus Effect family. I'm praying that you do put your healing first. Because when you do, it positively impacts virtually every part of your life.

However, I know that keeping your faith strong, praying, and taking anointed oil - every single day - can be a big challenge for many of you.

I understand that life can get in the way of your daily spiritual routine. It often throws us "curve balls" that get us off track. Sometimes it's in the form of an unexpected bill, medical emergency, or a family crisis.

But that's why I've created some very powerful and proven tools to help you on your journey to healing:

## **Tool #1: The Prayer Warrior Network**

Like I mentioned before, The Prayer Warrior Network is a growing community of Christians who have one goal: pray for each other's healing.

I believe that your prayer is amplified when you pray with others. And The Prayer Warrior Network allows you to tap into the spiritual power of thousands of believers across the world.

## **Tool #2: Trinity Oil**

I understand that a lot of people enjoy making their own anointed oil. However, there are some of you who would rather bypass all the steps and get a “done for your solution”.

If that's you, then you should **check out Trinity Oil.**

Trinity Oil contains the best ingredients on the planet (some coming from as far as the Holy Land of Israel). And it includes ALL the ingredients I've covered inside this book - that are already mixed in their perfect ratios!

I guarantee you cannot find a cheaper way of getting all the ingredients (already mixed together) anywhere else.

Plus, because you're a valued member of the Exodus Effect Family, I'm giving you a special discount for a limited time.

**[Click here to see all the details.](#)**

*“Getting the ingredients for the real Holy Oil was quick and easy. Mixing it was even easier. I was getting some pretty nice results to start, but when I got your Trinity Oil, that’s when things really took off! It was like it sped up my healing SO FAST. Now, I feel like a different person. Younger, and freer. (I’m 71 btw). Just wonderful.”*

- Helen

**NOTE: If you haven't had a chance to check out Trinity Oil, then I encourage you to do so. [Click here](#) to see what all the fuss is about.**

As this book comes to an end, I want to encourage you to keep doing your daily practice of prayer, anointed oil, and faith in God.

Until next time, I'll be praying for your healing...

Pastor Andrew



# Get Anointed Oil Shipped To Your Door Today



[CLICK HERE TO LEARN MORE](#)

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