

Crystals work by balancing our “chi”, “prana”, or “universal life force”. Physical ailments have an underlying cause, and crystals will subdue this cause. A physical symptom may be the result of different underlying causes so if you do not find a benefit from one crystal, try another, or put different crystals together in a piece of jewelry to magnify the effects.

Please note that crystals are moving your energies so you might feel worse before you feel better. Do not worry about this as it will usually subside in time. Crystals can cleanse or detox the chakra system and as this happens, the physical symptoms might move to other areas of the body. The crystals will bring up issues that you might not want to face but if you let them work without resistance, your health and emotional wellbeing will improve. When energies are unbalanced, we are in a state of disease and we become increasingly susceptible to all kind of illness. Angelite, blue lace agate, calcite, carnelian, crazy lace agate, emerald, jade, opal, clear quartz, ruby, rutilated quartz, silver, tiger’s eye, and tourmaline all help to balance our energy and remove disease.

The following is a list of physical ailments and the crystals that correspond to these ailments. If the remedy you seek is more of an emotional or spiritual state, please contact me and I can suggest and create jewelry to accommodate this ailment.

GEMSTONES TO HEAL PHYSICAL AILMENTS

Abdominal Colic	Citrine, White Coral
Abdominal Distention	Idocrase
Abscess	Amethyst
Achilles Tendon	Dumortierite, Magnesite
Aching Muscles	Aventurine, Rose Quartz, Charoite, Aragonite Elixir, Lodestone
Acid Indigestion	Bornite, Dolomite, Peridot
Acidity(Excess)	Peridot
Acidosis	Peridot
Acne	Amethyst, Amber, Dravite, Jade, Selenite, Amber Elixir applied to Skin
Addictions	Amethyst, Kunzite, Lepidolite, Blue Chalcedony, Brecciated Jasper, Topaz, Smithsonite, Zeolite

Adrenal Glands	Green Aventurine, Rose Quartz, Sugilite, Dolomite, Nephrite, Aventurine Elixir
Aids	Chevron Amethyst, Nebula Stone, Petalite Dioptase
Air Sickness	Hematite, Turquoise
Allergies	Carnelian, Muscovite, Petrified Wood, Topaz, Turquoise, Zircon, Charoite, Spirit Quartz Elixir
Alopecia	Petalite
Alzheimer's Disease	Cerussite, Alexandrite, Amber, Rhodochrosite
Anemia	Bloodstone, Bornite, Bronzite, Citrine, Garnet, Goethite, Hematite, Meteorite, Prehnite, Ruby, Sphalerite, Tiger Iron
Anger	Amethyst, Aragonite, Bloodstone, Bone
Ankles	Red Aventurine, Smoky Quartz(for weakness)
Anorexia	Fluorite
Appetite	Carnelian(increases), Apatite(decreases)
Anxiety	Petrified Wood, Picasso Marble, Sodalite
Arthritis	Apatite, Azurite, Blue Lace Agate, Chrysocolla + Copper, Garnet, Gold, Lodestone, Malachite Melanite, Petrified Wood, Rhodonite, Turquoise, Amethyst Elixir
Asthma	Amber, Amethyst, Azurite/Malachite, Carnelian, Chrysocolla, Jade, Malachite, Morganite, Rose Quartz, Emerald, Turquoise
ADD/ADHA/ADHD	Charoite, Goshenite, Blue Calcite
Autism	Charoite, Gold, Goshenite, Sodalite
Aura Clearing/Healing	Amethyst, Fluorite, Labradorite, Red Jasper, Turquoise
Bad Habits	Amethyst, Amazonite
Back Pain	Carnelian, Fuchite, Garnet, Gold, Quartz, Selenite, Sunstone
Backache	Selenite, Fluorite, Hematite, Jasper, Lapis Lazuli, Magnetite, Sapphire, Turquoise
Bacterial Infection	Amber, Amethyst, Emerald, Jade, Nephrite
Balance Problems	Amethyst, Angelite, aApatite, Bloodstone, Boji Stones(pair), Carnelian, Dioptase, Emerald, Jade, Malachite, Moldavite, Orange Calcite, Quartz Crystal, Ruby, Rutilated Quartz

