



Heka Naturals Shungite e-Book



SHUNGITE STONE

Shungite is a natural mineral of unusual composition and unique properties. It is extracted in the Zazhoginsky deposit in Karelia, Russia.

Shungite has been proven in laboratory tests to be 30 times more effective than carbon in removing harmful substances from water.

This black stone contains pure carbon atoms called "fullerenes", these molecules give Shungite its beneficial properties. It is also these unique molecules what scientists believe give Shungite the ability to protect from EMF radiation.



AUTHENTICITY

A special feature of all Shungite stones is the electrical conductivity, which is not typical for rocks, this means you can test Shungite's authenticity with an electricity test.

ELECTRICITY TEST

Create an electrical power line with a battery, two wires, and a light bulb. Connect the wires to the battery, and wire 1 to the light bulb. When the light bulb touches wire 2, the light bulb lights up.

Now, place your Shungite product between wire 2 and light bulb. If your Shungite is real, the bulb will light up.



SHUNGITE JEWELRY

Shungite jewelry is not just trendy, it protects you from EMF radiation and helps balance the energy that flows in your body and biofield.

Due to the high amount of carbon in Shungite's composition, post-production dust can get stuck inside the holes of the products. To avoid black stains on your clothes or skin, wash your Shungite item before you first wear it.

HOW TO WASH SHUNGITE JEWELRY

Wash your Shungite item carefully under warm running water. It is important to check the holes of bracelets, earrings, pendants and necklaces where after-production dust gets stuck. After washing, place your item in a cloth, and expose it to sunlight for 2 hours or moonlight for 5 hours to recharge.



This incredible black mineral is used to increase energy levels, relieve anxiety and stress.

ENERGY BALANCING

Shungite attracts positive energy, making the person wearing it feel calm and joyful.

Shungite is a powerful energy balancing stone, it can stabilize the energy from a blocked or overactive chakra. Wearing a pendant over the heart, the most receptive chakra, can help bring up emotions and thoughts that cause pain for you to examine them.

Wearing a Shungite Bracelet protects and keeps in balance all the areas of the body to which the wrist is connected.



SHUNGITE PYRAMIDS

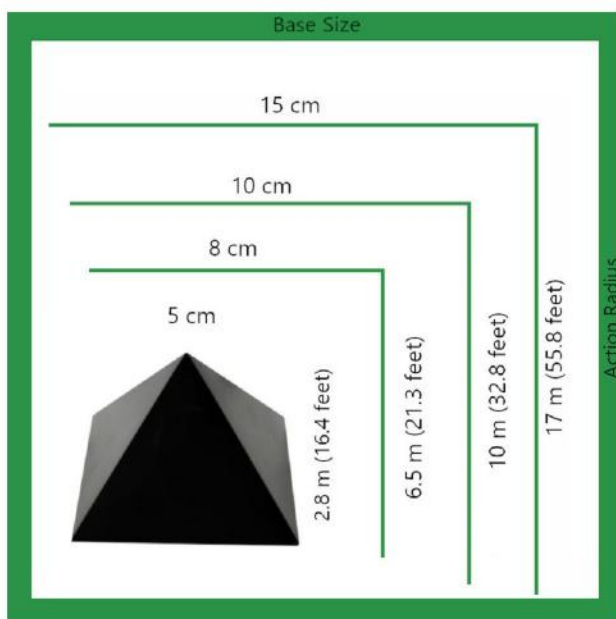
EMF & Harmful Radiation

In today's society it is impossible to avoid potentially harmful electromagnetic fields. Shungite has a unique structure, it contains pure carbon atoms that are arranged as connected pentagons and hexagons forming a sphere. This is called fullerenes. Almost no materials in the world contain these fullerenes, and it is these unique molecules that are able to transform artificial EMFs into biologically compatible frequencies, neutralizing their negative impact.

Shungite changes the properties of harmful radiation, its protection happens with direct contact with your body or by having it nearby



The Pyramid's shape is a symbol of harmony and integration, it collects energy, cleansing and purifying it for its surroundings



Action Radius

Shungite Pyramids for EMF protection have an action radius that depends on the size of the stone. There is no difference between polished and unpolished pyramids, except for its aesthetics. The efficiency of their effect is the same.

You can place your Shungite Pyramids near appliances and gadgets such as laptop, router, tv, microwave, etc

SHUNGITE FIGURES

Powerful Meditation

Shungite boosts energy levels and relieves anxiety & stress. To meditate holding Shungite in your hand can be a very powerful experience. During the meditation Shungite stone shields you from all negative influence, helps to concentrate on your feelings and manifest your goals.

HARMONIZERS

Two different stones are used to balance your energy poles.

Hold Shungite Harmonizer in the left hand (Yin).

Hold the Soap Stone Harmonizer in the right hand (Yang).



Meditate in a relaxed pose with hands over each knee and legs uncrossed.

Hold Shungite on your left hand.

Close your eyes and shut out all distractions.

Shungite Figures are used for meditation and body massage, providing spiritual and physical stress relief and restoring vitality, and always protecting against EMF radiation.

Shungite Massage

Shungite stones such as Spheres, Cubes and Cylinders are widely used used for massage.

