

hematite



Hematite

Benefits against physical ailments.

- Excellent stone against iron deficiency, anemia, fatigue and pallor.
- Helps treat conditions related to blood, scarring, cell regeneration and the healing process.
- Fights circulatory disorders: varicose veins, hemorrhoids, Reynaud's disease.
- Relieves migraines.
- Regulates blood pressure.
- Purifies the blood.
- Detoxifies the liver.
- Activates kidney function.
- Haemostatic action (heavy periods, haemorrhages)
- Resolves hematomas.
- Calms symptoms of spasmophilia (cramp, anxiety)
- Soothes eye problems (irritations, conjunctivitis)
- Fortifies the lungs, liver, spleen, kidneys.
- Fighting leg cramps, swollen feet, neck pain, back pain.
- Effective in case of tinnitus.

Psychic and relational benefits.

- Restores courage, energy and optimism.
- Promotes listening to oneself and others.
- Reinforces conviction.
- Improves self-confidence and will.
- Reduces female shyness.
- Stimulates concentration and memory.
- Facilitates the study of technical subjects and mathematics.
- Helps overcome addictions (tobacco, alcohol, bulimia ...)
- Holds authoritarian and angry behavior.
- Soothes fears and promotes restful sleep.

Purification and reloading:

Hematite, like all quartz, should be cleaned and purified regularly. Avoid all chemicals. You will place your stone in a glass or earthenware container filled with distilled or slightly salted water for several hours at least. Its energy can be amplified by charging it in the sun or on a cluster of quartz or inside an amethyst geode.

Provenance of the stone:

Brazil, France, Italy

Warning

The use of minerals in lithotherapy does not exclude the continuation of a medical treatment and the consultation of a doctor is a supplement.