

## **Sawbones 123: Crystal Healing**

Published February 10, 2016  
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### **Intro (Clint McElroy):**

Sawbones is a show about medical history, and nothing the hosts say should be taken as medical advice or opinion. It's for fun. Can't you just have fun for an hour and not try to diagnose your mystery boil? We think you've earned it. Just sit back, relax, and enjoy a moment of distraction from that weird growth. You're worth it.

[theme music plays]

### **Justin:**

Uh, uh, hello. Hello, everybody. Well— Oh. Uh, welcome to Sawbones, a martial tour of misguided medicine. I am your co-host, Justin McElroy.

### **Sydnee:**

I'm Sydnee McElroy. Are you, um, Justin, are you having some trouble focusing?

### **Justin:**

And done. Okay. Yes. Okay. I'm done.

### **Sydnee:**

Okay.

### **Justin:**

Sorry.

### **Sydnee:**

You were kind of all over the place there.

### **Justin:**

Yeah. I'm sorry. I should've— I was just finishing up, uh, watching some ASMR videos, uh, as I do before every recording...

### **Sydnee:**

Right.

**Justin:**

Just to get myself, like, super duper centered and ready to make the best show possible.

**Sydnee:**

Okay. So you were watching that as you were doing the intro to our show?

**Justin:**

No. I mean, usually, I time the video out better. So, like, as the final moment of the video plays and the... my, like, ASMR tingles are in full effect...

**Sydnee:**

Uh-huh. Your tingles.

**Justin:**

... it stops as I'm hitting record.

**Sydnee:**

Your tingle factor is...

**Justin:**

The tingle factor is at a 10.

**Sydnee:**

... at its highest. A 10? Is that what— Is tingle factor on a scale of one to 10?

**Justin:**

It is, actually.

**Sydnee:**

Okay.

**Justin:**

That was, uh, regulated by the UN recently.

**Sydnee:**

[laughs]

**Justin:**

Um, so yeah. It's a tingle. Uh, um, I have found, by the way, as I'm speaking about ASMR videos...

**Sydnee:**

Right.

**Justin:**

Quick sidebar. Bring it up on another podcast, a lot of people don't know what that means and then they ask me what that means or if it's a real thing.

**Sydnee:**

Well, to be honest, I didn't know what it meant until you started talking to me about it.

**Justin:**

It's a thing. It's hard to describe but if you've ever felt like, uh... People get it from different things. Some people get it from sounds. Some people get it from, like, personal attention.

**Sydnee:**

You get it from when I practiced, um, examining you.

**Justin:**

Yeah. Yeah, yeah, yeah.

**Sydnee:**

When I was in medical school, when I didn't know how to do a...

**Justin:**

Physical attention works for some people.

**Sydnee:**

... physical exam yet.

**Justin:**

Yeah. It's weird. It's like a... It's a really hard thing to describe but Google ASMR and you'll find out all that.

**Sydnee:**

That's actually to this day, that's, like, the trade off that Justin and I have if I'm, like, really stressed out and I— Like, the thing for me is I want my back rubbed.

**Justin:**

Mm-hmm.

**Sydnee:**

'Cause I think that's, like, a— That's a pretty...

**Justin:**

Sane person thing.

**Sydnee:**

... [laughs] standard thing to say like, "Oh, will you rub my shoulders? Rub my back? Like, I'm so stressed." And the trade-off is Justin says, "Well, will you give me an examination?"

**Justin:**

My, uh...

**Sydnee:**

[laughs]

**Justin:**

So have you not... Do you real— Like, you understand conceptually but, like, do you not have a thing? Like, have you not, like, experienced...

**Sydnee:**

I think I know what you mean. I think I've had moments of it when I've had my hair done before.

**Justin:**

Hair done. Yeah.

**Sydnee:**

Yeah. I think I've had... I mean, not even all the time though. I don't think I've experienced it a lot. I don't think I've ever clued into anything that does it regularly.

**Justin:**

The best one, like, the original one for a lot of people is there's this 3D audio or holophonic audio, some people call it. Most ASMR is recorded in 3D sound because it gives you, like, that you are there immersion.

**Sydnee:**

Right.

**Justin:**

There's that, uh, a holophonic haircut video that is, like, very old that I heard at Disney World originally, weirdly enough. Anyway. This is, like, we have gone off the rails before but this is, like, whoa. Whoa. Indiana Jones. Give this mine cart back.

**Sydnee:**

Well, tell me what your ASMR video was about, Justin.

**Justin:**

Well, Syd, my new thing, uh, used to do a lot of, like, candle review videos. Uh, I watch medical exams sometimes. Like, cranial exams. Cranial nerve exams.

**Sydnee:**

Okay. All right. That was almost getting weird but I guess if it's cranial nerve exams, I'll allow it.

**Justin:**

Uh, yeah. Not like [whispers] butt exams. Anyway.

**Sydnee:**

Right. Not the clinical butt exam that we do.

**Justin:**

[laughs] I'm here. I have a particular—

**Sydnee:**

Standard part of the— Medical students, today, you're going to be learning the clinical butt exam.

**Justin:**

[laughs] A CBE.

**Sydnee:**

Part— If you could partner up and then bend over.

**Justin:**

[laughs] Uh, uh, yeah. My new thing right now is, uh, crystal therapy. Uh, I like crystal therapy videos. I found some pretty good ones that are, like, an hour long. You just like, lose yourself, you know, in...

**Sydnee:**

Right.

**Justin:**

... crystal therapy. Um, it's just people moving stones around on people, people spraying spray to move energy around. It's like, ASMR magic.

**Sydnee:**

So for everybody listening along, you thought we were gonna zig and we zagged there. You thought we were gonna talk about ASMR.

**Justin:**

Shh. Whoa. From your lips to Sydnee's ears, man. We get that video— That going.

**Sydnee:**

No.

