



HEALING AMBER

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A WORD FROM THE AUTHOR

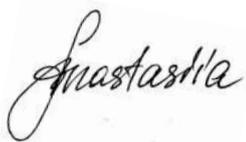
You know what happens when the person with analytical set of mind hears about healing properties of amber? Yes, that's right, he or she starts searching for proofs. So, that is exactly what we did in this book.

Two years ago, when I have just started working for Nammu, the jewelry company specialized in only highest quality amber and lapis lazuli, I was faced with a very controversial subject: healing properties of amber.

Today, I want to explain you about our journey on the path of discovering the best amber healing properties.

We went through tens of ancient and modern books, looked into ancient texts and recent scientific studies to find proofs to the most rumored healing properties of amber.

Our mission was to answer the question many of you and many of our customers were asking: what are the healing properties of amber and why people believe in them? So hop in and let's roll.



ANASTASIIA NIESHEVA

AUTHOR





ABOUT US

BY RAUL FERNANDEZ

Nammu is a company dedicated to international trade and E-commerce with headquarters in Barcelona, Spain.

We are specialized in 100% natural amber and lapis lazuli jewelry.

Our objective is to help our customers enjoy the same prices as if they bought directly in the best mining regions of the world.

With all the fakes that have flooded the amber market recently, Nammu specialists have developed a unique 5-Factor Authentication Procedure specifically for our customers to make sure that every piece of amber we sell is authentic and real.

"With our 5-Factor Authentication Procedure we can guarantee 99.99% chance that the amber you get from us was formed in times of pre-historic trees and, sometimes, even dinosaurs."

So if you want to get your own unique and rare piece of healing amber with 5-Factor Authentication Certificate for spectacular price, check our Amber 2019 Jewelry Collection.

AMBER HEALING PROPERTIES



DISCLAIMER

FOLLOWING BOOK WAS MADE EXCLUSIVELY FOR INFORMATIVE PURPOSES.

PLEASE, REMEMBER THAT WE DO NOT GIVE YOU ANY MEDICAL PRESCRIPTIONS. IN CASE OF ANY HEALTH PROBLEMS, CONSIDER VISITING A DOCTOR AND USE AMBER AS A SUPPORTING MEASURE.

WISH YOU ALL AN ENDLESS HEALTH AND HAPPINESS!

HEALING AMBER

Amber is one of the world's oldest and most desired treasures, a "Gold of the Sea" masterly created by light and life, preserved by time and washed upon the shores for humanity to treasure it as a talisman of beauty, amulet for protection and renewal. Through centuries it inspired discussions and arguments, occupied mind of the best ancient and medieval philosophers and scientists.



On our path to discover amber healing properties we were faced with a serious challenge:

Currently, there is little to no scientific evidence about the influence of amber on health. Yes, succinic acid itself has been proved to have positive influence on person's body, but no studies are done about amber so far, unfortunately.

Some people say that it all can come due to the reason that pharmaceutical companies are not interested in these kinds of research, because, well, if you start healing yourself with amber stones, who are going to buy pills? But we are not here to discuss any conspiracy theories and etc..

EVEN WITH A LACK OF SCIENTIFIC RESEARCH, THERE ARE STILL TENS OF REVIEWS AND COMMENTS FROM REAL PEOPLE SAYING ABOUT THE INFLUENCE AMBER HAD ON THEIR HEALTH, SO WE DECIDED TO GO FOR IT NEVERTHELESS.



HEALING AMBER

Probably none of the precious stones has so much indications for medical applications as amber. Even in ancient times amber was declared almost a panacea for all diseases.

CURING ENT DISORDERS AND INSOMNIA

First mentioning of amber property to heal ENT disorders and insomnia appears in the Pliny's the Elder Natural History, a 37-volume encyclopedia about Golden Age of Roman Empire. From this ancient encyclopedia we know that amber in the times of Pliny was an object of luxury. Romans always carried amber beads that they rubbed in their hands for strength and every wealthy Roman had a small amber bead for the nerves resting.

Amber was widely spread in the form of amulets and talismans, usually used as gifts. In addition, it was believed that amber brings victory in battle and fertility, so a large part of the ancient amber products are martial or fertility amulets. Since yellow was held in esteem as an imperial color, amber's value increased so much that Pliny tells us:

*the price of a figurine in amber,
however small, exceeded that of a
living slave.*

Medicinally, it was ground into powder and mixed with water, oil or honey and used as an elixir or made into an ointment.

