

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