

# Gem Therapy, Healing Stones, Lithotherapy

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Gemstone Therapy, lithotherapy has been known for centuries. Even the ancient Egyptian doctors reassured the mentally ill with green Jade, Chrysoprase or Emerald stone and used against scarlet red camels. Assuming that the colors of gemstones being represented as a wavelength and the stones themselves out of atoms, ie, electromagnetic particles exist, then the healing phenomena can have the same physical effect, declare as in energy medicine and color therapy to be applied.

With the solid constituents of Earth's rocks and minerals to distinguish between. Rocks have a composition of various minerals, while minerals are uniform in their material composition. It may be considered to be a chemical element or a combination of several elements. They can form crystals. The crystal structure and the hardness of a mineral to be used as well as its color and line color for the determination of gemstones.

The gemstone therapy is often used in combination with other natural remedies. But it can also come to the prophylactic daily use. The specific knowledge is to learn from the therapist or from the literature. Here, therefore, only a few examples are mentioned:

Those who feel too often exposed to electromagnetic (computer, cell phone, and television) should have a rose quartz in his environment. People with teaching or helping activities should recharge their energy with rock crystal. The amethyst is used to develop the spiritual abilities and protect against stress-related stress.

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