



Crystals: For Health

Cassandra Eason

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Crystals for Health is a definitive reference guide to using 100 crystals to heal your body and aid in living a healthier life. It encompasses an extensive range of ailments, illnesses and health issues, from coping with stress, pregnancy, childhood illnesses, allergies and digestive disorders to pain relief and coping with chronic illnesses. It includes common, rare and newly discovered crystals, with each crystal clearly illustrated by a beautiful photograph, along with all the information you need to know about using that crystal to improve your health.

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