**Justin:**

I can guarantee you, there is no medical history for ASMR...

**Sydnee:**

[laughs]

**Justin:**

... whatsoever.

**Sydnee:**

No. No. But we will talk about crystal healing since, Justin, you've watched a lot of videos. You could probably describe it better than I could, but I bet you don't know much else about it.

**Justin:**

No. I mean, like, I've described the sort of extent of my knowledge of it. Uh...

**Sydnee:**

Well, I haven't seen it. I've just read about it and watched...

**Justin:**

Sure.

**Sydnee:**

... like, seen a lot of pictures of it.

**Justin:**

I tried to show you a clip you got kind of— I think you got a little angry.

**Sydnee:**

It's hard. It's hard when— This is— I'll go ahead and say this now. So if you notice in crystal healing, and this is not just true for that. You'll hear this for a lot of, what I would call, like, pseudo scientific kind of healing therapies.

Uh, people are so certain. They say like, "You just spritz this." What was that? Like, water or energy juice or whatever she was spritzing.

**Justin:**

Well, Sydnee. It was obviously not water because it was in a decorative bottle.

**Sydnee:**

She was spritzing. This woman was spritzing this stuff in a direction down this woman's legs. This like, little spray bottle of what, I don't know, scented water or something. And she was talking about how this definitely does... Like, in medicine, we don't—

**Justin:**

Energy clearing spray, Sydnee. Don't, like, play dumb.

**Sydnee:**

Right.

**Justin:**

It's an energy clearing spray.

**Sydnee:**

But like, in medicine...

**Justin:**

Like, you probably have it in your office.

**Sydnee:**

[laughs] No. No. We have hand sanitizer. Medicine is never—

**Justin:**

[laughs] Same thing.

**Sydnee:**

It's, like, never that black and white. Oh, well. Almost never I should say. It's very rarely that black and white. Like, we don't say like, "Oh, you have high blood pressure? Here's your high blood pressure pill. That always work



every time at that dose. Done. Walk out of my office. I don't need to see you anymore."

**Justin:**

Mm-hmm.

**Sydnee:**

Like, it never works that way. Everybody's different and it's always more complicated.

**Justin:**

But not people who are practitioners of things like crystal therapy sometimes.

**Sydnee:**

Exactly. So let's talk about crystal therapy.

**Justin:**

Okay.

**Sydnee:**

We've wasted enough time.

**Justin:**

Yeah.

**Sydnee:**

Uh, I wanna thank, uh, several people suggested this. Miriam, Taylor, and Jillian. Thank you so much for this suggestion. I think many others have actually tweeted about this.

**Justin:**

Mm-hmm.

**Sydnee:**

'Cause we kind of have mentioned this, like, as a sidebar in several episodes.

**Justin:**

Yes.

**Sydnee:**

Um, reportedly, crystal healing, like, if you— This is really hard to look up actual information about because there are a lot of people who are trying to sell you rocks.

**Justin:**

Mm-hmm.

**Sydnee:**

And they all have websites about this and they all have managed to... What is the thing called when you're good at using Google?

**Justin:**

SEO.

**Sydnee:**

Yeah. They all have done that better than any...

**Justin:**

[laughs]

**Sydnee:**

... historian [laughs] who wants to write about the history of crystal therapy, um, because when you start reading about it from any of these websites, it's, like, this ancient therapy dates back to the dawn of man. Well, no. I mean, I think it's fair to say that a lot of ancient cultures, uh, there's examples. The Greeks, the Romans, the Egyptians, the ancient Chinese cultures, the Native Americans all, like, valued precious gemstones.

**Justin:**

Mm-hmm.

**Sydnee:**

You know? Believed that certain ones had different powers or connections with, like, you know, either magical powers or spirituality. That kind of thing.

**Justin:**

Even as far back as perhaps Sonic and Dr. Robotnik in the pursuit of the Chaos Emeralds is another example of an ancient culture.

**Sydnee:**

When— What time period is Sonic set in? Like, when were hedgehogs that...

**Justin:**

Well.

**Sydnee:**

... that, um...

**Justin:**

Let's see. When the green—

**Sydnee:**

... that flexible and fast.

**Justin:**

It's when the green hill zone was like, fully lush. So I'm not sure if that makes it something...

**Sydnee:**

Is that past or is that yet to happen?

**Justin:**

Dr. Robotnik is hovering so he's got a like, little egg ship that flies around. Uh, so I'm not sure when that tech was invented or will be invented.

**Sydnee:**

Sure.

**Justin:**

Let's assume it's a future time on Earth.

**Sydnee:**

Okay. Okay. So we're not there yet.

**Justin:**

Yeah. Horrifying timeline where humans have become giant egg men and hedgehogs have become blue and fast.

**Sydnee:**

Hedgehogs come flying at you at full speed.

**Justin:**

Outta no where. Yeah.

**Sydnee:**

That's terrifying.

**Justin:**

People give Dr. Robotnik a bad rap but if a hedgehog was on two legs and started spinning around and just, like, flying at you, you'd probably panic too.

**Sydnee:**

I would.

**Justin:**

You'd try to knock its rings out of its hands as well.

**Sydnee:**

I would. Well, I would probably hide but...

**Justin:**

Yeah. For sure.

**Sydnee:**

Yeah. Either way. Either way. So the general idea that you'll hear pitched is that we've always understood since the dawn of man and woman, by the way, but sure. Man. Uh, that we've always understood that crystals act as, like, a conduit— Crystals and gems as a conduit for energy, basically allowing the good energy in and the bad energy out.

And we have found, like, as old as, like, some cuneiform tablets that detail, like, there are certain stones that you might wear like amulets. You know? Or talismans that were good for, like, inducing love in someone or even hate or fertility or things like that. I would still say this is a bit of a far cry from medical uses.

**Justin:**

Mm-hmm.

