

HOW TO HEAL YOUR BODY WITH

CRYSTALS



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Meet Dr. LuLu Shimek

Hi! It's wonderful to meet you.

I'm Dr. LuLu Shimek

I'm a Naturopathic Physician and expert in genetic health, working with patients experiencing chronic disease: hormonal imbalance, endocrine disorders, gastrointestinal dysfunction, depression, anxiety, and fatigue. I believe that once we dive deep down to the root of the problem of the distortion and ignite our body's innate ability to heal, we see unimaginable changes in our well-being.

My passion lies in helping people discover their zest and joy for life that has been lost along their path of illness. Before starting Dr. LuLu Naturopathic Clinic, I journeyed through many careers, a true "renaissance woman." I studied interior design at the University of Georgia and have a doctorate from the prestigious Bastyr University. I also am an herbal formulator, international speaker and author spreading the message of health and educating about prevention and wellbeing. Check out my new book - [*Detox Nourish Activate: Plant & Vibrational Medicine for Energy, Mood and Love.*](#) My podcast, *The Genetic Genius*, is dedicated to genomics and planetary alternative health. Her new book will focus on using botanical medicine and other natural modalities to heal the whole body by optimizing vitality, increasing wellbeing, and enhancing cellular performance.

I facilitate ceremonies to activate plant and mineral medicine connecting points around the world to elevate planetary consciousness and community. As the botanical medicine director, at the Veterans Healing Farm, I can share my expertise with the veteran community about using plants to help heal and elevate their lives. I am invigorated by traveling and seeing the world with my husband visiting botanical gardens and anything related to delicious food.

HEALING CRYSTALS

If you are someone that has an avid interest in natural health, you have likely considered using healing crystals. While the term crystal is often confused with others, it is essentially just a type of raw form of gemstone. You probably recognize a lot of the more common gemstone names like amethyst and rose quartz, but don't realize many of these have healing properties.

When you are working on natural healing, it is good to incorporate a lot of different forms of healing, from herbs to essential oils. But don't forget about the crystals! As you start collecting healing crystals, such as the ones collected in this report, you will hold them in your hand or place them on different parts of your body. This helps to remove negative energy and promote healing in those areas of the body.

Here are 12 of the more popular healing crystals and some information about the healing properties they each possess.

QUARTZ

This is definitely one of the most common and popular crystals to use for healing powers. What you will find is that there are many forms of quartz, including rose quartz which is also on this list due to its unique healing powers. But when you just see 'quartz', they are usually referring to the basic quartz, which is a clear and almost translucent crystal.

Healing Powers of Quartz

Quartz helps with improving your focus, alertness, and stimulating your brain function. It is often used to provide general positive energy, helping you feel body and making you more conscious during work and school. It is also great because it is easy to get ahold of.

ONYX

Next on the list is onyx, an interesting black crystal that usually has more of an opaque appearance. You will find onyx used a lot in jewelry as a black gemstone. Onyx, like quartz, comes in different colors, but we are talking about the dark, black onyx here.

Healing Powers of Black Onyx

With black onyx, you will use it when you are experiencing emotional stress in most cases. It can help with high amounts of stress and anxiety, or when you are grieving after losing a loved one or pet. It can also help with confusion, as well as provide some physical benefits like improving your stamina. If you feel like your energy is being drained from emotional causes, black onyx is a good crystal to have on hand.

AMETHYST

Amethyst is a beautiful gemstone that also works great for a healing crystal. It is the birthstone for February and is often used with zodiac signs like Aquarius, Capricorn, Virgo, and Pisces. This crystal comes in different shades of purple, depending on the rock it comes from.

Healing Powers of Amethyst

Amethyst provides some of the same benefits as quartz since it is a type of quartz, including improving brain potential and alertness. It is also frequently used to help with the lack of energy and headache pain from hangovers. You can also use amethyst when you want to connect a little better with your spirituality.

LABRADORITE

You may not recognize the name of labradorite, but you should definitely become more familiar with it. This is a type of feldspar that comes in vibrant colors, usually multi-colored. It has colors like blues and purples, often with flecks or streaks of green, yellow, and red. Some labradorite can also have brown or

grey in it. It looks like it has black, but that is actually just a very dark purple or blue.

Healing Powers of Labradorite

Labradorite can help a lot with your intuition, being used if you want to find what psychic abilities you have. You can use it to help with your level of consciousness, protect your aura, and help you with changes in your life. It is excellent for increasing your perseverance through struggles you might be going through.

BLUE AGATE

Agate on its own can be a powerful healing crystal, but this often comes in a yellowish orange and brown tinted gemstone. While agates themselves are excellent for protection and emotional strength, we want to go over a type of agate called blue lace agate, or blue agate.

Healing Powers of Blue Agate

This healing stone is used very often when you have chakra healing done with different stones and crystals. It is of course a blue crystal, which is often used for throat chakra. In throat chakra, you are improving your voice, opening it up and clearing it. You can use this for physical and emotional expressions and improve the positive energy in this part of your body. Blue lace agate is also great for balancing out the positive energy in your body.

You will see blue agate frequently used in necklaces or chokers, since it sits on your skin close to your throat.

