

## Smoky Quartz

Smoky Quartz: is a very protective and grounding stone. Smoky Quartz help you to overcome negative emotions, such as stress, fear, jealousy and anger. It is one of the best root chakra stones. helps ground the holder with Earth energies Root and Solar Plexus Chakras stimulating and balancing all your chakra absorbs and transmutes negative energy great stone for pain relief excellent for elevating moods, overcoming negative emotions, and relieving depression. relieves stress, fear, jealousy, anger and other negative emotions by transforming them into positive energies. enhancing and encouraging courage and inner strength. very comforting and calming, and can be considered a stone of serenity. It can, therefore, be very helpful in relieving grief. Physically, smoky quartz used in crystal healing to treat many different problems associated with the lower torso including kidneys, abdomen, pancreas, reproductive organs, menstrual cramps, fertility issues. Smoky quartz also is used to remove toxins from the body and helps the adrenal glands. It is also very helpful for regulating body fluids and relieving fluid retention. Smoky quartz is also a preferred crystal healer's stone for dealing with insomnia, nightmares, hyperactivity, and attention deficit disorder. Smoky quartz is said to be good for balancing and improving one's general health.

