## **Preparing for Pregnancy with Crystals**

Crystals may help on a Spiritual level. Here's our recommendations for those trying to conceive a child. Above all, it is about being positive and focused on what it is you really want. The mind is a powerful tool. Remember to watch your stress levels, keep in tune with your body, eat healthy and seek medical advice when you need it. Remember crystals do not replace your Doctor's advice.

**Chrysocolla** – The crystal that is said to help remind you to diary some me time. Learning to say NO to others and look after yourself. If this sounds like you, then place a piece of chrysocolla in your pocket or bra. Or wear a piece of Chrysocolla jewellery.

**Carnelian** – Said to help increase your fertility

**Moonstone** – New beginnings. Use your diary and record your monthly.

**Red Jasper** – A good grounding energy crystal

**Agate** – For strength and positive influence

Amethyst – To release any fears and calm the mind

Citrine – To help balancing hormones and emotions

**Adventurine** – For morning sickness

Peridot - Is said to be helpful for emotions during the birthing

Malachite – For labour pains

Pink Chalcedony – To support breastfeeding

Rose quartz – To help with bonding to your new born

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