A	GEMSTONE GUIDE
Abundance	Agate, Aventurine, Bloodstone, Dendritic Agate, Diamond, Moonstone, Moss Agate, Prasiolite, Topaz
ADD / ADHD	Amethyst, Smokey Quartz
Addictions	Amethyst, Hematite, Iolite, Lepidolite
Allergies	Ametrine, Aquamarine, Aventurine, Diamond, Brecciated Jasper, Lepidolite
Alzheimer's	Chalcedony, Lepidolite, Moss Agate, Rhodonite, Rose Quartz, Rutilated Quartz
Anxiety	Amethyst, Angelite, Carnelian, Hematite, Labradorite, Mother of Pearl, Rhodonite, Rutilated Quartz, Smokey Quartz, Tiger Eye
Arthritis (also see <u>Rheumatoid</u> <u>Arthritis</u>)	Amber, Apatite, Carnelian, Fluorite, Goldstone, Malachite, Obsidian, Rhodonite, Snowflake Obsidian, White Jade
Asthma	Magnetite, Malachite
Astral Travel	Angelite, Feldspar, Lepidolite
Awareness ~ Self	Anyolite, Chrysocolla, Feldspar, Lapis Lazuli, Selenite
Awareness ~ Spiritual	Amethyst, Ametrine, Angelite, Cat's Eye, Emerald, Lepidolite, Indigo Sapphire, Seraphinite, Sugilite
В	
Balance - physical	<u>Fluorite</u>
Bipolar Disorder	Lepidolite, Peridot
Blood Pressure ~ balancing, regulating	Aventurine, Charoite, Rhodochrosite
Blood Pressure ~ lowering, reducing	Chalcedony, Chrysocolla, Kyanite, Labradorite, Lapis Lazuli, Larvikite, Malachite, Rose Quartz, Sodalite, White Jade
Breast Cancer	Please see my blog post about <u>Gemstones to Boost Immunity Whilst</u> <u>Fighting Breast Cancer</u> .
C	
Career	Aventurine, Fuchsite
Chronic Fatigue Syndrome "CFS"	Amethyst, Ametrine, Blue Lace Agate, Carnelian, Citrine, Rutilated Quartz
Childbirth & Labor	White Agate, Jade, Malachite, Moonstone, Moss Agate, Opal, Pearl
Circulation	Anyolite, Aventurine, Bloodstone, Citrine, Goldstone, Rhodochrosite, Snowflake Obsidian

Concentration	Agate, Ametrine, Apatite, Aragonite, Carnelian, Chrysoberyl, Citrine, Clear Quartz, Fluorite, Hematite, Pearl, Sapphire, Smokey Quartz
Confidence	Amber, Cat's Eye, Chrysoberyl, Chrysocolla, Citrine, Fluorite, Garnet, Goldstone, Hematite, Iolite, Fancy Jasper, Lapis Lazuli, Moss Agate, Onyx, Peridot, Rhodonite, Ruby, Sunstone, Tiger Eye, Topaz, Tourmaline
Constipation	<u>Citrine</u>
Courage	Agate, Anyolite, Aquamarine, Bloodstone, Bronzite, Carnelian, Cat's Eye, Black Diamond, Garnet, Goldstone, Hematite, Jasper, Kambaba Jasper, Lava Stone, Ruby, Tiger Eye, Variscite
Creativity	Botswana Agate, Amber, Ametrine, Angelite, Apatite, Aventurine, Bloodstone, Boulder Opal, Carnelian, Cat's Eye, Chalcedony, Chrysoberyl, Chrysocolla, Chrysoprase, Citrine, Coral, Diamond, Feldspar, Howlite, Brecciated Jasper, Picture Jasper, Lapis Lazuli, Larvikite, Moss Agate, Black Obsidian, Opal, Prasiolite, Pyrite, Rhodochrosite, Sapphire, Sardonyx, Tiger Iron, Turquoise, Vesuvianite
D	
Dementia	Blue Lace Agate, Chalcedony, Lepidolite, Rose Quartz
Depression	Agate, Amber, Amethyst, Ametrine, Yellow Apatite, Carnelian, Citrine, Coral, Lapis Lazuli, Lepidolite, Moss Agate, Rhodochrosite, Sapphire, Sardonyx, Smokey Quartz, Sunstone, Turquoise, Vesuvianite
Diabetes	Citrine, Emerald, Serpentine
Digestion	Apatite, Chrysoprase, Citrine, Labradorite, Obsidian, Topaz
E	
Electromagnetic pollution	Amazonite, Aventurine, Clear Quartz, Red Jasper, Yellow Jasper, Lepidolite, Malachite, Smokey Quartz, Sodalite
Electromagnetic stress	Amethyst, Bloodstone, Diamond
Emphysema	Rhodonite
Energy (negative)	Amazonite, Amber, Bloodstone, Calcite, Chalcedony, Charoite, Clear Quartz, Coral, Fluorite, Hematite, Jasper, Brecciated Jasper, Larvikite, Obsidian, Prasiolite, Pyrite, Rutilated Quartz, Black Tourmaline, Tourmaline Quartz, Turquoise
Energy (physical - low)	Brazilian Agate, Chalcedony, Chrysoprase, Citrine, Clear Quartz, Garnet, Goldstone, Hematite, Jasper, Zebra Jasper, Kyanite, Rutilated Quartz, Sardonyx, Topaz, Tourmaline, Turquoise