Bladder	Sodalite, Tiger's Eye, Tourmaline
Blisters	Amber, Red Jasper
Blood Cleanser	Rose Quartz
Blood Pressure	Carnelian, Hematite
Body Fluids	Dioptase, Pietersite, Garnet, Ruby, Tourmaline
Bones	Rose Quartz
Bronchial Conditions	Howlite, Lapis Lazuli, Orange Calcite, Pyrite, Tiger's Eye, Turitella Agate
Burns	Pyrite, Rose Quartz
Calming	Flame Agate, Rose Quartz
Canker Sores	Amber, Bloodstone, Bone, Howlite, Nephrite Jade, Rhodonite, Tiger's Eye
Chakra Alignment	Fluorite
Circulation	Bornite, Clear Quartz, Rhodonite
Colds	Azurite, Bloodstone, Pyrite
Composure	Carnelian, Fluorite, Moss Agate, Green Tree Agate
Constipation	Amethyst
Cooling	Amber, Brazilian Agate, Lepidolite, Moonstone Verdelite
Cough	Hematite
Cramps	Rose Quartz
Cravings	Yellow Jade
Depression	Amazonite
Digestion	Botswana Agate (blue/gray)
Dizziness	Amethyst, Black Jade, Green Tree Agate, Moss Agate, Orbicular Jasper
Dyslexia	Lapis Lazuli
Elimination	Gold, Scapoite, Schorl, Sugilite
Emphysema	Turitella Agate
Endocrine System	Rhodonite
Endometriosis	Amethyst, Yellow Jasper
Energy	Jade
Exhaustion	Ammonite, Black Jade, Bone, Crazy Lace Agate, Lapis Lazuli, Orange Calcite, Red Aventurine, Red Jasper, Rhodonite, Turitella Agate, Turquoise
Eyes	Pyrite
	Green Tree Agate, Snowflake Obsidian,

	Tiger's Eye
Fatigue	Fluorite, Turitella Agate
Fear	Amethyst, Carnelian, Sodalite
Feet	Red Aventurine, Turitella Agate
Fertility(boosting)	Black Opal, Chrysoprase, Cinnabar, Emerald, Gypsum, Jade, Moonstone, Pearl, Rose Quartz, Spirit Quartz, Tektite, Unakite
Fever	Aquamarine, Green Opal, Iolite, Magnesite, Opal, Pietersite, Purite, Ruby, Staurolite, Tektite, Titanium Quartz, Hematite Elixir
Fibromyalgia	Abalone Shell+Amethyst+Selenite+Rutilated Quartz
Flu	Carnelian, Moss Agate
Fluid Retention	Rose Quartz
Gallbladder	Azurite/Malachite, Carnelian, Citrine, Imperial Topaz, Jade, Jasper, Peridot (gallstones)
Growths	Azurite, Malachite
Hair Loss	Aragonite, Petrified Wood
Hands	Turitella Agate
Happiness, Lack of	Bornite
Headaches	Amethyst, Sugilite
Hearing	Amethyst
Heart	Amethyst, Bloodstone, Crazy Lace Agate, Green Aventurine, Pyrite, Rhodonite
Herpes	Fluorite
Hormone Imbalance	Amber, Amethyst, Gold, Imperial Topaz, Sapphire
Hypoglycemia	Pink Opal, Rhyolite, Serpentine
IBS	Citrine+Dioptase+Green Moss Agate+Obsidian+Peridot+Hawk's Eye or Agate
Immune System	Bone, Hematite, Malachite, Pyrite
Infections	Fluorite, Moss Agate
Inflammation	Hematite
Inner Turmoil	Sodalite
Insomnia	Amethyst, Hematite, Lapis Lazuli, Muscovite, Sodalite, Zircon
Intestinal	Fluorite, Orbicular Jasper
Jet Lag	Hematite+Turquoise
Joints	Bone, Malachite, Rhodonite
Kidneys	Amber, Carnelian, Green Aventurine, Orange

