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Preface

The analysis, diagnosis and treatment of patients using crystal healing have developed and advanced very rapidly since the book *Crystal Power, Crystal Healing* was first published in Germany (as *Steinheilkunde*) in 1995.

Crystal healing is a natural therapy that is clearly structured and easy to implement. This book offers mineralogical explanations for the established healing effects shown to exist within certain crystals. As a result it is a therapy, which has been adopted by many alternative practitioners. Against the background of experience that has accumulated since the publication of *Crystal Power, Crystal Healing/ Steinheilkunde*, it is now possible to summarise in a single handbook a wide range of practical applications that have been tried and tested in real, everyday situations.

So, this new handbook contains the essence of all this experience. Furthermore, it is structured in such a way that readers can use it to improve their health and use the treatments described in order to relieve and possibly heal a whole range of complaints without professional help.

However, it must be stressed at the outset that any handbook like this should not be – and indeed cannot be – a substitute for either one's doctor or alternative practitioner. Even a "simple" stomach pain or head ache can have different causes which require professional medical help – unless one can be absolutely certain that the head ache is caused by tension or that the stomach pain is caused by unwise eating (e.g. too much "fast food").

It is, however, extremely important to take responsibility for one's own health. You do not need to visit the doctor every time you have cold. Moreover, hugely increasing expenses in the health sector also make it a priority that we take better care of our own bodies and well-being.

The increasing resistance of diseases to antibiotics and other types of medication is continuing to limit their use to emergencies only – which is another excellent argument for us to treat diseases with alternative methods. In this context, crystals are particularly good for daily use; and it is perfectly valid to say this as we are dealing, to a large extent, with a treatment that has no adverse

effects and is non-toxic – provided you apply the crystals in a responsibly correct way. Another advantage of such therapy is that germs and viruses do not become resistant to this alternative method – and this in itself one of the reasons for the great success now being achieved by the use of healing with crystals.

Another important aim of this handbook is to identify those crystals, among the enormous range of those available (some books mention up to 700), which actually make sense for anyone to purchase or acquire for daily use. So, as a good standby, you should always have to hand the following “first aid” crystals: Rhodonite for healing wounds or easing insect bites, Heliotrope for colds and inflammations, Pyrites for most painful conditions.

As with many other treatments, there are certain “classics” among the crystals, whose effectiveness has been proven in thousands of cases. There are also special crystals that only appear to be effective with certain individuals and in specific situations. If no clear distinctions were made here, as a layperson one would often be overwhelmed when trying to find the “right crystal” – but this book offers clarity and safety when choosing that crystal.

I have stressed later – in the final section of Part 1 – the need for a complementary approach combining the information in this book and the involvement of professional medical help. In writing *Crystal*

Healing First Aid, I have no intention of encouraging anybody to do everything “all by oneself”. Just as it is harmful to hand over all responsibility to omniscient specialists, so it is also dangerous to let ambition and pride lead to ignorance of symptoms and other physical and emotional warning signs. “It will be O.K. . . .” is sometimes all right, but not always. In addition, sometimes it is important, at certain moments of one’s life, to admit to oneself, “I need help”. Sometimes, it is this self-knowledge that is the first step towards an improvement of the situation.

Therefore, I would like to make the following request to all doctors and alternative practitioners who read this book: allow your patients, who have also read the book, the opportunity to actively participate in their healing process! This book’s explanations in connection with specific illnesses and complaints can contribute to a better understanding of one’s own situation, and one will, therefore, be able better to support one’s own healing process using crystals.

In the years following publication of *Crystal Power*; *Crystal Healing*, it has only been possible to compile *Crystal Healing First Aid* through the willing cooperation between many scientists and alternative practitioners. I am particularly grateful to participants from the Cairn Elen Network who, along with myself, collected all the experience contained in this book. Without this cooperation and the exchange of expe-

rience within the network this book would never have seen the light of the day. Even though already cited in the dedication, I would once again like to express my heartfelt thanks to all members of the Cairn Elen Network – and in particular, to Rainer Strebel, an alternative practitioner in Schorndorf, for having proof-read this book and for his many brilliant references to alternative treatments; also to Michelle Zeuner-Mayer for having laid out the third part of this book so meticulously!