You can gently massage any affected area with Shungite or just place it flat in different body parts: the neck, spine, chest and stomach.

Massage with hot Shungite helps to reduce stress; and massage with cold Shungite relieves tension from the muscles.



ELITE SHUNGITE

Elite or Noble Shungite is the purest type, it contains between 95% to 100% carbon, therefore it has a high concentration of fullerenes, which are the key to Shungite's properties.

This high content of carbon also makes this type of Shungite very fragile, which is why it can't be shaped. The only Elite Shungite products you can find are shapeless pendants and stones.

You can have an Elite Shungite stone near your working space or near your bed while sleeping in order to protect yourself from electromagnetic fields (EMF) radiation effect in your everyday life.

How to Make Shungite Water

1. Submerge Shungite in boiling water for 10 minutes to sterilize it and thoroughly rinse.
2. Place the well-rinsed Shungite in a 2L glass or ceramic container (not plastic or metal).
3. Use 1 L of water for every 50 to 70 grams of Elite Shungite.
4. Let it rest for 6 hours, then the water will be ready to use.

Clean your Shungite every 2 months. Boil your stones in water for 10 minutes, then dry them in sunlight for 2 hours.



When infused with Shungite, water becomes acidic, so it requires alkalization before it can be consumed in large quantities. You can use dolomite or quartz to reduce its acidity.



Elite Shungite is very rare and sought after in contrast to regular Shungite, and it is **ideal for water filtering!**

Shungite purifies water the way Mother Nature intended. Shungite is 100% naturally occurring in the environment and removes contaminants effectively.

Shungite water absorbs negative substances from the environment.

WATER STONES

Shungite purifies water the way Mother Nature intended. Shungite occurs 100% naturally in the environment, it removes contaminants effectively and neutralizes impurities.

Shungite water is an anti-inflammatory, anti-allergy, anti-oxidant, absorbent of negative substances from the environment.

Shungite is widely applied as a natural filtering instrument to clean and mineralize water.

How to Make Shungite Water

1. Submerge Shungite in boiling water for 10 minutes to sterilize it and thoroughly rinse.
2. Place the well-rinsed Shungite in a 2L glass or ceramic container (not plastic or metal).
3. Use 1 L of water for every 100 grams of Elite Shungite.
4. Let it rest for 6 hours, then the water will be ready to use.

Clean your Shungite every 2 months. Boil your stones in water for 10 minutes, then dry them in sunlight for 2 hours.



When infused with Shungite, water becomes acidic, so it requires alkalization before it can be consumed in large quantities. You can use dolomite or quartz to reduce its acidity.



Shungite has a great energizing effect on the water.

Energized and mineralized Shungite water insures better functions of cells and tissues as it contains natural antioxidants neutralizing free radicals. As a result, it improves your overall immune system and detoxes your body.

SHUNGITE PHONE PLATES

These adhesive plates are cost effective and 100% natural protection against EMF radiation and other harmful influences caused by using mobile phones.

Phones, computers and other modern gadgets are the main source of electromagnetic radiation.

Shungite plates are used to create a protective field around you and diminish the negative impact on your body. The great advantage of Shungite plates is that they can be easily attached to your phone or phone case helping you stay protected.

You can use these plates as a shield from harmful electromagnetic fields (EMFs) from cell phones, computers, Wi-Fi, cell towers, TVs, etc.



HOW EMF PROTECTION WORKS

Shungite contains a unique structure called fullerenes which is what gives it the ability to transform EMF radiation into biologically compatible energy.

Shungite changes the properties of harmful radiation by transforming artificial EMFs into biologically compatible frequencies, neutralizing their negative impact.



SHUNGITE TYPES

The purity of Shungite depends on its carbon content.
There are 5 types of Shungite:

1. Type I: Elite or Noble, contains between 95% to 100% carbon
2. Type II: Regular, contains between 35% to 80% carbon
3. Type III: Contains between 20% to 35% carbon
4. Type IV: Contains between 10% to 20% carbon
5. Type V: Contains less than 10% carbon

Elite Shungite

Elite Shungite is too fragile to be shaped, that is why there are no shaped items made of it.

Our selection of Elite or Noble products consists of:

1. 25 g of Elite Stones
2. 50 g of Elite Stones
3. 100 g of Elite Stones
4. Big Single Stone
5. Elite Raw Pendant
6. Elite Tumbled Pendant

Elite Shungite is 4 times more effective than regular Shungite, therefore less quantity is needed and needs to be replaced less often.



Regular Shungite

Regular Shungite has enough carbon content to be used for EMF protection, water purification or energy balance.

This type is less fragile; hence, it can be shaped into Pyramids, Spheres, Cubes, Cylinders, Jewelry Beads, Pendants, and other everyday use objects.

Regular Shungite Stones for water are efficient in water purification, a higher amount is needed compared to Elite Stones, but they are cost efficient.

Thank you for choosing Heka Naturals!

Your opinion matters to us!

We would love to hear what you think about this product. We will appreciate you leaving a review on Amazon.



To submit your review:

Go to Amazon, and select your orders on the top right menu. Select the item you want to review, this will take you to the product's detail page.

Click on the "write your review" link in the Customer Reviews section. Click Submit.