**Sydnee:**

Uh, but the idea that these stones have power. Um, again, and this is hard for me to verify. There are mentions of this multiple places but I don't know. I don't know if this is all just hearsay from people who wanna sell you rocks or not. But...

**Justin:**

Hey, Syd. Hey, come real close. [whispers] Probably.

**Sydnee:**

Probably.

**Justin:**

Probably.

**Sydnee:**

But perhaps, I think that this— We can fantasize perhaps that the Egyptians used things like topaz and peridot for night terrors or to ward off evil spirits. So that— I think that that's in the realm of possibility.

There was also one pharaoh in particular who supposedly wore a jasper dragon. It's a stone. A jasper dragon over his stomach 'cause it helped with his digestion. That sounds like a weird thing that royalty might do.

**Justin:**

Yeah.

**Sydnee:**

So sure.

**Justin:**

Jasper Dragon was also my favorite 1970 stuntman.

**Sydnee:**

[laughs]

**Justin:**

He took a lot of risks and he died way too young but, God, while he burned here on Earth, he burned so bright.

**Sydnee:**

I thought he was one of the American gladiators. [laughs] Jasper Dragon.

**Justin:**

Laser's arch nemesis, Jasper Dragon.

**Sydnee:**

Um, uh, they would also bury their loved ones with quartz, which I think is probably true, to guide them to the afterlife. Um, there's also a lot written about their love for, uh, lapis lazuli.

**Justin:**

From Minecraft?

**Sydnee:**

That is the only, like... This is my reference point for that. It's in Minecraft and now I feel like I'm seeing it everywhere.

**Justin:**

It's so hot right now. Lapis lazuli.

**Sydnee:**

It's blue. Right?

**Justin:**

Yeah.

**Sydnee:**

That's all I know about it and maybe the Egyptians liked to use it. Uh, the Greeks used, uh, some stones in their, uh, healing or maybe just, like, spiritual centeredness kind of, like, uh, pursuit. They would use amethyst to ward off drunkenness. [laughs]

**Justin:**

Mm-hmm.

**Sydnee:**

Um, and then they could also, the warriors, uh, would rub themselves in hematite to, um, make themselves invincible in battle.

**Justin:**

Okay.

**Sydnee:**

Which I don't think worked.

**Justin:**

Mm-hmm.

**Sydnee:**

I would also say that if you want to ward of drunkenness, I have a better idea than wearing amethyst.

**Justin:**

Just don't drink as much.

**Sydnee:**

[laughs] Don't drink.

**Justin:**

Yeah. That, uh, make them invincible in battle thing is weird 'cause it seems like that'd be pretty easy to test. Pretty quick to put that experiment to bed, huh?

**Sydnee:**

[laughs] But as we have learned through the show, just because something doesn't work, doesn't mean—

**Justin:**

Doesn't mean it doesn't work.

**Sydnee:**

Exactly. Doesn't mean people stop believing in it. They stick with it anyway. Um, there are a lot of... We see a lot of examples specifically from ancient Chinese culture but a lot of different cultures valued jade for stuff.

**Justin:**

Mm-hmm.

**Sydnee:**

Um, some... Maybe specifically kidneys but just in general, jade was thought to be healing and lucky and protective. Um, it's also mentioned a lot of different places, again, on these websites that are like, all about the value of crystal therapy that, um, crystals were used, and this is one quote, "like electricity in the lost city of Atlantis."

**Justin:**

Ah.

**Sydnee:**

So I don't know if that means like, for, like, used in some sort of electric capacity or just, like, that common that crystals were every where. And also, how do you know?

**Justin:**

Yeah. I don't wanna like, step on your history here, Syd. But, like, am I allowed to say how crystals are used, like, in the infinity gauntlet?



**Sydnee:**

[laughs]

**Justin:**

Like, if we're just be making crap up about crystals?

**Sydnee:**

I think that's fine.

**Justin:**

Okay.

**Sydnee:**

I don't— Yeah. I mean, like, there were a lot of mentions of Atlantis as if we know things about Atlantis.

**Justin:**

Sure. Right.

**Sydnee:**

So if you see that on a website, I would have some questions about it.

**Justin:**

Right.

**Sydnee:**

Right.

**Justin:**

Yeah.

**Sydnee:**

They were also used like electricity in Guilder so...

**Justin:**

Mm-hmm. Oh, in... From the Princess Bride?

**Sydnee:**

There you go.

**Justin:**

Okay.

**Sydnee:**

Uh, Pliny had lots to say about rocks.

**Justin:**

Niche.

**Sydnee:**

Pliny the Elder, of course, one of—

**Justin:**

Of course my dude had—

**Sydnee:**

One of our favorite, uh, one of our favorite special guests on Sawbones, um, Pliny wrote about all the different rocks, uh, both precious and not precious. And he wrote, like, just kind of accounts of them. This is, you know, what this looks like. Here's where you might find it. This is what we use it for. Like, in building and things like that.

**Justin:**

Not necessarily, like, prescribing them. Right?

**Sydnee:**

Well, but he also wrote what therapeutic benefits some of these stones had.

**Justin:**

Okay.

**Sydnee:**

So for instance, he would say, like, you could take a crystal, which I think he means— He might mean quartz. It's unclear but... 'Cause a lot of these

we've had to kind of infer, like, what he meant by certain... You know, there were like...

**Justin:**

There were different—

**Sydnee:**

... ancient names for rocks.

**Justin:**

Yeah. Gotcha. Gotcha.

**Sydnee:**

And so we think we know what he meant. So I think quartz that you could heat it up in the sun and hold it against bleeding to cauterize something.

**Justin:**

Mm-hmm.

**Sydnee:**

I mean, anything...

**Justin:**

This is a test.

**Sydnee:**

... would probably work.

**Justin:**

Yeah.

**Sydnee:**

If it's really hot.

**Justin:**

If you wait.

**Sydnee:**

Um, amber was thought to be good to, um, like you could put an amber amulet around an infant's neck.

