

Lose Weight With Gemstones

Let's be very honest with ourselves.

Losing weight is an extensive process. Not just physically, as is too often assumed. These insights are based on my own experience.

I am not a nutrition or medical advisor, I only work with gemstones in a therapeutic supportive manner.

In order to get a different physical shape, it is just as important to consider the emotional, mental and spiritual areas in addition to physical aspects (healthier eating, more exercise).

Being fat wasn't my only problem.

I was too insecure to take matters into my own hands. I found myself in a situation where there was literally no place for me. I felt invisible. I was full of accumulated negative emotions and beliefs. I tried to suppress these negative emotions with food. Plus, I was always busy helping everyone else, forgetting about myself.

The best gift you can give yourself is taking good care of yourself in order to lose weight.

The following gemstones supported me in this.



Carnelian awakens your inner strength and your self-confidence. Whether you're working on a long-term project, starting something new, or your to-do list checking. **Carnelian** will help you have enough energy to reach the finish line. Thanks to carnelian, you become aware of the emotions that are connected to you and have a different energy than you want.



Malachite, helps you to resolve negative emotions and physically dispose of them as waste products. Don't drink water with **Malachite** (Poison !!)



Charoite helps you to overcome physical addictions and behavioral patterns. If you tend to crush your own feelings right away, this stone will help you calm down. If you are too calm, the stone will help you take action. This may seem contradictory, but **Charoites** strength is staying in balance and breaking old patterns.



Chrysoprase supports you emotionally in the process of change and self-control. This stone teaches you to recognize and recognize what strengths you have.



Smoky quartz helps you to mentally support the Charoite process. You become aware of your thought patterns associated with the behavior change process. You can let go of these and replace them with new experiences.



Gold Topaz helps you celebrate your victories.



Magnesite helps to stay true to the newly acquired self.



Iolite helps you detox and lets you experience that this is also an energetic process. This opens up space for new insights and visions.



Morganite, heals any soul from any pain that may be present. By letting go, she can take back her own energy, her own space.

Click the gem names in bold to go to that gem in my [GemstoneShop](#). If you don't find what you're looking for, send an email with your needs to info@gemstoneshop.nl

Inspirational greeting, GemJudith

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