Likewise, I would like to thank Andreas Lentz of the Neue Erde publishing house for his commitment to the subject. I am pleased that my book is being published by Neue Erde/Earthdancer, where books are published because of their content and where it is natural that an equal relationship exists between the publishing house and the author – a rare phenomenon in today’s “media-business” style of the major publishing houses world-wide. I would also

like to thank Fred Hageneder of Dragon Design for his extraordinarily positive cooperation over the graphic presentation and the layout, just as I would like to thank Ines Blerch for the photographs that not only make the crystals and their qualities visible, but also appear to allow one almost to “feel” them.

Finally, I would like to extend my thanks to Astrid Mick, Carol Shaw and Stuart Booth for their wonderful work in editing this translation into English for publication thereby ensuring that my intentions and words as the author remain faithful to the original – no easy task when translating.

However, enough of the preliminaries: I present to you *Healing Crystals First Aid*, which, I hope will contribute to the powers of the gems, minerals and the crystals being used to heal and so contribute to the well-being of us all.

*Michael Gienger
Tübingen*

Part 1

An Introduction to Crystal Healing



on the affected area in the form of a flat, tumbled stone, or a section/slice.

If you wear it as a bracelet, necklace, or pendant for a longer period, it will also prevent emotional stress that acne can cause.

Allergies

An allergy is an acquired hypersensitivity to specific substances in ones environment and immediate surroundings. An allergy tends to develop as a result of repeated exposure to the irritant and can manifest itself in several ways, as follows:

- skin eruption
- inflammation of the skin (dermatitis, eczema)
- swelling of the mucous membranes and secretions from them (hay fever)
- impairment of respiratory passages (allergic bronchial asthma)
- anaphylactic shock, in extreme cases, with rapidly falling blood pressure, leading to unconsciousness – **a truly life-threatening situation.**

In addition to the last condition, however, ANY case of severe allergic reaction merits the summoning of an ambulance or emergency medical attention **immediately!**

A tendency towards allergy develops rapidly as our organism is increasingly loaded with toxic substances that can be neither used nor excreted. Environmental pollution and hypersensitivity toward spe-

cific foods play an important part, of course. Other factors include stress, as well as insufficient rest and sleep, all of these inhibit the body's opportunity for regeneration and it becomes overstressed; and an "allergic" reaction is the result.

Healthy eating, toxin-free living (in so far as this is possible today!), use of only natural medicines and – importantly, I feel – a reduction in direct and indirect exposure to any form or electromagnetic radiation (pollution from such modern technology as TV, computer monitors, microwave ovens, telephone masts, etc.) is helpful.

In particular, diet should be examined professionally and, if necessary, be examined specifically with regard to the personal threshold of tolerance. Furthermore, rest, adequate sleep and detoxification on a regular basis (e.g. intestinal cleansing and fasting under professional medical supervision) may help in the necessary renewal of the body. Finally, focus your attention on what you may be allergic to emotionally.

See also: Asthma; Hay Fever

Self-help treatment strategies for allergies have limited scope. However, in mild cases, such as hay fever, crystals can be a big help. In more problematical cases, seek professional medical advice – and ALWAYS in severe conditions or life-endangering situations such as anaphylactic shock

Aquamarine helps with many allergies, in particular, when they are intensified by psychological or emotional pressures. It can

be used in cases of respiratory reactions (anything from hay fever to bronchial asthma) and in cases of violent, acute circulation problems. Emotionally, Aquamarine brings ease and relaxation.

Amber helps with allergies that mainly affect the skin and the mucous membranes. In any case, it should be applied when pronounced aversion to specific contact can be identified.