	Calcite, Red Jasper, Rose Quartz, Yellow Jade
Laryngitis	Blue Calcite, Hawk's Eye, Stilbite
Leg Cramps	Chrysocolla
Leg Pain	Smokey Quartz, Chrysocolla
Liver	Green Tree Agate, Lawrencite, Moss Agate, Orange Calcite, Red Jasper
Low Energy	Crazy Lace Agate, Red Jasper
Lungs	Ammonite, Green Aventurine, Pyrite, Rose Quartz
Menopause	Carnelian, Garnet, Moonstone, Ruby
Menstrual Cycle	Jade, Moonstone, Rose Quartz, Ruby, Selenite
Metabolism(regulate)	Amazonite, Picasso Marble, Sodalite
Muscle Soreness	Hematite, Pyrite
Muscle Tone	Rhyolite Elixir
Nausea	Citrine, Dioptase, Green Fluorite, Obsidian, Sapphire, Tiger's Eye
Negativity	Amber, Ammonite, Black Jasper, Carnelian, Fluorite, Hematite, Mahogany Obsidian, Malachite
Nervous System	Amazonite, Amethyst, Hematite
Obesity	Chalcedony+Quartz Crystal, Cinnabar, Citrine
Pain(emotional)	Amethyst, Crazy Lace Aate, Green Aventurine
	Nephrite, Jade, Rose Quartz, Unakite
Pain(physical)	Amethyst, Flame Agate, Howlite, Red Jasper, Rose Quartz
Pancreas	Amazonite
Preventing Illness	Angel Aura Quartz, Boulder Opal, Iolite, Jasper, Jet, Lapis Lazuli, Nephrite, Orbicular Jasper, Rainbow Fluorite, Red Jasper, Ruby
	Titanium Quartz, Wavellite, Topaz Elixir
PMS	Chrysocolla, Jade, Kunzite, Magnesite, Moonstone, Ruby
Rashes	Rhyolite
Rejuvenation	Ammonite, Aragonite, Turquoise
Rheumatism	Chrysocolla+Copper, Garnet, Gold, Lodestone, Malachite, Melanite, Sunstone, Turquoise
Sciatica	Zircon

Seasickness	Aquamarine
Self-Esteem	Green Aventurine, Green Tree Agate, Hematite, Moss Agate
Sinusitis	Jade
Skeletal Structure	Amethyst, Pyrite, Turitella Agate
Skin	Amethyst, Aragonite, Rose Quartz
Skin Disorders	Carnelian, Fancy Jasper, Green Jasper, Green Tree Agate, Marcasite, Moss Agate
Snoring	Pyrite
Spleen	Lawrencite, Orange Calcite, Red Jasper, Yellow Jade
Stamina	Dumortierite, Red Jasper
Stomach	Amethyst, Black Jade, Turitella Agate
Strength	Amethyst, Bloodstone
Stress	Amethyst, Black Jasper, Bone, Green Tree Agate, Green Aventurine, Howlite, Petrified Wood, Picasso Marble, Rhodonite, Rose Quartz, Tiger's Eye
Swelling	Turitella Agate
Teeth	Amethyst, Howlite
Tension	Mahogany Obsidian
Throat	Amber, Fluorite, Lapis Lazuli, Tiger's Eye
Thymus	Angelite, Chevron Amethyst, Citrine, Indicolite Lapis Lazulite, Verdelite
Thyroid	Aquamarine, Carnelian, Chrysocolla, Citrine, Indicolite, Lapis Lazuli, Mookaite, Garnet-Underactive thyroid
Tiredness	Turitella Agate
Tissues	yellow Jasper
Toothache	Howlite
Toxin Release	Azurite, Botswana Agate, Green Tree Agate, Hematite, Moss Agate, Rose Quartz, Yellow Jasper
Travel Sickness	Aquamarine, Hematite+Turquoise, Moonstone
Tumors	Malachite, Peridot, Selenite
Ulcers	Azurite/Malachite, Dioptase, Fluorite, Sunstone
Veins	Rhyolite, Snowflake Obsidian
Vertigo	Lapis Lazuli, Rose Quartz, Zircon, Blue Fluorite

Viral Infection	Amethyst, Emerald, Jade
Vision	Citrine
Weight Gain	Coral, Danburite, Fluorite, Peridot, Rutilated Quartz, Turquoise, Unakite
Weight Loss	Cassiterite, Chalcedony, Iolite, Mookaite, Picasso Marble, Quartz Crystal, Yellow Fluorite, Chlorite Elixir
Wrinkles	Aragonite, Rose Quartz, Selenite, Lepidolite Elixir