



# **Crystal Prescriptions: The A-Z Guide to Over 1,200 Symptoms and Their Healing Crystals**

*Judy Hall*

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**Crystal Prescriptions: The A-Z Guide to Over 1,200 Symptoms and Their Healing Crystals** Judy Hall  
A symptom-based A-Z directory, this work will help you to identify exactly the right crystal for your needs, whether for healing of mind, body, psyche or spirit, and will point you to useful stones for improving vitality and well-being.

## Crystal Prescriptions: The A-Z Guide to Over 1,200 Symptoms and Their Healing Crystals Details

Date : Published September 13th 2006 by John Hunt Publishing (first published June 30th 2005)

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# **From Reader Review Crystal Prescriptions: The A-Z Guide to Over 1,200 Symptoms and Their Healing Crystals for online ebook**

## **Breakaway Reviewers says**

An excellent guide.

There are various ways to overcome illnesses and the symptoms they present by using crystals. Often a combination of crystals will be necessary for the different aspects that a condition may present. For example Chronic Fatigue. One would need to look at fatigue and the crystals that will help, then at brain fatigue (brain fog) then at the fibromyalgia that often occurs with it, so that might lead you to inflammation of joints. But thanks to the research Judy Hall has done, using this very valuable little book will help you find that what you need is Ametrine, Citrine, Green Tourmaline and Zincite (which should be worn continuously.)

This book has chapters explaining how crystals can help with our health. Often crystals will contain minerals that we are lacking, like peridot, is formed from silicon, iron and magnesium. Kunzite contains lithium which can help with mood swings.

There are also chapters on using crystals to balance our chakras. How crystals help to balance our astrological Natal Chart. Finding the right "prescription" and how to make up these prescriptions. Often the best way to ascertain what we should use is to dowse for the correct answer. Judy Hall shows how to dowse using a pendulum or the "yes/no" that interlocking the index and thumb of both hands will show the answer. There is also a chapter on purifying crystals and how to make crystal remedies.

Symptoms with the crystals that can be used for each symptom are listed at the back of the book.

There is so much information packed into the 170 pages of this book. I thought I knew quite a bit about crystals, but the more I read of Judy Hall's extraordinary range of books, the more I realise just how much knowledge I still lack, so my journey with crystals is still only in its infancy stages.

PLEASE NOTE: This book is designed to help heal using crystals. Using this book does not mean that we should ignore the medical experts' advice but instead, we can help speed up our recovery with the help of crystals.

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Breakaway Reviewers received a copy of the book to review.

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## **Kristina says**

I use this book together with the Judy Hall's Crystal Bible. You can look up different symptoms and illnesses in the prescriptions book. It gives you a list of crystals you can use but then you need to choose which one you would like to go with and this us where the Crystal Bible comes in.

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**Odin Nightmair says**

The directory is useful, but I was expecting a little more substance on the information section.

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**Lizzy says**

I love Judy Halls books. Will continue to read this whole series.

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**Maria Barry says**

An encyclopedia of ailments and the crystals to use in treating them. Simple, easy to use. Search your illness/symptom and discover which crystal you should be using. Other practical information is contained in this pocket-sized book, how to care for and cleanse your crystals and where to place your crystals for maximum benefit.

I would also advise that if you are serious about using crystals in healing, that you use Judy Hall's Crystal Bible, which gives full information on lots of the most popular crystals (and many of the newer crystals in Vol 2)

Again a seasoned bestseller for O Books selling over 50,000 copies since 2006

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**Christian Baloga says**

I use *Crystal Prescriptions* as a resource of knowledge for home life by quickly and easily finding what stones are needed for what ailment and as a valuable reference for my future fiction book.

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**Marion Godwin says**

A very good reference book for those more experience with crystal therapy. Not really of great use to those who are new to the therapy or with little knowledge on how to effectively perform any kind of detailed crystal treatment.

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**Johnny Goetz says**

I thought it was a good reference book, offering an index of a variety of dis-eases and the crystals to use for each.

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**Laurie Kikel says**

**Amazing references and explanation guide**

Easy to read and understand. Laid out in a great way to help in the learning process. It's a must buy!

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**Alice says**

Good information, easy to use.

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