**Justin:**

To make like, a sweet looking baby?

**Sydnee:**

[laughs] To make it, like, safe...

**Justin:**

Just—

**Sydnee:**

... and healthy. But like, the amber teething rings are like, a— Remember? You know, like they're a...

**Justin:**

Oh, yeah.

**Sydnee:**

... a thing now. I wonder if this is where that...

**Justin:**

Let's hope so.

**Sydnee:**

... came from 'cause Pliny probably just, like, said that.

**Justin:**

Yeah. He says— My man Pliny says a lot of things.

**Sydnee:**

Uh, you can wear it around your neck to prevent, like, delirium. It cures fevers. It fixes your tonsils. Um, these are other things he thought about amber. In addition to draping it on your baby, you could mix it with honey and rose oil and it would be good for your ears or if you just mix it with honey, it'll cure blindness or if you crush it into a powder and take it, it will settle like, indigestion. Like, a broad range of activity.

**Justin:**

Just basically, eat rocks.

**Sydnee:**

Yes.

**Justin:**

Okay.

**Sydnee:**

Yes.

**Justin:**

Got it.

**Sydnee:**

Eat amber. Um, he recommends tourmaline. Uh, now, actually, I should say he doesn't recommend tourm— Tourmaline was apparently a common therapy in the time of Pliny because he specifically makes note that tourmaline does not work for kidney stones and jaundice.

**Justin:**

Mm-hmm.

**Sydnee:**

Pliny's very explicit about that. Like, everybody says that this is true but it's not.

**Justin:**

Hi, welcome to Myth Busters. I'm Pliny.

**Sydnee:**

[laughs]

**Justin:**

Listen, a lot of you out there are using tourmaline for these two things and I just wanna say, it's bubkis.

**Sydnee:**

Uh, my guess is that Pliny had a really bad kidney stone and he took some tourmaline and, of course, it didn't work and he was really upset 'cause kidney stones hurt, man.

**Justin:**

Sure. Yeah.

**Sydnee:**

Um, there was, uh, something called adamas. Like...

**Justin:**

Adidas?

**Sydnee:**

Adamas.

**Justin:**

Adamas.

**Sydnee:**

Adama.

**Justin:**

Okay. Like, Lee Adama?

**Sydnee:**

I guess.

**Justin:**

Okay.

**Sydnee:**

That's all I could think of. Like, I was like, of Battlestar Galactica, Adamas? No. I think it was probably diamonds and then things that looked like diamonds...

**Justin:**

Got it.

**Sydnee:**

... were referred to as adamas and then they could fix a lot of things. Poisoning, delirium, mental illness. Um, they were very prized, uh, for medicinal use, according to Pliny. This is all Pliny's writings, um, from his natural history. And then, um, he also recommended emeralds for just, like, to make you happy 'cause...

**Justin:**

Just... Yeah.

**Sydnee:**

'Cause they're really pretty.

**Justin:**

Just nice to have around.

**Sydnee:**

Like, he wrote about— They're really lovely. So have some emeralds 'cause—

**Justin:**

Emeralds are Pliny's best friend.

**Sydnee:**

Yeah. 'Cause they look... They're lovely. Um, and while there are references to different, um, ancient cultures, like I said, like, adorning themselves with crystals and using them as, you know, for magical kind of powers. Um, uh, as we move into, like, modern crystal use, that's not really what we're talking about.

As we're gonna get into it, like, all these kinds of examples that I've gone through as we go into, like, what crystal healing therapy is today, you're not necessarily gonna hear that same kind of, um, theory of it. It's a whole new thing.

**Justin:**

Okay.

**Sydnee:**

Um, and this is because throughout the Renaissance period, crystal use kind of fell out of favor. I mean, there was a lot of study, like, a lot of geological study. Like, what are these rocks? And let's give them all names.

**Justin:**

Mm-hmm.

**Sydnee:**

And let's not call everything that looks like a diamond the same thing.

**Justin:**

Right.

**Sydnee:**

Let's give them each their own names and that was all very interesting and we understood crystals and gems and all that better and we cataloged them. But their use for, like, medicine really started to fall out of favor until we get to, like, the 1800s and then we see all the, kind of the weird spiritualist stuff come back and that's when you start to see the beginnings of, like, well, maybe these stones that we think the ancient Egyptians used, maybe they did have some sort of power and then, finally, we see in the real renaissance of crystals was in the 1940s, was that recent.

**Justin:**

Wow.

**Sydnee:**

Um, and that's, like, as the New Age movement started to begin. Um, people started trying to, like, dig back through books and see, like, what are other weird things that we let go of when we learned about science and maybe we should bring back now that we don't like science as much?

**Justin:**



'Cause, uh, if I'm hearing you right, it sounds like we're kind of blurring the line here between, like, medicine and magic. Like, these things would've been, like— I don't— It sounds like these ancient practitioners, if you wanna call them that, probably wouldn't have said that this was, like, actually, for lack of a better term, actually working. That there were magical energies that they could not understand or describe in the sense. It's more than, like, there's energy in the Earth that we're, like, channeling with these.

**Sydnee:**

Exactly. I mean, and you've got to look at that we're talking about people who were practicing medicine in a lot of these cultures in a time where, um, spiritual influences were thought to cause physical problems.

**Justin:**

Mm-hmm.

**Sydnee:**

So the two were so deeply interwoven. You know, you would wear this crystal to ward off an evil spirit because evil spirits were known to cause pneumonia. Although, you wouldn't have called it pneumonia. You would've said like, you know, you had the fever.

So evil spirits caused the fever so wear this amulet. You won't— The evil spirits won't get you. That kind of thinking. But, like, as far as this is a medicine. Grind it up and eat it or whatever and it...

**Justin:**

Mm-hmm.

**Sydnee:**

... fixes stuff, that wasn't as common. And certainly this idea of, like, moving energies around was not the way people were using it.

