

Healing with Herbs, Crystals and Minerals

Items Needed

- Printout for people
- Water bottles
- Herbs on hand
- Crystals / Minerals on hand
- Cups
- 1 large pitcher of herb and crystal infused water for all to taste

Hands On Visual Experiment

I will pick 2 people from the audience. Giving each of them a bottle of water (unopened) and a cup. Each will then sip the water and give a description of what it tastes like. From there I will have one person impart negatives and the other impart positives into the water. Again have each sip the water and describe how it tastes. Then I will give each crystals to cleanse and empower the water. Taste again and see the difference.

Everyone gets their own hand out and a bottle of water. Based on what they want to use, they get 2 herbs and 2 stones to place into their bottle of water to take with them.

I will have a short presentation on how herbs and crystals/ minerals help to assist in healing the body and mind.

Herbs, Crystals and Minerals Handout

Herbs

Crystals, Minerals

Aching Joints Comfrey, Rosemary, St John Wort	Chrysocolla, copper
Aching Muscles Chamomile, Ginger, Majoram	Chrysocolla, copper
Allergies Echineachea	Carnelian, Aventurine
Antibiotic Rosemary, Sage, Echineachea	Amber, Amethyst
Anti-depressant Jasmine, Rosemary, Rose Hips	Citrine, Labrodite
Cleansing Basil, Parsley	Clear Quartz, Citrine
Detoxifier Parsley, Celery, Mullein	Amethyst, Bloodstone
Energy (to get) Peppermint, Rosemary	Citrine, Howlite
Headaches Cat mint, Ginger	Amethyst, Lapis Lazuli
Hot Flashes (Menopause) Sage, Cinnamon	Malachite, Pearl
Memory (Improving) Cloves, Peppermint, Sage	Citrine, Lapis Lazuli, Soladite
Stress Basil, Jasmine, Lavender,	Clear quartz, Hematite