Blue Lace Agate stimulates lymph flow and ensures a rapid decrease of allergic reactions. It helps cleanse the body and thus heals the starting point of the allergic state. Furthermore, it eases the ability to handle conflict and promotes the correct emotional reactions, so that you no longer react allergically toward specific situations.

Chrysoprase helps with allergies that occur after intoxication (or adverse reactions to certain medication), or those that are the result of an inappropriate diet. It also alleviates any allergy that is a by-product of grief, jealousy, and loss of peace of mind.

Landscape Jasper helps with all allergies as it cleanses the tissues that have been polluted by toxins and waste substances. It relieves nervousness and calms states of excitement. It also helps with stress and, at the same time, strengthens willpower and the ability to "hold your own".

Ocean Jasper, especially with green/white inclusions or transparent areas of pure Chalcedony, helps cleanse the body and regulate the immune system. It reduces

allergic reactions quickly and, in the long run, reduces any intrinsic tendency toward allergies.

For all the above crystals, wear as a bracelet, necklace or pendant for a long period. Alternatively, take gem essence as a supplement (3-7 drops, 3 times daily); or gem water (200–300 ml taken in sips during the course of the day) for a longer period.

Ametropia

Ametropia, or defective vision, is caused chiefly by a deformation of the eyeball, which produces a blurred image on the retina (the eye's "screen", where images formed by the lens in the eye are focused and then interpreted by the brain via the optic nerve) at certain distances.

In cases of **short-sightedness** – myopia – the eyeball is too long, and the focal point of the eye's lens is situated "in front" of the physical location of retina, as it were speak. Only objects that are close by can be seen at all sharply.

In cases of **long-sightedness** – hypermetropia – the eyeball is too short and so the eye's lens focus images at a point that is somewhere behind the retina, so to speak. Only relatively distant objects can be seen sharply.

Other causes of ametropia can be changes in the refractive/focusing ability in

the eye's lens or in the cornea (e. g. in cases of diabetes or an incipient cataract) or a loss of flexibility of the lens (age-related long-sightedness).

In the most usual and common cases of ametropia, the underlying deformation of the eyeball is often regarded as "hereditary" and consequently as "unchangeable". However, this is a false assumption. Whilst there can be some predisposition, the degree to which it can develop into ametropia can actually be influenced. In this context, it is worth noting that deformation of the normally quite flexible eyeball is often connected with some malfunction of the eye muscles – either being used too little or have become shortened. The tension in the muscles causes or increases the deformation of the eyeball and, in the worst cases, a gradual deterioration. Yet our eye muscles can be relaxed loosened and be trained, so that the deformation is reduced and the ametropia decreases. There is an extensive literature about such eye exercises, seminars and schools, where the person's vision is trained and where training programmes are provided. Positive results can also be obtained by wearing grid glasses, which break our vision habits.

Apart from this, ametropia may also have psychological causes. If we do not want to accept a particular point of view, we will automatically avoid the corresponding physical attitude, e. g. eye positions.

As a consequence, certain eye muscles

are not used as much as they should be and become shortened. This lack of "stretching" or exercise can result in ametropia. This applies to everyone; and it can be demonstrated with a simple exercise as described below.

Try rolling your eyes in the maximum possible circle. Can you roll them regularly without stopping or suddenly breaking off and skipping part of the circular motion on? Not usually, in most cases.

Next, identify a specific point where you are looking every time the rolling of the eyes stops or skips on. Turn your eyes in that direction.

Now, in most cases, the angle is uncomfortable to maintain; sometimes, it is even connected with distinct physical discomfort or dizziness.

Normally, this is a way in which we never use or move our eyes. If there is some reason or need to look into that direction, we always prefer to turn our whole head. The precise nature of discomfort that results in adopting this awkward perspective varies from one individual to the other. Nevertheless, in specific eye therapies and exercises, it can often be that previously uncomfortable eye positions will become easier to adopt and that any associated ametropia may sometimes also be reduced.

