

CRYSTALS: COMFORT FOR THOSE SEEKING HEALING

BY KRISTLE VERMES, WWW.GETSPOOKED.NET

When you think of stones and crystals, such as amethyst or quartz, spirituality might come to mind. Many people turn to these items to find peace and reap their supposed benefits.

Harvested from the Earth, crystals are thought to have everything from healing to protective powers. However, you don't have to be a strongly spiritual or religious person to gain advantages from these stones.

Just ask Dr. Idelle Brand, a licensed dentist with more than 35 years of experience. She's taken a holistic approach to her practice, and she uses — you guessed it — crystals and stones.

The Lack of Science Behind Crystal Healing

Before we get into Dr. Brand's experience, it's worth examining the use of crystals and stones in a wide variety of healing practices. Many New Age clinics and practitioners who claim they can heal individuals through natural methods (e.g., massages, meditation) often turn to crystals and stones to harness their energies.

Different crystals have different powers, ranging from negative energy cleansing to psychic protection.

To date, there have not been any extensive studies conducted on crystal healing. However, one paper presented by researchers from Goldsmiths College at the University of London in 2001 lightly addressed the idea of these stones' powers.

Researchers asked 80 participants to meditate for five minutes while holding either a real quartz crystal or a placebo that they believed was real.

They were able to conclude that all 80 participants reported the same supposed sensations associated with



holding a crystal (real or fake), highlighting a placebo-type effect.

Today, there are many crystal healing certification courses available for therapists and self-proclaimed healers who want to add credibility to their beliefs and practice. However, it appears to be up to the “patient” as to whether this type of treatment is worth the hype (or crystal).

The Real Power of Belief

“People fear the dentist due to previous experiences, other people's ideas, or just based on the way TV shows and movies portray us as a profession,” said Dr. Brand, while discussing her patients' most common fears. “It's



hard to find comfort in needles and drills.”

For this reason, Dr. Brand wasn't opposed to the idea of introducing crystals as a means of comfort at her practice. Additionally, personal experience nudged her in this direction.

Previously, Dr. Brand had struggled with chronic Lyme disease for eight years. She says she regained her

health through detoxing, grounding (which crystals can be used for) and rebuilding through nutrition.

“I just know that [crystals and stones] have helped me in my health journey, so I offer it to patients,” says Dr. Brand.

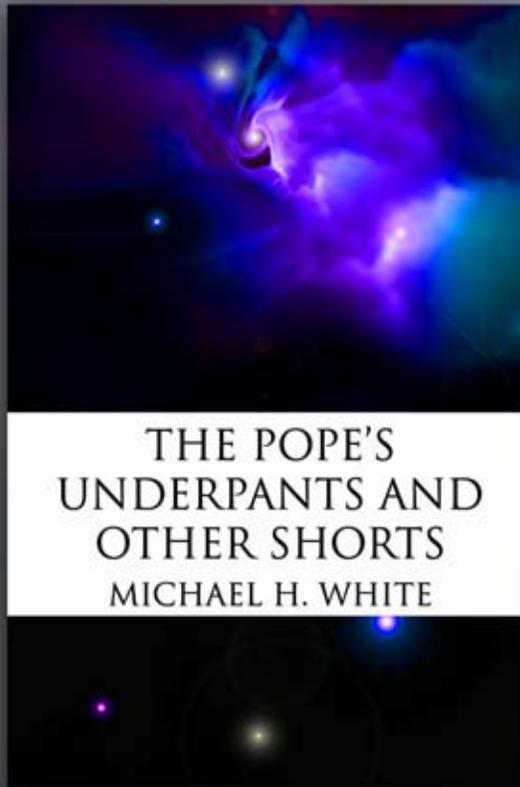
Brand also offers alternative techniques to her patients, as she is certified in a wide variety of alternative medicine practices. Sound therapy, Emotional Freedom Techniques, and neuro-linguistic programming are just some of the many options.

But what happens when a scared patient isn't a believer in the power of crystals?

“Being skeptical is a personality trait for many people when they are not familiar with the subject matter,” Dr. Brand says. “If they are nervous in the chair, we ask them to hold the crystals for a few minutes; and if they don't like it, they are welcome to give them back to us. Most of the time, the skeptical patients keep holding the crystals to the end of their visit and will ask for them again at their next visit.”

Thus far, Dr. Brand says that rose quartz and black obsidian have been the most effective crystals for her patients. Rose quartz is thought to promote calmness and healing, and black obsidian is believed to provide protection against negative energies.

As they say, it can't hurt to try. ♦



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