

CRYSTALS FOR SPECIFIC AILMENTS

A

Addictions: Amethyst (preserve elixir with cider vinegar)

Allergies: Green Aventurine

Alzheimer's: Rose Quartz

Arteriosclerosis: Green Aventurine

Arthritis: Blue Lace Agate, Carnelian

B

Bacterial infections: Bloodstone (over thymus)

Bile duct blockages: Red Jasper

Bladder problems: Bloodstone

Bleeding: Carnelian

Blistering: Amethyst, Rose Quartz

Blood pressure, high: Bloodstone, Aventurine, Labradorite, Sodalite

Blood pressure, low: Rose Quartz

Blood problems: Bloodstone, Carnelian, Red Jasper

Bones, problems or fractures: Carnelian

Bruises: Amethyst

Burns: Amethyst, Clear Quartz, Rose Quartz (in cold water)

C

Calcium deficiency: Sodalite

Chemotherapy: Smoky Quartz

Cholesterol, high: Green Aventurine

Circulation, poor: Bloodstone, Red Jasper

Claustrophobia: Green Aventurine

Colds: Bloodstone (over thymus)

Cramp: Smoky Quartz

D

Depression: Amethyst, Carnelian, Smoky Quartz

Digestive problems: Sodalite, Yellow Jasper

E

Endocrine imbalance: Amethyst

Energy depletion: Orange Carnelian, Red Jasper

Excess acid: Bloodstone

Excess adrenaline: Quartz

Eye problems: Blue Lace Agate, Green Aventurine, Labradorite,

F

Fever: Blue Lace Agate, Sodalite

Flu: Bloodstone (over thymus)

Fractures: Blue Lace Agate, Carnelian

Frigidity: Carnelian (over lower chakras)

G

Gout: Labradorite

H

Headache: Amethyst, Green Aventurine (over pain)

Heart attack: Green Aventurine, Rose Quartz

Hoarseness: Sodalite (on throat chakra)

Hydrocephalus : Blue Lace Agate (elixir)

Hormone imbalance: Amethyst (over pituitary)

Hot flushes: Amethyst

I

Immune system deficiencies: Bloodstone, Blue Lace Agate, Green Aventurine

Impotence: Orange Carnelian (on sacral chakra)

Infection: Blue Lace Agate (elixir)

Infertility: Carnelian, Red Jasper (lower chakras)

Inflammation: Blue Lace Agate, Carnelian, Green Aventurine

Insomnia: Amethyst, Bloodstone, Sodalite

Intestinal disturbance: Clear Quartz

Intestinal parasites: Amethyst (elixir)

K

Karmic illness: Green Aventurine

Karmic seeds: Quartz

Kidney problems: Rose Quartz

L

Libido, low: Carnelian, Red Jasper (lower chakras)

Ligaments, torn: Carnelian

Liver problems: Bloodstone

Liver toxicity: Red Jasper

Lower back problems: Carnelian

Lung problems: Amethyst, Green Aventurine, Rose Quartz

Lupus: Bloodstone (over thymus)

Lymphatic blockages: Sodalite

Lymphatic cancer: Sodalite

M

Malabsorption of vitamins and minerals: Carnelian

M.E.: Bloodstone

Menopause: Amethyst

Metabolic malfunction: Amethyst, Carnelian

Migraine: Amethyst (on base of skull)

N

Neuralgia: Carnelian

P

Pain: Amethyst, Smoky Quartz, Red and Yellow Jasper

Pancreatitis: Yellow Jasper

Panic attacks: Sodalite (sip elixir)

Parkinson's: Rose Quartz

Phobias: Sodalite

Premenstrual tension: Labradorite

R

Radiation related illness: Smoky Quartz

Rheumatism: Orange Carnelian, Labradorite

Rheumatoid arthritis: Bloodstone

S

Senile Dementia: Rose Quartz

Sick Building Syndrome: Sodalite

Sinusitis: Green Aventurine

Skin conditions: Amethyst (add to bathwater)

Sore Throat: Blue Lace Agate, Sodalite

Stammer: Green Aventurine

Stress: Amethyst, Labradorite

Stiff neck: Blue Lace Agate

Swelling: Amethyst

T

Thyroid problems: Bloodstone, Blue Lace Agate, Sodalite (over thyroid)

Tissue degeneration: Yellow Jasper

Tired eyes: Blue Lace Agate (bathe with elixir without brandy), Green Aventurine, Labradorite

Tumour: Green Aventurine

W

Water retention: Orange Carnelian

Wrinkles: Rose Quartz

V

Varicose veins: Bloodstone (in bath)

Vertigo: Rose Quartz

Crystals for the Organs

Lungs: Amethyst, Green Aventurine, Rose Quartz

Intestines: Amethyst, Bloodstone, Orange Carnelian, Yellow Jasper

Brain: Amethyst, Blue Lace Agate

Liver: Bloodstone, Labradorite, Red Jasper, Rose Quartz, Yellow Jasper

Kidneys: Bloodstone, Orange Carnelian, Red Jasper

Spleen: Bloodstone, Labradorite

Bladder: Bloodstone

Pancreas: Blue Lace Agate

Heart: Green Aventurine, Rose Quartz, Smoky Quartz

Adrenals: Green Aventurine, Labradorite

Sinuses: Green Aventurine

Eyes: Green Aventurine, Labradorite

Gall bladder: Labradorite

Stomach: Labradorite, Yellow Jasper

Reproductive: Orange Carnelian, Red Jasper, Rose Quartz

Bile duct: Red Jasper

Larynx: Sodalite

Crystals for the Systems

Circulation: Bloodstone, Red Jasper, Rose Quartz

Endocrine: Amethyst, Labradorite, Yellow Jasper

Immune: Bloodstone, Clear Quartz, Rose Quartz, Sodalite, Green Aventurine

Lymphatic: Bloodstone, Blue Lace Agate, Rose Quartz, Sodalite

Metabolic: Amethyst, Labradorite, Bloodstone, Orange Carnelian, Sodalite

Skeletal: Blue Lace Agate

Nervous: Blue Lace Agate, Rose Quartz

This list has been extracted from *Crystal Healing* by Judy Hall published by Godsfield Press as a book or pack with 12 master healing crystals.

For a much expanded ailment list, see *Crystal Prescriptions* published by O Books and Earthworks.