



Crystal Clear: Harnessing the Combined Potential Power of Crystals and Water

Noelle Sherrard

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An interest in the connection between environmental and human health inspired Noelle Sherrard to write *Crystal Clear*-an investigation into the chemical properties of crystals, minerals, and water as a source of mineral supplementation, albeit at an energetic level.

Crystal Clear is a gem; it is not only a record of the author's journey, but also a practical workbook that readily allows readers to become aware of their individual needs from a mineral perspective.

For those who use crystals principally as a source of comfort and inspiration, *Crystal Clear* offers an added dimension. Humanity, plants, and animals cannot survive without minerals and water, and Sherrard invites the reader to explore the possibility of doing things differently-a change of consciousness.

"The refreshingly clear and perceptive research outlined in this book I found doubly satisfying in that the author has made it possible for the reader to make good use of the information and ideas presented."

-R.H.S. Barnacle, retired school principal

"The knowledge in this wonderful book differs from the usual new age concept of using crystals, as Ms. Sherrard teaches us about the valuable minerals they contain. It is a fascinating account of her wide-ranging philosophy, as well as a very practical manual on how to use crystals to benefit our health."

-M. W. Clissold, BA

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