



# Stone Medicine: A Chinese Medical Guide to Healing with Gems and Minerals

*Leslie J. Franks*

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# Stone Medicine: A Chinese Medical Guide to Healing with Gems and Minerals

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## **Stone Medicine: A Chinese Medical Guide to Healing with Gems and Minerals** Leslie J. Franks

A comprehensive manual for using crystals, gems, and stones to address physical, emotional, and spiritual health conditions

- Includes an extensive Materia Medica detailing the healing and spiritual properties of 200 crystals and stones based on Classical Chinese Medicine
- Explores the role played by the color of each stone, its Yin and Yang qualities, crystalline structure, chemical composition, and topical and internal applications
- Explains how to make stone and crystal elixirs, wear stones as healing jewelry, use them in massage and energy work, and cleanse and recharge them
- Based on the oral teachings of Dr. Jeffrey C. Yuen, a Taoist priest from the ancient lineage of the Jade Purity School (88th generation) masters

In addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive Materia Medica, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE.

Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones. She explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. She discusses how to make stone and crystal elixirs for internal and topical use, how to charge quartz with the healing properties of other stones, how to cleanse and recharge a stone after use, and how to combine stones to create healing formulas for individual conditions. She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work. She examines the chemistry and sacred geometry of crystal structure, revealing how the minerals contained in the stones affect our physiology by supporting our Jing (Essence); by nourishing Qi (energy), blood, and fluids; and by clearing Wind, Cold, Damp, and Heat conditions that can lead to disease.

Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research, this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.

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