HEALTHY NEWS

8 Benefits of Amethyst Gemstone

By bestfolkmedicine · 24/10/2018 · 2 min read

Amethyst gemstone can be highly beneficial for the body's detoxification processes and the overall health. This is a rare form of quartz and it can be found within geodes throughout the world. It is available in mass or crystal form. It has a beautiful purple color and it has long been linked to royalty. This stone is known to absorb and reflect far-infrared radiation which is studied for its benefits.

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Though more research is needed to conclude all of its healing abilities, it is worth to check out some of its best benefits.

The Health Advantages of Amethyst

Speeds up the healing of wounds

Far-infrared radiation is able to speed up the repair mechanisms in skin tissue, particularly in people with skin damage due to diabetes.

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Fights off bad bacteria

Far-infrared radiation is capable of hindering the growth of bad bacteria by blocking growth-promoting enzymes.

It has antioxidant capacity

Antioxidants are natural compounds that are highly beneficial for our overall health and well-being. According to research, far-infrared radiation may elevate the antioxidant abilities in some foods.

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Enhances fluid motility

Far-infrared radiation can better the blood motility, but that of lymph fluid as well.

Improves the mood

According to a newly-conducted study, far-infrared radiation was found to better the overall satisfaction with life in participants unlike in those from the placebo group.

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Regenerates the cells

Far-infrared radiation can elevate the levels of energy in the body, studies point out. This will encourage the production of new and healthy cells, thus, it will better the growth of the entire body.

Encourages healthy sleep

Human and animal studies have shown that the heat released from amethyst crystals calms down the body, which may be decisive in improving the quality of sleep.

How to Use It

You can keep one stone in your office or at home. You can also opt for foot pads with genuine gemstones, like amethyst and tourmaline, which are known to improve the removal of toxins from the body.

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