According to another Roman author - Calistratus, famous physician of those times, the powder of amber mixed with honey cures mouth, ear, nose, throat (ENT) and eye diseases and taken with water cures stomach illnesses.

Pliny the Younger, nephew of the Pliny the Elder, will note in a few years that Roman peasant women wore amber medallions not only as adornments, but also as a remedy for "swollen glands and sore throat and palate." Why?

It was actually believed and still is that amber is a natural purifier, valued for its ability to draw pain and disease from the physical body, as well as the mind and spirit, by absorbing negative or stagnant energies and transforming them into clear, positive energy.

This is probably why, amber is seen also as perfect remedy against insomnia - clearing your mind of restless thoughts allowing you to have deep and refreshing sleep. Just place raw pieces of amber under a pillow or at the head of the bed.



ANTISPASMODIC AND ANTISEPTIC

Second most popular healing property of amber comes from Asian ancient manuscripts, where it was called "soul of the tiger". Pieces of amber were carried for protection during long travels, as well as used to treat jaundice. But amber qualities were not limited to that. So, what else is amber used for in Asia?

In Asian countries "amber syrup", a mixture of succinic acid and opium, was used as a tranquilizer, antispasmodic and antiseptic. And here we were able to find some sort of a scientific explanation to healing amber.

Antiseptic amber qualities as well as antispasmodic and anti-inflammatory amber effect come from the chemical properties of the amber resin. How?

Amber is a mixture of hydrocarbons, composed of several tree resins (mostly of an extinct Pine genus, or in some areas extinct Hymenaea species), plant materials, a volatile oil and succinic acid. Amber is not formed from tree sap, fluid that circulates through a plant's vascular system, but from resin, an aromatic, semi-solid substance secreted through the plant's epithelial cells.

It is produced as a protection mechanism to draw off disease and injury caused by insects and fungi, heal over broken branches, or to ward off stress produced by rapid growth.

As resins of the ancient forests filled internal fissures in the trees, dripped and oozed down the outer bark, they trapped insects, spiders, annelids and other small organisms, pieces of wood and plant matter, feathers and even hair.

They then began to harden by losing their volatile components, and over time the forests fell and were carried by rivers to coastal regions where they were buried by sediments and became part of the ocean floor, or were repositioned elsewhere by other geological events.

Therefore, when initially formed, amber resin acts as a natural embalming agent with both drying and anti-microbial properties and being buried in the ocean for millions of years it absorbed various useful healing micro-elements. So, ground into powder it is effective when dealing with internal and external wounds.

Ancient Egyptians actually used pine resin as an embalming agent, and doctors in the War, lacking anything else, would sometimes slap tree resin on a wound as a disinfectant and saved lives that way.

TRANQUILIZER AND PAIN RELIEVER

Following amber property is probably one of the most highly rumored. Why? Just three words - baby amber necklaces.

No scientific studies have been conducted so far, but different literature sources claim that as late as before World War II, especially in Germany, Baltic amber beads were put on babies to make the eruption of teeth less painful and make the teeth grow stronger.

This is, in fact, continuously practiced by nowadays mummies. And not surprisingly, there are hundreds of reviews from moms saying that their children were feeling way better after wearing amber. You can easily find these reviews by yourself.

Slavic historical literature claims that in Lithuania and in tsarists Russia, nannies had to wear amber beads to help them with teething and to protect themselves and babies from diseases.

Modern information sources (mom blogs and websites for moms) claim that for safety reasons, many people put amber on the baby's ankle and tuck them under their sock, works the same. But one should make sure the baby is distracted when you put on an amber necklace or bracelet or anklet, so he/she simply is not aware of its presence.

Some people, for even more protection, sew on amber pieces under the collar of baby clothes, in a sleeve or in a sock.



IMPROVES CELLULAR METABOLISM

In its composition, amber has a substance – or ingredient – called Succinic Acid. Succinic Acid (also called Amber Acid) has been used in Europe as a natural antibiotic and general curative for centuries.

It was discovered in the year 1550 when Dr. Agricola from Germany distilled amber. Succinic Acid is useful, non-toxic, stable and harmless to the human body. It is also a natural constituent of plant and animal tissues.

This acid can be used to make a broad range of products found in everyday life, including artificial leathers, food and flavor additives, cosmetics and personal care products, pharmaceutical compounds etc.

Recent research studies have also revealed succinic acid's ability to improve cellular respiration, as well as one's glucose metabolism, which allows the body to function optimally. When cells are able to take in oxygen and use it to make energy, our body has the required energy to stay fit and healthy all the time.

