



# The Healing Crystals First Aid Manual: A Practical A to Z of Common Ailments and Illnesses and How They Can Be Best Treated with Crystal Therapy

By Michael Gienger

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## The Healing Crystals First Aid Manual: A Practical A to Z of Common Ailments and Illnesses and How They Can Be Best Treated with Crystal Therapy By Michael Gienger

From acne and cataracts to sprains and vomiting, this reference lists more than 100 medical conditions and describes the physical symptoms, psychological ramifications, and correct healing gemstones for each. The most effective form of the gem is specified—a polished pocket stone rather than a necklace, for example—and in some cases more than one kind of crystal is described to be effective. A comprehensive appendix with color photos of all prescribed gemstones, a guide to assembling basic home crystal kits, and a bibliography are included.

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### **About the Author**

Michael Gienger leads seminars and trains therapists at the Cairn Elen Lebensschulen in Germany. He is the author of Crystal Power, Crystal Healing, and Healing Crystals.

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