**Justin:**

Well, I wanna hear more about the new usage of it. Like, the new age usage.

**Sydnee:**

Well, Justin, I wanna tell you about that but, first, why don't you follow me to the billing department?

**Justin:**

Let's go!

[theme music plays]

[ad break]

**Travis:**

Hello, internet. I'm Travis McElroy.

**Teresa:**

And I'm Teresa McElroy.

**Travis:**

She is my wife.

**Teresa:**

And he's my husband.

**Travis:**

And it is our pleasure to introduce to you, a brand new podcast...

**Teresa:**

Shmanners! It's extraordinary etiquette...

**Travis:**

... for ordinary occasions. Teresa, let me ask you this. Can you teach me how to write a thank you note?

**Teresa:**

Yes, I can.

**Travis:**

How about tips to improve my table manners?

**Teresa:**

I'll do my best.

**Travis:**

And will you finally explain to me the difference between casual and business casual and cocktail and formal and black tie and all that stuff?

**Teresa:**

If anybody can, I can.

**Travis:**

But like, it's gonna be funny. Right?

**Teresa:**

Of course. I'm going to give historical origins and how those manners fit into our everyday lives. How could it not be funny?

**Travis:**

But also, sometimes we'll talk about, like, burps and farts. Right?

**Teresa:**

Yeah. When not to.

**Travis:**

But we'll still talk about it.

**Teresa:**

Yes.

**Travis:**

Great. So come join us for our new hilarious show.

**Teresa:**

No RSVP required.

**Travis:**

Coming to you soon every Friday on [maximumfun.org](http://maximumfun.org). It's Shmanners!

**Teresa:**

Manners, shmanners. Get it?

[ad break ends]

**Justin:**

So new age, Syd. I wanna hear about crystals.

**Sydnee:**

So like I said, um, while we understand that perhaps crystals, gems have been at least respected or, you know, feared, uh, held in admiration for a long time, what we think of as, like, modern crystal healing or crystal therapy is more of like, uh, it's like a mash up of some different Asian influences.

**Justin:**

A remix.

**Sydnee:**

Yes. It's like a Glee style mash up that we all enjoy of some partially based on, like, the ancient and I think modern Chinese concept, ancient, still in belief, still in use, concept of life energy. Um, like your chi.

**Justin:**

Chi.

**Sydnee:**

Um, and then also the idea of, like, chakras.

**Justin:**

Okay.

**Sydnee:**

So you kind of mix this together and you get what a lot of modern crystal therapy, uh, practitioners are doing. Um, so let's understand what chakras are first 'cause I don't think we've ever discussed chakras...

**Justin:**

I don't think so.

**Sydnee:**

... in great depth.

**Justin:**

I always thought it was like, energy humors.

**Sydnee:**

That's actually a really good, uh, good metaphor for it.

**Justin:**

Okay. Good.

**Sydnee:**

That's actually a really good touchstone. So—

**Justin:**

I knew I'd get one eventually.

**Sydnee:**

[laughs] Great job.

**Justin:**

Great job.

**Sydnee:**

Somebody write this down.

**Justin:**

[laughs]

**Sydnee:**

Uh, the chakras are different points on your body where they're like vortexes. They're like energy vortexes and they're where the spiritual energy and your physical body kind of connect.

And you have to keep them all in balance, much like your humors, in order to maintain, uh, physical, emotional, mental wellbeing. Uh, and to ward off any kind of disease or illness and then also just to like, be happy and...

**Justin:**

Sure.

**Sydnee:**

... and feel good. So it's both a physical and an emotional kind of healing. Um, each chakra corresponds to a different color and, uh, the way you can affect the person is by activating these different chakras at these different locations on your body that correspond to these different colors.

**Justin:**

Okay.

**Sydnee:**

There are seven chakras and basically, you think of them as like, a rainbow. It's like ROYGBIV from the bottom up.

**Justin:**

Okay.

**Sydnee:**

So starting at your feet, you get the red and then go all the way up to the head with the violet, which is interesting because one point I would like to make is wasn't indigo kind of ousted?

**Justin:**

We got rid of indigo, yeah.

**Sydnee:**

From the rainbow.

**Justin:**

Yeah. But I would— I assume, like, chakra tech is not gonna keep up with—

**Sydnee:**

No, 'cause as far as I can tell, indigo is still a chakra.

**Justin:**

Okay.

**Sydnee:**

So...

**Justin:**

Well, what're they gonna do?

**Sydnee:**

And one of the members of the rainbow, Rainbow Brite's friends.

**Justin:**

Yeah. Well, what're they gonna do? Like, exile her?

**Sydnee:**

[laughs]

**Justin:**

Now you have to go live in Pittsburgh. You can't live here.

**Sydnee:**

That's what we did to Pluto.

**Justin:**

I guess. Yeah. I mean, Pluto is—

**Sydnee:**

Pluto and indigo.

**Justin:**

We didn't blow Pluto though!

**Sydnee:**

[laughs]

**Justin:**

Like, it's still there.

**Sydnee:**

How do you know? Do you have any proof that Pluto is still there?

**Justin:**

I—

**Sydnee:**

Right now, in front of you, do you have any proof that Pluto is still there?

**Justin:**

Not on me.

**Sydnee:**

I don't either.

**Justin:**

Indigo. Indigo, from now on, your name is Debbie.

**Sydnee:**

[laughs] And you're out.

**Justin:**

And you're out.

**Sydnee:**

With Pluto.

**Justin:**

Go move to Pluto, Debbie.

**Sydnee:**



Um, go to Exile Island. So you can have crystals from these different colors. I mean, that's kind of where this all connects. So you would want a crystal that corresponds to the color of that chakra to put on that chakra place.

**Justin:**

The crystal's color literally corresponding?

**Sydnee:**

Yes.

**Justin:**

Okay.