Moreover, the connections between eye movement, eye musculature and ametropia show why working at a desk computer or a laptop, with long and concentrated focus on

the screen can have an aggravating effect on ametropia. It is even possible that use of incorrect eyeglasses or spectacles can have an effect – and with smaller spectacle lenses, we prefer to turn the head instead of the eye, which shortens the eye muscles even more. All these factors limit the movement of the eye. So, walking (without glasses, if possible), where one consciously changes between looking at objects both nearby or far away (and in as many directions as possible), may provide a good counterbalance.

See also: Cataracts; Eye Problems; Squinting

Crystal therapy can always be combined with eye exercises in cases of ametropia. This results in much faster improvement. The crystals actually make many exercises easier, while first and foremost stabilising the success of these exercises. The effect can be confirmed quite clearly during the pauses between exercises.

Aquamarine and **Emerald** both belong to the Beryl group of minerals and the use of Beryl in cases of ametropia has been known since antiquity. (There is, for example, the story of a cut Emerald being famous for having helped the Roman emperor Nero to improve his sight). The crystals relax the surroundings of the eyes and give the eye musculature the correct tone. Apart from that, they have a positive effect on the associated nerves. Aquamarine and Emerald also have an emotional effect, as they

broaden one's inner sight and mental horizon.

Place small crystals or tumbled stones directly on the eyes or wear a necklace or a pendant. Alternatively, you can take gem essence (5-9 drops, 3 to 5 times daily) or gem water (200–300 ml taken in small sips over the course of the day).

Rock Crystal and **Amethyst** can also have a positive effect on ametropia. This goes for Amethyst, in particular. After that, Rock Crystal, Aquamarine and Emerald can be placed (carefully!) directly on the eyes.

Agate may also be used where ametropia is not caused by a deformation of the eyeball, but by a change of the refraction in the lens and the cornea. In particular, Agate slices or thin sections, with Rock Crystal in the centre, often show good results, if they are placed on the eye for a quarter of an hour (preferably in the evening).

Arm and Leg Pains

Pains in the legs and arms are most commonly experienced as the side effects of colds, flu and other feverish illnesses. They are caused by anti-bodies produced by the body's own immune response, as well as by metabolic and waste products of bacteria. In turn, these cause a reduction in the supply of nutrients with a resulting irritation of the tissues nerve endings, disrupted blood circulation and an accumulation of lymph

fluid. Usually, such pains are not a severe or dangerous symptom, and, as a rule, will disappear again quite naturally. Nevertheless, they can be quite unpleasant at the time.

See also: Joint Pain; Pain

Banded Chalcedony, Magnesite and Amber in combination have proved to be very effective in reducing such pains. Chalcedony encourages lymph flow whilst Magnesite relaxes and soothes the pain. Amber supports the metabolism and promotes the supply of energy to the tissues.

Moss Agate, Ocean Jasper or Sardonyx also show good results when worn as ankle and arm bracelets. All three are members of the Chalcedony group of minerals and so help with the overall healing process and the purification and regeneration of the body. They also prevent relapses and their cleansing effect is apparent by the rapid relief they provide from leg and arm pains.

Arteriosclerosis

Arteriosclerosis is a process of thickening of the arterial walls, initially by proteins and coagulated blood and, later by fatty substances (e.g. cholesterol) and calcium deposits. The blood circulation in certain organs, particularly the heart and the brain, is thereby considerably reduced. In addition, there is a danger of spontaneous thromboses, i. e. a total blockage of the ves-

sels, by coagulated blood. In turn, this may cause heart failure or an embolism.

Arteriosclerosis begins slowly and insidiously. Initial symptoms are: calf pains when you walk (indicating poor circulation); cold, colourless and bluish limbs; sudden heart pains; decreased physical capacity, memory and concentration problems; dizziness; headaches; sleep disturbances; irritability; easily recognised emotional problems.

A diet omitting animal protein is an indispensable part of treatment for arteriosclerosis. Furthermore, the diet should also include food rich in vitamins (particularly vitamins C and E), adequate exercise, sleep, and time for overall regeneration. Treatment should always be carried out under professional medical supervision as a wide range of background ailments and conditions can cause arteriosclerosis.