Epilepsy	<u>Lepidolite</u>
F	
Fear	Bulls Eye Agate, Amazonite, Amethyst, Angelite, Fancy Jasper, Kambaba Jasper, Picture Jasper, Labradorite, Magnetite, Moss Agate, Mother of Pearl, Smokey Quartz, Sugilite, Tiger Eye, Tourmaline, Vesuvianite
Fertility	Bulls Eye Agate, Carnelian, Chrysoprase, Jade, Lava Stone, Moonstone, Pearl, Rhodonite, Rose Quartz, Rutilated Quartz, Unakite
Fertility ~ plants	Moss Agate
Fibromyalgia	Amber, Amethyst, Aventurine, Blue Lace Agate, Citrine, Clear Quartz, Rose Quartz, Tourmaline Quartz
Fidelity	Chrysoprase, Diamond, Green Sapphire
Focus	Amethyst, Apatite, Yellow Aventurine, Emerald, Fuchsite, Hematite, Pearl, Yellow Sapphire, Tiger Eye
G	
Grief	Amethyst, Magnetite, Onyx, Picture Jasper, Rose Quartz, Rutilated Quartz, Sugilite
Grounding	Aragonite, Bloodstone, Cat's Eye, Charoite, Hematite, Black Jasper, Black Veined Jasper, Brecciated Jasper, Dalmation Jasper, Picasso Jasper, Lava Stone, Larvikite, Magnetite, Mookaite, Petrified Wood, Black Sapphire, Smokey Quartz, Tiger Eye, Tourmaline Quartz, Unakite
Growths & Tumor's	Bulls Eye Agate, Amethyst, Fluorite, Malachite
Guidance	Angelite, Blue Apatite, Fuchsite, Malachite, Selenite
Н	
Headaches	Amethyst, Angelite, Cat's Eye, Rose Quartz, Smokey Quartz
Hearing disorders	Amethyst, Rhodonite, Shell
Heart disorders/function	Almandine, Angelite, Anyolite, Aventurine, Charoite, Chrysoprase, Emerald, Garnet, Gold, Peridot, Rose Quartz, Smokey Quartz
Heartburn	Coral
HIV	Aventurine, Bloodstone, Carnelian, Emerald