**Sydnee:**

'Cause— You know, 'cause there are gems and crystals in all different colors.

**Justin:**

Sure.

**Sydnee:**

And so you would wanna find one of the same color and you could either put it on your body in that place or you could also just use these, like, at home. Like, you could wear one or sleep with one under your pillow, that kind of thing as well, to help balance the energy. Um, sometimes the stones themselves are balancing the energy.

**Justin:**

Okay.

**Sydnee:**

And then other times, it's, like, the practitioner that you go to who does the crystal healing is, like, using their energy, their life energy and the stone is just a conduit for it.

**Justin:**

Mm-hmm. Okay.

**Sydnee:**

So it empowers it. So it makes you go to a practitioner, basically, because the stone itself isn't gonna do enough. You need the healing energy from the person who's...

**Justin:**

It's a good deal for the practitioner.

**Sydnee:**

Yeah. Really. Um, and, uh, if you were to go to one of these visits, you would, like, sit down with the practitioner and they would ask you about, like, how you feel. Just like a doctors visit. You know? Where they're like, "What are your complaints today? What hurts?"

**Justin:**

What chakras need to be tweaked up?

**Sydnee:**

[laughs] Well, no. You don't get to decide that. You come and say like, "I have a headache." Or, "My throat is sore."

**Justin:**

Hey, listen. I'm paying. I'll decide how my chakras get worked over.

**Sydnee:**

[laughs] And no. They'll tell you what chakras are out of order.

**Justin:**

Okay.

**Sydnee:**

Um, and then basically they lay you down and, like, put rocks on you for like, five to 10 minutes in different patterns. Um, so let me give you some examples to kind of draw all this together.

So like I said, there's a chakra for every color. Uh, or for the colors of the rainbow and they correspond to different places on your body. So starting at

the top, the crown chakra at the top of your head is violet and so an example, if you have a headache, you could put an amethyst on your head.

**Justin:**

Just like...

**Sydnee:**

And you leave it for five to 10 minutes.

**Justin:**

Hang.

**Sydnee:**

Then you're good.

**Justin:**

You're good.

**Sydnee:**

I guess. Um.

**Justin:**

I think you would know pretty quickly if that worked or not.

**Sydnee:**

[laughs] Indigo, which like I said, I— Questionable. I have an issue with this at this point but we'll allow it since we're talking about chakras and crystal therapy anyway. Uh, is the brow chakra. Uh, and it would be good for ear and eye issues. I mean, just think about location.

**Justin:**

Got it.

**Sydnee:**

You know, it's good for that kind of stuff and there's a specific crystal called sodalite that you could use at that point. Uh, the throat chakra is the next one. It's blue. Um, and that would— That can cause problems if that's out of balance. Like, obvious ones, like a sore throat.

**Justin:**

Mm-hmm.

**Sydnee:**

But also if you're lying all the time, your throat chakra [laughs] may be out of balance. [laughs]

**Justin:**

Yeah.

**Sydnee:**

So if you tell a lot of lies, then we could just put some azurite on your throat and play some soft music.

**Justin:**

And that'll just fix that. Okay. Yeah.

**Sydnee:**

And that'll—

**Justin:**

Fix that up.

**Sydnee:**

That's all we need to do.

**Justin:**

The irony of that. Someone...

**Sydnee:**

[laughs]

**Justin:**

... charging someone money to do that is...

**Sydnee:**

You're telling a lot of lies.

**Justin:**

... pretty profound.

**Sydnee:**

Uh, green is the next one. It's the heart chakra. Um, my favorite symptom... 'Cause there are a lot. I mean, heart and lung complaints, of course. But my favorite symptom of your green chakra being out of balance is that you don't enjoy hugs.

**Justin:**

[laughs] Excellent.

**Sydnee:**

So if you find yourself no longer enjoying hugs—

**Justin:**

And, hey, we've all been there. Actually, I've never been there. I do not understand.

**Sydnee:**

No, I would recommend that if you think you don't enjoy hugs, you need to come on down to West Virginia and visit Justin and get a hug from Justin because, let me tell you, if you can't enjoy a hug from Justin, then your heart chakra is probably out of wack.

**Justin:**

Basically the nicest thing you can say about me, sweetheart. Thank you.

**Sydnee:**

Well, it's true. Um, quartz will help with this, by the way, if not Justin. Uh, the next one is yellow. It's your solar plexus chakra. Um, it's responsible for all kinds of problems. This seems like a really important one. Digestive problems, immune system [laughs] problems, allergies—

**Justin:**

I once saw a lady at a, uh— We used to have these things called mini teen institutes where, like, teens would come to a certain place and, like, just learn about not drunk driving and make bracelets and stuff.

**Sydnee:**

[laughs]

**Justin:**

I really don't remember that much about it.

**Sydnee:**

That's a wide range of activities. Learn about not drunk driving and make a bracelet.

**Justin:**

Yeah. Yeah. It's, like, one of the few non-religious camps that I went to growing up. Um.

**Sydnee:**

Does the bracelet say don't drive drunk?

**Justin:**

You'd have the reminder.

**Sydnee:**

That would be useful. Like, a little reminder bracelet.

**Justin:**

Uh, but, uh, this woman told us about the solar plexus and she, uh, [laughs] she had two film canisters and then she had a kid come up and extend their right arm and hold one of the film canisters, um, in front of their solar plexus.

And then she tried to push down on their arm, right? And then they held the other, uh, film canister up to their solar plexus and then she tried to push down on their other arm and the first time, she did it easily. And the second time, she couldn't do it.

And when she opened the first film canister up, when she pushed it down easily, it was empty. And when she... [laughs] When she opened up the second one, it was full of raisins because that's, like, healthy.

**Sydnee:**

Raisins make you strong.

**Justin:**

Raisins make you strong in your solar plexus. So the energy from the raisins was, like, working it.