Three crystals in particular have turned out to have a positive effect in its treatment.

Aventurine furthers detoxification and thereby prevents deposits in the walls of the arteries. In addition to that, it prevents inflammatory states and coagulated blood in the blood vessels and thus reduces the danger from deposits, which can cause narrowing of the blood vessels.

Wear it as a bracelet, necklace or pendant for a long period. Also, try taking gem essence (3 drops, 3 times daily), or gem water (200–300 ml taken in small sips during the course of the day).

Diamond breaks down deposits in the blood vessels. Place small, raw diamonds for a day in 200–300 ml of water and drink the water over the course of the following day.

Heliotrope prevents further deposits in the blood vessels. It is particularly effective when blood vessels are inflamed.

Wear it as a bracelet, necklace or pendant for a long period. Also, take it as gem essence (5–7 drops, 3 times daily), or gem water (200–300 ml taken in sips during the course of the day).

Asthma

The term "asthma" (from the Greek *azein*: "to breathe hard"), in its widest sense, covers several types of severe breathing difficulty, ranging from chest tightness to severe breathlessness. Each condition has a different background, such as heart asthma, asthmatic bronchitis, etc.

In its more specific sense, i. e. bronchial asthma, it is considered to be an allergy and can sometimes be caused by a number of suppressed skin diseases; and it is this type of asthma, which is dealt with here.

Bronchial asthma is characterised by difficulties in exhaling, as the small bronchial muscles become tightened when breathing out, the mucous membranes swell and an excess of thick, transparent "goo" is secreted. This causes a severe case

of breathlessness. If it persists, it is a **definite emergency** and an ambulance or emergency medical services should be called!

In this state, air that should be exhaled is held back, and this impedes inhalation. This causes a lack of oxygen, which, in turn, leads to deterioration in basic lung and heart functioning, with immediate impact on the circulation. During the asthma attack, the latter effect shows up in the form of cold hands and feet and bluish lips, with a considerable danger of later complications through damage to the heart.

Bronchial asthma is notable in that it is caused by allergy, but displays clear psychosomatic characteristics. So, an asthmatic attack is not only caused by allergy-provoking phenomena such as pollen, house dust, flour, mould fungi spores, chemicals, but also by cigarette smoke, fog, physical strain, anxiety, fear and other stressful situations.

Consequently, one has to investigate both the physical and the emotional causes of asthmatic attacks. Worry and anxiety can cause chest tightness and impede the natural rhythm of breathing

Because asthmatic attacks may also become life threatening, a professional should supervise any kind of treatment medically. In addition, and as complementary aids, crystals therapy can relieve attacks and can reduce their occurrence.

Apophyllite is the best crystal to use in cases of acute asthmatic attack. It has a

relaxing effect upon bronchial spasm, works as an expectorant and thus soothes breathlessness very quickly. Both Green and Clear variants have this effect. Green Tourmaline, however, has turned out to be the most reliable.

Rutile Quartz is the second best choice of crystal. Strictly speaking, it is better suited to the therapeutic treatment of asthmatic bronchitis – but, as the two diseases are similar, it also shows beneficial effects in cases of bronchial asthma. This holds true in the long term, particularly.

Tiger's Eye and **Turquoise** relieve asthmatic attacks. The form of Tiger's Eye known as Gold Quartz is especially recommended for the treatment of acute attacks.

For all of the crystals mentioned above, particularly in acute cases, press a crystal hard against the chest.

Between the attacks, wear Rutile Quartz in the form of a necklace or pendant on the chest. Apophyllite can be fixed with a plaster or placed in a trouser pocket, as it is usually only available in the form of a crystal cluster.

Athlete's Foot

With cases of athlete's foot, most causes are often thought of as being external, e.g. the danger of fungal infection in public swimming baths or bad footwear. It is true that good foot hygiene and shoes without 'exces-

sive humidity' lessen the risk of suffering from athlete's foot. However, even with this complaint, the internal environment of our bodily fluids is a much more important factor.

