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Every gemstone has specific healing properties. When crafted into wands, these gems enable the patient to apply the perfect amount of pressure on the appropriate acupressure point. The energies of the crystal combine with the energies released by the pressure on the reflexology point to produce a powerful force for healing. Readers are provided a system of kinetic analysis to determine the appropriate stone and pressure point for their specific condition. Sodalite, for example, has a beneficial effect on mental health, which is increased when applied to the pressure points corresponding to the head; agate helps in the treatment of skin disorders; and amethyst restores vigor. The book contains illustrated instructions that show the treatment areas for a wide range of conditions, including earaches, headaches and migraines, back and joint pain, colds and flu, low blood pressure, intestinal cramps, cardiovascular disease, and depression.