AQUAMARINE

This is a beautiful healing crystal that many people are familiar with. You might have chosen a pair of earrings or ring with aquamarine because you enjoyed the beautiful blue-green appearance, but had no idea of its healing properties. Aquamarine looks like the sea, so it helps a lot with promoting calm and relaxation.

Healing Powers of Aquamarine

When you use aquamarine as a healing crystal, it can balance out your emotions and help with relaxing you in times of stress or anxiety. It can clear your mind, so it is great for holding onto during a meditation session. In chakra healing, aquamarine is used with heart chakra to help you with your self-expression and find your identity.

TOPAZ

This is one of those excellent gemstone crystals that comes in a wide range of colors and varieties. You should know that each type of topaz does have some unique healing properties and benefits, but any topaz will also have the general healing powers.

You can find topaz in a colorless form, similar to quartz. It is also frequently found in oranges and browns, red, pink, yellow, green, and even a bright blue color.

Healing Powers of Topaz

Topaz is all about restoring positive energy in your body and removing the negative energy. When you need motivation and to be re-charged, this is a good healing crystal to use. It can help with many things affecting your body's energy, from healing and soothing physical ailments, to providing joy and abundance when you need it. If you need to forgive someone, it can help you find peace with that as well.

JADE

If you have ever purchased a piece of jewelry with a gemstone that isn't translucent, but more of a solid, matte appearance, you might have jade. Aside from onyx, this is one of the only healing crystals that looks like this. It is a deep green crystal, though some are darker or lighter. Jade is often used in Asian-inspired designs and has been used as a good luck charm for many years.

Healing Powers of Jade

So what can jade help with? It is the crystal to use when you are setting goals and trying to manifest positive dreams. Jade stands for transformation, so people will use the crystal when they have fears they are trying to get rid of, as well as work on their future self. You can also use jade for encouraging feelings of generosity and courage.

With jade, it is all about finding a more fulfilling life.

ROSE QUARTZ

If you were born in April-May or September-October, you might be a big fan of rose quartz. It is often associated with Libras and Taurus's. Rose quartz is a type of quartz that has more of a pinkish hue. This is also frequently associated with love and romance, often being a gemstone people put in jewelry that they will gift their significant other. However, it has many other healing properties as well.

Healing Powers of Rose Quartz

When you use rose quartz, it will provide a relaxing and calming atmosphere. If you have a lot of negative energy that you feel is harming your emotional energy, this is a good crystal to use. You can also use it to help promote a healthy relationship and secure the bond between you and a loved one.

Rose quartz is a good healing crystal for yourself or to give to others. It also makes a good apology gift for a loved one to improve the positive energy between the two of you.

OBSIDIAN

Obsidian is another darker stone, which is often confused with black onyx. It can be a black, translucent crystal or a very dark green that looks nearly black. Obsidian comes from volcanic glass, and is formed when lava from a volcano cools.

Healing Powers of Obsidian

With obsidian, you get physical and emotional healing properties. For physical benefits, it is excellent with arthritis and joint pain, as well as any extremity pain, muscle cramps, and even indigestion. Many people also use obsidian when trying to detoxify their body.

There are also emotional healing powers, including protecting your energy and blocking psychic attacks. It is good for tension and stress, as well as anxiety. If you have a lot of confusion, you can gain more clarity with obsidian.

You will also get other healing properties, depending on the type of obsidian you use. There is golden obsidian, which is best for protection and balancing the energy in your body. You can get black obsidian for self-control and resolving negative thoughts, or mahogany obsidian for helping with your aura.

LAPIS LAZULI

Lapis lazuli is another healing crystal often chosen for jewelry and accessories based on its vibrant color. It comes in a brilliant, royal blue color, but with flecks of gold and other colors interspersed in the crystal. Lapis lazuli is a semi-precious gemstone that comes from a blue metamorphic rock.

Healing Powers of Lapis Lazuli

You should use lapis lazuli as a healing crystal when you are having trouble with finding yourself and mental clarity. It is perfect for achieving a higher level of consciousness and better awareness of yourself. This is also used in throat chakra for healing crystal chakra treatments. In addition to self-awareness, lapis lazuli can also help you with finding your communication and creativity. If you have harmful energy, it will replace it with positive energy.

You can use lapis lazuli in a stone that is in its raw or polished form by holding it in your hand or against your throat, or wear it around your neck where it is used throughout the day for positive energy.

CITRINE

The last healing crystal we want to talk about is citrine. If you were born in November, you might have had birthstone jewelry with the bright orange color of citrine. Both bluish-green topaz and orange citrine have been associated with the November birthdays.

Citrine is powered by the sun, so you will see that a lot of its health properties have to do with light and sunshine.

Healing Powers of Citrine

Cleansing your aura of negative energy is one of the bigger health benefits of citrine as a healing crystal. It will provide happiness and joy to your life, bringing

out your inner light, and providing you with positive energy. You can also get more focus and clarity when you use citrine, along with energizing your body and mind.

DISCLAIMER

The information provided is for educational purposes only and not intended to diagnose or treat disease. This information does not take the place of proper medical advice from your health care provider. Before starting a new wellness, dietary or supplement program, always speak to your doctor.