

## What is Tourmaline?

Tourmaline is one source of “chi energy”, the concept upon which the 5,000-year-old Chinese Traditional Medicine (TCM) is based. So, exactly what is Tourmaline, and what effect do its various properties have on our bodies?

Tourmaline is a naturally-occurring semi-precious gemstone that is found in all parts of the world, but was first discovered in Sri Lanka in 1703. Since that discovery, some of the largest deposits of Tourmaline in the world have been found in Brazil, Pakistan, Afghanistan, America, Madagascar, and in many parts of Africa. The stone appears in many beautiful colors, including several shades of amber, red, pink, purple, yellow, green, blue and brown, as well as black, clear and translucent. .

Known as the “Electric Stone”, Tourmaline is the highest-energy crystal in the world. In 1880, lab experiments performed by Pierre and Jacques Curie proved that Tourmaline generates a weak electrical charge. This electrical charge enables Tourmaline to produce **far infrared photon energy, negative ions, and alpha waves.**

These three main characteristics of Tourmaline combine to provide many benefits to our health, such as prevention of cholesterol build up, purification of the blood, an improvement in circulation, stimulation of the autonomic nerves, calming of overly-excited sympathetic nerves, promotion of sound sleep and mental alertness, stress relief, stimulation of cell metabolism and enhancement of the immune system.

Let’s take a closer look at each of the healing properties of Tourmaline.

### Tourmaline Produces Negative Ions

Have you ever noticed how refreshed, invigorated and just plain “alive” you feel when you’re at the base of a waterfall, near a natural spring, walking along the beach or in the woods, or right after a good rain? The reason you feel that way is because negative ions are present in abundant numbers!

To best understand the benefits of negative ions, it’s important to understand the effects that positive ions have on our bodies. High concentrations of positive ions (and the *lack* of negative ions) are associated with most of the environmental stressors found in our daily lives, such as exhaust fumes, cigarette smoke, pesticides, dust and soot, and the radiation released by high-voltage power lines, computers, cell phones and electric appliances, to name a few.

These positive ions create free radicals, which are known to be harmful to our health. Tourmaline converts moisture in the air into negative ions which neutralize the free radicals created by positive ions. The higher concentration of negative ions produced by Tourmaline result in the same healthful effects on the body as the negative ions produced in nature.

More and more health experts, researchers and doctors are acknowledging the astounding health-promoting benefits of negative ions:

- Revitalization of cell metabolism
- Strengthening of the immune system
- Stabilization of blood pressure

- Improvement in blood circulation (dilation of vessels)
- Strengthening of the bones
- Purification of the blood (increase in alkalinity)
- Facilitation of breathing
- Reduction in pulse rate
- Enhancement of heart function

For additional information on negative ions, positive ions and free radicals, please [click here](#).

#### Tourmaline Emits Far Infrared Photon Energy

Far Infrared Rays (FIR) have been called the "Light of Life", because they comprise the particular portion of the entire energy spectrum that's most responsible for sustaining life on Earth—photon energy. To understand this, let's look at the full spectrum of energy emitted by the Sun:

- Infrared (near, middle and far)
- Visible Light
- Ultraviolet
- X-Rays
- Gamma Rays

By far, most of the Sun's energy is in the *infrared* part of the spectrum. These rays are not seen as light (the visible part of the spectrum), but rather are felt as heat. Infrared rays are divided into three wavelength frequencies: near, middle and far. Far infrared waves are the longest of all infrared waves, measuring from 5.6 to 1,000 microns.

A narrow spectrum of far infrared waves in the 4 to 14 micron range is known to have particularly beneficial and healthful effects on the body. Why is this so? Consider that human beings send and receive FIR waves measuring in the 3 to 50 micron range, with the greatest output around 9 to 10 microns. When receiving FIR waves of similar length, such as those emitted by Tourmaline, by the warming that is produced by these waves can penetrate bodily tissues deeply and very uniformly.

This warming therapy of far infrared, and its other effects on the body are known to have many health benefits, including:

- Promotion of blood supply, circulation and body warming
- Purification of body fluids, and elimination of harmful toxins
- Reduction of spasms through the warming of muscle fibers
- Increase in metabolism
- Strengthening of the immune system
- Relief from stress and fatigue
- Promotion of sound sleep
- Stimulation of enzyme activity
- Regulation of nervous system and reduction of nerve pain

For additional information on Far Infrared Photon Energy, please [click here](#).

#### Tourmaline Generates Alpha Waves

The human brain generates several types of energy waves which pulsate at different speeds. Alpha brain waves are slow, and scientific research has proven that when people are in the "alpha state", they receive more oxygen return to the brain, allowing them to rest or sleep more peacefully and deeply.

German and Japanese scientists have discovered that Tourmaline can radiate an energy of 8-13Hz per second, which matches exactly to the alpha wave frequency in the human brain. When exposed to this wave frequency, the brain can more quickly enter the alpha state, thereby bringing about a calm and peaceful sleep.

Studies have shown that the alpha state has many therapeutic effects on our health, including:

- Brain strengthening and an increase in intellect
- Improvement in mental clarity and focus
- Help with falling asleep
- Delay of the aging process
- Improvement in the body's ability to heal itself

<http://www.balajispa.com/Tourmaline%20Stone.html>

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