Fungal infections in particular can only gain a foothold in skin, mucous membranes or tissues if there are already large amounts of toxic substances in the body. The disinfectants and so forth that are used in swimming pools can, therefore, be downright harmful. A thorough cleansing with skin-friendly remedies is much more sensible as prevention and treatment. (See also: Fungal Infections)

However, a long-term solution can only be ensured through thorough detoxification (see Detoxification). Effective home remedies such as ointment of tea tree oil in a 10% solution, or the crystals cited below, only help relieve annoying symptoms. Their use, of course, remains fully justified; but without a diet and further detoxifying precautions, one cannot obtain a permanent cure.

Chrysoprase and **Smoky Quartz** in combination has turned out to be an effective remedy for relieving athlete's foot as the detoxifying Chrysoprase and the soluble Smoky Quartz complement each other in a significant way.

First, take gem essence of Chrysoprase (5-7 drops, three times daily) or gem water (20-100 ml taken in small sips during the course of the day). At the same time, regu-

larly place a tumbled stone on the affected spot. After two or three days, start wearing a necklace or a pendant of Smoky Quartz. This treatment needs to be carried out for several weeks, but will then show results. Apparently the detoxifying Chrysoprase and the dissolving Smoky Quartz complement each other in a meaningful way.

Back Pain

Back pain can have many different causes. If only temporary, then its cause is usually tension in the back musculature, which, in turn, is caused by strain, poor sitting posture or lack of physical exercise. Apart from that, spinal problems, inflammation, and side effects of other internal ailments or even emotional stress can all lead to back pain.

In connection with the latter, feelings of guilt often can often become transformed into shoulder pains. In addition, pressure to perform in a job and emotional conflict can also emerge as pain in the upper part of the back (around the chest vertebrae). Similar pains in the mid-to-lower back can be caused by financial worries, whilst sexual problems and emotional distress can show up as pains around the sacrum and the coccyx.

However, these are only some of the possible causes. In principle, any kind of stress or concern may result in similar aches and

pains, as the back and spine are synonymous with a sense of both physical and psychological "straightness" of attitude.

See also: Lumbago; Joint Pain; Slipped Disc

When treating back problems, the physical and the emotional causes both require equal attention. A treatment that consists solely in dealing with the symptoms – say, through massage or crystal therapy – will only supply relief for a very short time if the real emotional or psychological causes remain untreated. Thus, a professional medical examination is always to be recommended for any form of persistent back pain – along with other forms of therapy if severe emotional strain is involved.

Kunzite is helpful for back pain that is caused by the trapped nerves resulting from a slipped disc or sciatica. It relieves the pain and relaxes the affected area; and it is only when the area is fully relaxed that massage or chiropractic treatment can take place without damaging side effects. Emotionally, Kunzite furthers commitment and humility, and at the same time being true to oneself. That is exactly what the spine stands for, as it must both support and remain flexible.

Place a crystal or a tumbled stone directly upon the aching area – or, as an alternative, take gem essence (5-9 drops, 3 times daily) or gem water (100-200 ml taken in sips over the course of the day).

Magnesite is helpful in relieving tension in the upper part of the back and the neck,

Healing Crystals A to Z

Here are all of the 90 crystals recommended in the treatments described in Part 2 – with descriptions and colour photographs. Each description consists of two main parts as follows.

Forms: these first few lines indicate the range of forms of the respective crystal that are commonly available for crystal healing. This is not necessarily complete, but, nevertheless, it provides essential information on selection of crystal forms for a personal home remedy kit.

Applications: the second section of each description refers the main entries in Part 2, where use of the individual crystal is discussed. However, do not use this section alone when choosing a crystal. Always check the actual entry in Part 2 for the specific application in the treatment of illnesses and complaints. Only in this way can

the best selection be made and the correct application ensured.