I	
Imagination	Aventurine, Coral, Diamond, Jasper, Labradorite, Mother of Pearl, Shell
Immune System	Amethyst, Ametrine, Aquamarine, Blue Chalcedony, Clear Quartz, Fluorite, Garnet, Dalmation Jasper, Green Jasper, Kambaba Jasper, Picture Jasper, Lapis Lazuli, Lepidolite, Malachite, Mookaite, Moss Agate, Peridot, Sardonyx, Sodalite, Turquoise
Insomnia	Amethyst, Charoite, Hematite, Howlite, Lapis Lazuli, Sodalite
Intelligence	Cat's Eye, Emerald, Pyrite, Sodalite
Intuition	Amethyst, Aquamarine, Bloodstone, Cat's Eye, Chrysocolla, Citrine, Coral, Emerald, Iolite, Labradorite, Lapis Lazuli, Moonstone, Mother of Pearl, Peridot, Prasiolite, Sapphire, Shell, Smokey Quartz, Sodalite, Sunstone
L	
Labor (see Childbirth & Labor)	
Lactation	White Agate, Chalcedony, Chiastolite, Clear Quartz, White Howlite, Moonstone, White Opal, Selenite, Serpentine, White Turquoise
Leg Ulcers	<u>Calcite</u>
Lethargy	Yellow Apatite, Carnelian, Peridot, Ruby, Red Tiger Eye
Letting go ~ possessions	<u>Prehnite</u>
Letting go ~ the past	Rutilated Quartz
Leukemia	Alexandrite, <u>Bloodstone</u> , <u>Cat's Eye</u> , <u>Clear Quartz</u> , <u>Chalcedony</u> , <u>Chrysocolla</u> , <u>Rose Quartz</u>
Logic	Kyanite, Pyrite, Sodalite
Love	Agate, Almandine, Amethyst, Chrysocolla, Diamond, Emerald, Garnet, Jade, Lapis Lazuli, Magnetite, Moonstone, Opal, Prasiolite, Rhodochrosite, Rhodonite, Rose Quartz, Sapphire, Strawberry Quartz, Sugilite, Topaz, Turquoise
Love ~ Platonic	Coral, Rose Quartz
Love ~ Romantic	Amber, Coral, Garnet, Rose Quartz, Turquoise
Love ~ Self	Amazonite, Feldspar, Lepidolite, Rhodochrosite, Rhodonite, Rose Quartz
Love ~ Spiritual	<u>Sugilite</u>

Love ~ Unconditional	<u>Apatite, Charoite, Chrysocolla, Emerald, Prehnite, Rose Quartz, Pink Sapphire, Variscite</u>
Love ~ Universal	Amazonite, Amber, Rose Quartz, Selenite
Loyalty	<u>Opal</u>
Luck	Agate, Amber, Cat's Eye, Jade, Magnetite, Sapphire, Sardonyx, Sunstone, Tiger Eye
M	
Manifestation	Amazonite, Apatite, Aventurine, Diamond, Lapis Lazuli, Obsidian, Smokey Quartz, Snowflake Obsidian
Meditation	Amethyst, Apatite, Aquamarine, Aragonite, Chrysocolla, Kyanite, Lepidolite, Magnetite, Opalite, Pearl, Pyrite, Sapphire, Serpentine, Snowflake Obsidian, Variscite
Memory	Amethyst, Calcite, Carnelian, Blue Chalcedony, Clear Quartz, Emerald, Hematite, Howlite, Opal, Pyrite, Sapphire, Serpentine, Variscite
Menopause	Lepidolite, Moonstone
Migraines	Aventurine, Iolite, Rhodochrosite, Rose Quartz
Multiple Sclerosis (MS)	Amethyst, Bloodstone, Carnelian, Red Jasper, Lapis Lazuli, Malachite, Moonstone, Rhodochrosite, Rhodonite, Blue Sapphire, Sodalite, Watermelon Tourmaline
Muscular System	Amber, Aventurine, Carnelian, Coral, Emerald, Orange Goldstone, Kyanite, Sunstone
Myalgia Encephalomyelitis "ME" (see <u>CFS</u>)	
N	
Nerve pain/damage	Dendritic Agate, Fluorite, Seraphinite, Smokey Quartz, Topaz
Nerve pain - trapped nerve	Amazonite, Blue Lace Agate, Lepidolite
Nervous System	Amazonite, Amber, Ametrine, Aventurine, Cat's Eye, Charoite, Coral, Dendritic Agate, Hematite, Lapis Lazuli, Lepidolite, Malachite, Blue Sapphire, Shell, Yellow Topaz, Variscite
Neuralgia	Carnelian, Lepidolite
0	
Osteoarthritis	Amber, Green Aventurine
Osteoporosis	Amazonite, Chrysocolla, Coral, Howlite, Malachite

