



MINIMIZING HEALTH ISSUES WITH CRYSTALS

Attention Deficit Disorder with or without hyperactivity {ADD or ADHD} is a neurological disorder that particularly affects children and is characterized by three major symptoms and there are hyperactivity, impulsiveness and inattention. These symptoms, however, may in severity and are seen at home, school, and in their day to day activities. Children with ADHD not only have problems with normal functions but also go through psychological distress and suffering. To reduce the impact of ADHD in children there are certain crystals that can be helpful as these work on both physical and psychological levels. ADHD needs to cope up with various negative feelings such as Frustration, Anger, Isolation, Rejection, Low Self-Esteem, Intolerance, Lack of Confidence and Anxiety.



Amazonite is a stone that helps maintain optimum health as it has a soothing effect on emotional trauma as it reduces worries, fear, and anger. The stone balances mood swings and alleviates nervous system disorders by dispelling blockages within the nervous system. Amazonite facilitates self-expression and helps the person view both sides of a problem or different perspectives and it also helps to develop loving communication.



Fluorite possesses therapeutic properties that helps those experiencing ADHD and it is an excellent learning aid, it increases concentration, boost self-confidence and absorbs negative energy and it encourages positivity. Fluorite helps improve both physical and mental balance, and coordination. It has also been found that Fluorite can also cleanse and stabilizes the aura. Fluorite crystal reduces stress and calm the emotions ensuring harmony within the body.



Pyrite helps ADHD children pull out their potential and abilities. This is a powerful protective stone that shield and stimulates intellectual development, enhances memory and it also promotes emotional well-being.



Blue Apatite crystal that enhances group communication, creativity and also facilitates self-expression and public speaking skills. The crystal has a calming effect and eliminates hyperactivity by balancing the physical, mental, emotional, and spiritual bodies. As a result, the crystal is helpful for hyperactivity in children. Blue Apatite creates a stress-free environment and can clear away feelings of frustration, confusion and irritability.



Citrine is an energizing, recharging, and emotionally balancing crystal. It is also a stone that stimulates the brain, and reenforces intellect and activates creativity. Citrine revitalizes the mind, encourages self-expression and raises the self-esteem of the individual.