For further information, see also *Crystal Power, Crystal Healing*, first published in English by Cassell, London in 1998 and reprinted many times. This book gives comprehensive descriptions of each crystal on the basis of its spiritual, emotional, mental and physical levels of effectiveness. Only Bronzite, Diaspor, Jet, Pink Moss Agate, Sard and Ocean Jasper are absent from the book as their therapeutic effects have only been researched very recently.

To summarise, please use this reference when seeking further detailed information about a specific crystal. The purpose of the following summary is chiefly to assist in finding the specific crystals described in Part 2 and to help in creating your own home remedy kits.

Agate

Forms: Section/slice, bracelet, necklace, pendant, (drilled) tumbled stone, gem stone doughnut, etc., gem essence. Gem essences made from Agates with specific signatures are still not available, though it is worth trying special types of Agate placed in water – e.g. Agates with a vessel signature in cases of haemorrhoids and varicose veins.

Applications: Nightmares, eye complaints (general), stomach pain and problems, leg ulcers, bloatedness, bladder problems, blisters, intestinal problems, ametropia, homesickness, sleep problems, a need for protection, weakened sight, pregnancy, synovitis, growth problems, weather sensitivity and cysts.

Special signatures:

Agate with an eye signature has round, concentric circles or markings, similar in appearance to the human eye. As a result, it is used in connection with the following: tired eyes; eye complaints (general); conjunctivitis; ametropia; varicose veins; enlarged prostate; a need for protection; weak sightedness; pregnancy and cysts.

Agate with a bladder signature has a marking, which corresponds with the hollow section of the bladder. This Agate is used with bladder problems, intestinal problems and cysts.

Agate with an intestine signature (e.g. Mexican Fire Agates) contains curved bands reminiscent in appearance of the intestines.

It is used in connection with stomach ache; bloatedness; intestinal problems; diarrhoea and constipation.

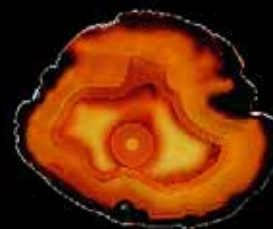
Agate with an inflammation signature has a natural pink colouring, embedded with signatures in shades of grey or brown. It can be used in connection with inflammation, particularly, if it also displays the signature of the affected organ.

Warning: do not apply so-called “Apricot Agates”! These are artificially heated grey Agates, which tend to have an adverse effect on inflammation.

Agate with a uterus signature has a marking reminiscent of the form and structure of the uterus. It is used in connection with: stomach ache; menstrual problems; as a pregnancy protection crystal; and for normal retraction of the uterus after the birth.

Agate with a blood vessel signature has an appearance similar to the “eye Agates” above, displaying concentric circles reminiscent of sections taken through blood vessels, or with markings looking like the actual course of blood vessels. This Agate is used in connection with ulcerated legs, haemorrhoids and varicose veins – especially during pregnancy.

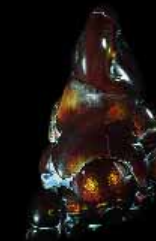
Agate with a skin signature contains either parallel bands – looking similar to the structure of the skin, with cuticle, sclera, and sub cutis tissues – or markings which correspond to typical skin complaints, such



Agate slice, Brazil, and tumbled crystal, Botswana, with ‘eye’ signature



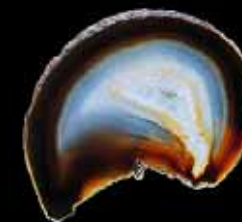
Agate geode, Brazil, with ‘bladder’ signature



Agate, partly polished, with ‘intestine’ signature (Fire Agate, Mexico)



Agate, tumbled crystal, Botswana, with ‘inflammation’ signature



Agate slice, Brazil, with ‘uterus’ signature



Agate, tumbled crystals, Botswana, with various ‘skin’ signatures



Agate, tumbled crystal, with ‘organ’ signature (Lace Agate, Mexico)