**Sydnee:**

See, I think that she was way off because raisins aren't the right color.

**Justin:**

Ah.

**Sydnee:**

If it was full of citrulline, she would've been right.

**Justin:**

Yeah. Maybe. Yeah. I don't know. I should've brought that up with her.

**Sydnee:**

[laughs] Do you eat raisins?

**Justin:**

Me?

**Sydnee:**

Mm-hmm. After this demonstration, did it leave an impact on— You're pretty susceptible to advertising. This seems like the kind of—

**Justin:**

Listen, babe.

**Sydnee:**

The kind of commercial that would've sold you on raisins forever.

**Justin:**

Sweetheart, I love you and I appreciate how well you believe you know me but if you think that there's any form of advertising that can get me to eat fruit consistently...

**Sydnee:**

[laughs]

**Justin:**

... then I— You have gone terribly awry.

**Sydnee:**

If that film canister had been full of Froot Loops, however.

**Justin:**

If there's a vegetables commercial that will make me eat vegetables, please just YouTube it to me 'cause...

**Sydnee:**

[laughs] Yeah. For Charlie's sake and mine.

**Justin:**

[laughs]

**Sydnee:**

Please YouTube it to Justin. Let me know.

**Justin:**

Okay. All right. Don't you have other things to talk about?

**Sydnee:**

All right. We got a couple more chakras to get through.

**Justin:**



Yeah. I thought so.

**Sydnee:**

For... So there's the orange chakra. That's the sacral chakra. Uh, if you have a problem with it, you'll know 'cause you'll be afraid of sex and you just need an opal and you'll be fine.

**Justin:**

All sorted out.

**Sydnee:**

And then finally, there's the red base chakra, um, which can cause like, fatigue and feet problems and low back pain and you just need some jasper. I hear a lot of patients complain about fatigue and low back pain. I cannot imagine their reaction if handed them a red rock. [laughs]

**Justin:**

Here you go.

**Sydnee:**

This will be fine. I don't think they'd come back to see me.

**Justin:**

No, I think that'd be about it.

**Sydnee:**

Um.

**Justin:**

For your therapeutic relationship.

**Sydnee:**

There is a, uh, a special shape of crystal that I kept coming across...

**Justin:**

Okay.

**Sydnee:**

... that I wanted to read about. It's called the Vogel crystal.

**Justin:**

Okay.

**Sydnee:**

The Vogel cut, perhaps, you may have heard of, Justin.

**Justin:**

Uh.

**Sydnee:**

No?

**Justin:**

That does not sound familiar to me. No.

**Sydnee:**

It's named for Marcel Vogel. This cat is pretty interesting and if he did more in medicine, I would devote a whole episode to him but he really didn't. But I really wanna tell you about him. He worked for IBM for like, 27 years. Um, he lived until, like, the early '90s and he did a bunch of stuff, uh, with, uh, through IBM. Like, had a bunch of patents.

He created a company called Vogel Luminescence. And so he made all kind— Like, he made, like, the magnetic coatings for hard drives or something like that. But he also made, like, black light posters. Like, the stuff that glows in black light posters.

**Justin:**

Okay.

**Sydnee:**

And, like, something that would track rodent and insect pee.

**Justin:**

[laughs]

**Sydnee:**

Something that would fluoresce and so you could see where they'd been in your house.

**Justin:**

Mm-hmm.

**Sydnee:**

So he did all kinds of stuff with that and then in his later years, he got really into, like, the occult and magic and crystals and amulets and stuff like that.

**Justin:**

Okay.

**Sydnee:**

And one of the things he did was cut a crystal into the exact dimensions of the Great Pyramid of Giza. So its like 51 degrees but 51 minutes by 51 seconds. And these crystals are supposed to be like, the best crystals you can use for crystal healing. Like, you can use other ones...

**Justin:**

But you're wasting your time.

**Sydnee:**

[laughs] But they're not as good as Vogel cut crystals.

**Justin:**

Okay.

**Sydnee:**

Uh, and there's this great story about, like, when you read, like, testaments, like, of people who are like, "I only use Vogel cuts." There's this one who's like, "I'm a practitioner and I was at this coffee shop and the couple next to me had a baby that was addicted to cocaine."

How did you know that? I don't know. [laughs] "So they had a baby that was addicted to cocaine and so I took out my Vogel cut crystal and I held it on the baby and then the crystal exploded." And the reason is that babies are

not good conduits for the energy that is so powerful, like, the great life force that can be filtered through a Vogel cut crystal. They're not.

And so either the baby had to explode to the crystal had to explode. But the crystals are also programmed to do no harm, much like myself, and so the crystal had to explode.

**Justin:**

I would just...

**Sydnee:**

This is, like, my favorite medical story of all time. [laughs]

**Justin:**

Oh, my gosh. That— I would've given anything to be in that coffee shop.

**Sydnee:**

I think I read that laughter is the best medicine in a Reader's Digest. Um, you can even do this on your pets. I found that there are veterinarians who practice this and since it's hard to, like, get your dog to like, lay still and lay rocks on it I think, you could just, um, have water in like, a glass of the color of the chakra that you're worried about. So like, you know, if you're worried about your dog's head, have water.

**Justin:**

'Cause no dog is gonna lay still for... Yeah.

**Sydnee:**

Yeah. To like, have water in a purple glass and then get that water and spritz it on the dog periodically.

**Justin:**

Sydnee...

**Sydnee:**

Then you'll be fine.

**Justin:**

...why are we not angrier at these people?

**Sydnee:**

Okay. So as you may have guessed, crystal therapy has not... I mean, there aren't, like, huge studies on it but there have been some studies done that have shown it's no better than placebo. Like, that if you use any kind of rock in any kind of place, it makes no difference.

Um, and that if you, like, suggest ahead of time to people how they're supposed to feel, like, prep them, they're more likely to say they feel that way and if you don't tell them anything then they kind of walk out and go, "I don't know. I had a rock on my head."