P	
Panic attacks	Rhodonite, Sodalite, Turquoise
Perseverance	Aventurine, Kyanite, Labradorite
PMS	Moonstone
Pregnancy	White Agate, Aquamarine, Moonstone, Unakite
Prosperity	Aventurine, Citrine, Diamond, Moss Agate, Prasiolite, Ruby, Sapphire, Tourmaline
Protection	Agate, Amethyst, Angelite, Bloodstone, Blue Lace Agate, Bronzite, Cat's Eye, Chrysoberyl, Citrine, Coral, Dendritic Agate, Fluorite, Hematite, Jade, Jasper, Black Jasper, Red Jasper, Yellow Jasper, Lapis Lazuli, Larvikite, Malachite, Mookaite, Mother of Pearl, Obsidian, Black Obsidian, Prehnite, Pyrite, Rutilated Quartz, Black Sapphire, White Sapphire, Sardonyx, Tiger Eye, Tourmaline, Tourmaline Quartz, Turquoise
Psychic enhancement	Amazonite, Amethyst, Angelite, Anyolite, Apatite, Chrysocolla, Clear Quartz, Emerald, Kyanite, Labradorite, Larvikite, Obsidian, Opal, Opalite, Pyrite, Indigo Sapphire, Serpentine, Snowflake Obsidian
PTSD (Post Traumatic Stress Disorder)	Amethyst, Lepidolite, Rhodonite, Rose Quartz, Black Tourmaline
R	
Rheumatism	Amber, Carnelian
Rheumatoid Arthritis	Amber, Chrysocolla, Emerald, Fluorite, Garnet, Magnetite, Malachite, Smokey Quartz, Black Tourmaline
S	
Safe travel	Dendritic Agate, Moonstone
Safe travel ~ on water	Aquamarine, Coral
Sciatica	<u>Lepidolite</u>
Self confidence	Amber, Chrysocolla, Citrine, Fluorite, Garnet, Goldstone, Hematite, Iolite, Fancy Jasper, Lapis Lazuli, Moss Agate, Onyx, Peridot, Rhodonite, Ruby, Tiger Eye, Yellow Topaz, Tourmaline
Self esteem	Anyolite, Carnelian, Charoite, Citrine, Hematite, Moss Agate, Sodalite
Self-worth	<u>Chrysoberyl, Fuchsite, Kambaba Jasper, Opal, Rhodochrosite, Rose Quartz, Sunstone</u>
Spirituality	Calcite, Gold, Opalite, Selenite, Sugilite

Stomach Ulcer	Rhodonite, Sunstone
Strength	Agate, Almandine, Amber, Ametrine, Aquamarine, Aragonite, Cat's Eye, Citrine, Diamond, Fancy Jasper, Hematite, Iolite, Kyanite, Labradorite, Lava Stone, Magnetite, Moonstone, Moss Agate, Obsidian, Onyx, Opalite, Petrified Wood, Picasso Jasper, Rutilated Quartz, Blue Sapphire, Sardonyx, Tiger Iron, Tourmaline, Tourmaline Quartz, Turquoise
Stress	Amber, Amethyst, Ametrine, Aquamarine, Aragonite, Charoite, Fluorite, Fuchsite, Howlite, Jasper, Kyanite, Labradorite, Lapis Lazuli, Lepidolite, Moonstone, Moss Agate, Mother of Pearl, Obsidian, Peridot, Rhodochrosite, Smokey Quartz, Sunstone, Blue Tiger Eye
Success	<u>Amber, Aventurine, Carnelian, Citrine, Garnet, Moonstone, Moss Agate, Prasiolite, Variscite</u>
T	
Thyroid	Angelite, Aquamarine, Blue Lace Agate, Kyanite, Rhodochrosite, Blue Sapphire
Travel sickness	<u>Malachite</u>
Tumor's (See <u>Growths & Tumor's</u>)	
U	
Ulcers (See also - <u>Leg Ulcers</u> and <u>Stomach Ulcers</u>)	Fluorite, Peridot
V	
Vertigo	Diamond, Lapis Lazuli, Malachite, Rose Quartz
W	
Wealth	Agate, Chrysoberyl, Citrine, Moss Agate, Ruby, Yellow Sapphire
Weight gain	<u>Unakite</u>
Weight loss	Angelite, Apatite, Green Jasper, Iolite, Picasso Jasper, Seraphinite, Yellow Jasper
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Birthstones

<u>January Birthstone</u>: Garnet

February Birthstone: Amethyst

March Birthstones: Aquamarine, Bloodstone

April Birthstones: Diamond, Clear Quartz

May Birthstones: Emerald, Chrysoprase

<u>Iune Birthstones</u>: Pearl, Moonstone, Alexandrite

<u>July Birthstones</u>: Ruby, Carnelian

<u>August Birthstones</u>: Peridot, Sardonyx

September Birthstones: Blue Sapphire, Lapis Lazuli

October Birthstones: Opal, Pink Tourmaline

November Birthstones: Yellow Topaz, Citrine

<u>December Birthstones</u>: Turquoise, Blue Topaz, Tanzanite, Zircon