

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР

МАТЕРІАЛИ ІХ МІЖВУЗІВСЬКОЇ
НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ

“TO MAKE THE WORLD SMARTER AND SAFER”

(Суми, 26 березня 2015 року)
The ninth scientific practical student`s, postgraduate`s and teacher`s
LSNC conference

LITHOTHERAPY

V. V. Mishura – Sumy state University, group LS -402

G.S. Ilyina – EL Adviser

From the Greek lithos (stone), lithotherapy is a gentle form of therapy. Lithotherapy consists of the use of stones, gems, quartz and crystals to obtain a therapeutic effect.

Lithotherapy in history

The Greeks used marble powder against the stomach ache, or red jasper as a tonic.

In Chinese medicine numerous minerals are supposed to balance and stimulate energy.

In the East, antimony was regarded as a medicine against infectious diseases and food poisoning.

American Indians using the benefits of clay and antiseptic effects of copper,

In India, iron sulfate was a vermifuge and diuretic saltpeter.

Each stone has special properties.

Nowadays, because it hasn't been studied enough by the scientific community and thus unproved yet, it is not used as much as in the past. Lithotherapy is a branch of unconventional medicine. This type of non invasive medicine proposes that stones and minerals contain healing properties, and can help balance the body and mind to achieve optimum health.

How does lithotherapy works?

1) It acts by the colors emitted, colored vibrational waves. The energy of the color has a strong action on our senses and on physiological functions.

2) Lithotherapy acts by enzyme reactions: gems in contact with the skin transmit their properties through enzyme reactions. They diffuse infinitely small doses of minerals, copper, lithium, silicon, etc. that are identical to the minerals in our bodies.

3) Lithotherapy acts as piezo-electricity: a quartz necklace creates a frequency phenomenon around the neck that regulates nerve influxes, removing stress and inflammation problems.

The benefits of stone properties can be seen in different ways.

Lithotherapy can be used as a complementary therapy to cancer treatment. Cancer can be generally defined as uncontrolled cell growth. From a more subtle perspective, cancer can be seen as an over-stimulation due to a "damming up" of unhealthy and "unchecked" energies. Stones can help re-established an equilibrium through a process of purification, release, and calming of these energies which have translated themselves into physical disease. Lithotherapy is not a replacement for traditional medical treatments but rather a support for one already receiving medical care. Green stones and minerals are the most beneficial for cancer as the color green is known to purify and balance. It is the color that elevates the body above the vibration of illness. The placement of stones will depend on the location and type of cancer, though it is important to always treat the solar plexus, the center of emotional life, regardless of the particulars of the diagnosis. An appropriate stone can be placed at the plexus for intervals of about 15 minutes at a time only, yet an appropriate stone can be worn close to the afflicted area, held in hands, or worn as jewelry for extended periods of time. It is recommended to avoid colors that over-stimulate such as red, yellow, and orange. Clear quartz should be avoided as it is known to be highly stimulating.

Illness is often viewed with dread, yet mineral kingdom offers us an opportunity to see it as a chance to grow and liberate ourselves from stagnant energies and patterns.

Stone massage is an ancient Oriental technique that consists in applying hot and cold stones to fight joint and muscle pain. This massage helps stimulate blood flow, promoting oxygenation and relaxation.

Many studies showed that stones and crystals have many properties that can help the body defend itself from the external environment. It is said that it helps the skin to live longer, for example.

Lithotherapy is an interesting technique which should be studied in more details. May be, in future, hospitals will use stones to heal people.