**Justin:**

Yeah.

**Sydnee:**

And the people who believe in it are more likely to get effect from it and all that...

**Justin:**

Right.

**Sydnee:**

... kind of stuff. So there's no reason to think that this... I mean, I don't have any evidence, let me say, that this actually works. But unlike a lot of these alternative therapies which will tell you, like, the really evil stuff. Like, this will cure cancer. I'm sure there might be people out there who say that about crystal therapy but that was not my experience.

I looked at a lot of these, uh, a lot of these sites and, yes, these people are trying to sell you expensive rocks. But they usually say this is not meant to cure disease. This is meant to help maintain, like, your physical and spiritual wellbeing and is not a replacement for going to see your doctor when you're sick. I saw that disclaimer a lot and I'm not used to stumbling across that when we kind of talk about these things that are still in practice.

**Justin:**

Right.

**Sydnee:**

Um, now, of course, that doesn't mean there aren't bad people out there who will try to sell you rocks, you know, to cure your cancer. I'm sure they exist. But that wasn't my experience. So I'm gonna cut these people some slack 'cause I think that it might be nice. Justin, I think you might enjoy going for a session of crystal therapy, laying there.

**Justin:**

Oh, my friend. Oh, my friend, you have no idea...

**Sydnee:**

[laughs]

**Justin:**

... the extent to which I would enjoy that.

**Sydnee:**

Well, letting somebody talk to you about your...

**Justin:**

Oh yeah.

**Sydnee:**

... complaints and then put rocks on you and move energy around. I don't...

**Justin:**

Absolutely.

**Sydnee:**

I mean, I'm—

**Justin:**

That sounds relaxing as all get out.

**Sydnee:**

Of all the stuff that— Of all the medical practices, not medical practices that might not work, I don't know. This seemed pretty harmless to me. I'm gonna cut these people a little slack. I would say that I wouldn't pay for it, personally. Unless you just really like it. Like, unless it's fun for you.

**Justin:**

Sounds... Yeah. Like, it sounds like a really chill afternoon.

**Sydnee:**

Or if like, you have a friend who wants to practice it. Go for it. But, um, obviously, I would never use this to cure or treat any kind of disease ever.

**Justin:**

Uh, that's gonna do it for us folks. Uh, thank you so much for taking the time to listen to our show. Uh, I also wanna say, we have a, um, a post office box. It's P.O. Box 54100 West Virginia, 25706. 25706. And sometimes people, um, send us stuff there.

And we wanted to thank them. Uh, Holly sent us a great postcard. Jordan sent us a very cool old syringe, uh, that was very neat. Uh, David, Jean, and Adam sent us a beautiful book. Scott made a scarf for Charlie that is just lovely that she adores.

**Sydnee:**

It is adorable.

**Justin:**

And, uh, Jeremy sent us an old, old bottle that is very neat and we've got it on display up there with the, uh, the old syringe.

**Sydnee:**

Like, of old medicine.

**Justin:**

Yeah.

**Sydnee:**

Yeah. [laughs]

**Justin:**

Yeah. An old bottle— Not just like...

**Sydnee:**

An old Pepsi bottle. [laughs]

**Justin:**

"...Hey. Hey, guys. I found this at the beach." Uh, no. An old medicine bottle. Uh, so thank you all for that. That's very sweet. Uh, I mentioned mcelroyshows.com. That's where you can find other stuff that our family makes. Uh, Sydnee, you've got a new podcast with your sister, Rileigh.

**Sydnee:**

That's right. It's called Still Buffering. My sister, Rileigh, who's 15, and I discuss, uh, teen issues that were as true for me back in the day as they are for her now.

**Justin:**

Where can they find that if they wanna listen to it?

**Sydnee:**

Uh, you can find that at maximumfun.org.

**Justin:**

Or?

**Sydnee:**

Or mcelroyshows.com. [laughs]

**Justin:**

Isn't there another URL that people can check out to see Still Buffering?

**Sydnee:**

Or at Still Buffering.



**Justin:**

Isn't there another URL that I gave you the best URL I own and you are not...

**Sydnee:**

At Teen Google!

**Justin:**

TeenGoogle.com.

**Sydnee:**

Sorry.

**Justin:**

It's all right.

**Sydnee:**

At TeenGoogle.com. You can check it out too.

**Justin:**

That's hurtful. That should've—

**Sydnee:**

You're right. It is the best. I'm sorry.

**Justin:**

The best URL and it's on iTunes and stuff. Uh, but anyway, it's very funny and very good, uh, and you will enjoy their new episodes about Valentine's Day and it's great. So go listen to all those...

**Sydnee:**

Thank you.

**Justin:**

... and, uh, thanks to, uh, everybody for, uh, listening to the show and help us share the show. Um, it's very cool of you and that's— We— You know, we

don't take out ads or anything. [laughs] So that's kind of the only way we, uh, we grow so, um, thank you. It's very kind of you.

Um, and, uh, thank you to, uh, I'm— I am going to, uh, butcher her name. But her username on Twitter is @BooksAndQuills. She's a social media producer at Penguin Books and she made a lovely, um, video about our, um, Sanne? I'm gonna say 'Sane' or 'Sahn,' perhaps?

**Sydnee:**

Yeah.

**Justin:**

Uh, made a lovely video about, uh, that included a plug for our show. So it was great. So thank you to everybody and thank you to you for listening and that's gonna do it for us.

**Sydnee:**

And thank you to the Taxpayers for our theme song, Medicines.

**Justin:**

Ah yes. Yes. Very—

**Sydnee:**

As always.

**Justin:**

As always. And, uh, that's gonna do it for us, folks. Until next Wednesday. My name is Justin McElroy.

**Sydnee:**

I'm Sydnee McElroy.

**Justin:**

And as always, don't drill a hole in your head.

[theme music plays]

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