Succinic acid protects cells from degeneration, and organism from illnesses and premature ageing. Smoking, alcohol, bad habits which can influence on our organism because of environment pollution, lead for creating free radical. It can make process of breathing in cells faster and because of it succinic acid reduces containing 'unused' oxygen.

Dr. Veniamin Khazanov of the RAS' Institute of Pharmacology at the Tomsk Scientific Center says:

"For aged people, succinic acid has proved to be indispensable. It is capable of restoring the energy balance at the cellular level, which is often upset as the years go by, and helps the patient regain his youthful energy."

He says also that it has proven the equal or better of many commercial drugs and is significantly less expensive.



IMPROVES IMMUNITY



Even before these healing properties were fully known, a lot of superstition surrounded the use of amber. People believed that Baltic amber (succinic acid) could drive away evil spirits that caused colds or the flu. This superstition turned out to be true, as succinic acid does help strengthen the immune system, which in turn lowers your risk of contracting a cold or the flu.

Literature sources claim that when the plagues devastated Europe during the middle ages, amber was used for fumigation. Burning amber is both aromatic and irritating. And that is due to the high content of succinic acid in the smoke.

The Prussian Priest Matthaus Praetorius recorded that in 1680, "During the plague not a single amberman from Gdansk, Klaipeda, Konigsberg or Liepaja died of the disease"

The most effective way is taking it with ascorbic and lemon acid and fructose. Illnesses which can be also cured with help of succinic acid are flu and cold. Food additives with succinic acid decrease probability of infection. Therefore this acid helps to create strong immunity.

Other sources claim that even in the important sphere of reproductive function, succinic acid also can bring benefit. It helps pregnant women to overcome hormone rebuilding easily and gives energy for them to support the immunity system.

A baby, who grows in the body of his mother, is given the best conditions for growing. Succinic acid in postnatal period gives opportunity for mother to be restored faster and have more amount of milk.

FASTENS HEALING AND STRENGTHENS BODY

Succinic acid was also analyzed by the pioneer of modern bacteriology, the Nobel Prize winner, Robert Kock (1886), who confirmed its positive influence and discovered that there is no risk of the accumulation of surplus amounts of Succinic Acid in the human organism, even after the introduction of considerable amounts into the body.

Succinates contained in amber are very effective after long-lasting illnesses and injuries. They make it possible for the patient to regain immunity to disease as well as intellectual fitness complete with the ability to concentrate. Amber uses its succinic acid for renewing the nervous system and balancing the right and left parts of the brain.

Succinic acid is considered to be also a valuable product among sportspeople. It is not a stimulant improving one's effort on a single event basis, but rather a stimulator of a balanced, comprehensive development.

How amber can influence humans' body?

One thought popular among enthusiasts suggests that when amber is worn on the skin, the skin's warmth releases minuscule amounts of healing oils from amber which are then absorbed through the skin into the bloodstream.

The other theory is based on scientific findings, which have shown that amber is electromagnetically alive and produces certain amounts of organic natural energy.



PROTECTION FROM NEGATIVE INFLUENCE OF ELECTRICAL EQUIPMENT

The remarkable property of amber to attract small bits of lint, pith, or other light objects after it had been vigorously rubbed was first discovered among the Greeks by the philosopher, Thales, about 600 B.C. He rubbed amber with silk, causing it to attract dust and feathers.

This static electricity was believed to be a unique property of amber until the XVI century, when English scientist William Gilbert demonstrated that it was a characteristic of numerous materials.

He called it electrification, after “elektron”, the Greek word for amber, meaning literally “born from the sun”. So, it was from this early discovery of the curious attractive properties of amber our modern world “electricity” and its derivatives come.

One of the side effects of each electrical device work, is the electromagnetic field generated near its workplace. All organisms, including humans, are exposed daily to the influence of different types of this field, characterized by various physical parameters.

The influence of these fields onto the human body is still debated. However, it is now clear that they negatively influence sleep, specifically melatonin and cortisol secretion.

Both these hormones regulate a wide range of processes throughout the body, including daily body rhythms, metabolism and the immune response. The problems of their generation are traditionally causing worsening of sleep and insomnia, excess weight and weak immunity.

Due to its electromagnetic property of attracting small pieces, amber, as it is currently believed, can ease the negative influence of electromagnetic fields.

Wearing amber may protect us against the negative influences of electrical equipment like computers, televisions, mobile phones and microwave ovens. So, possibly, due to this property people now widely use amber for insomnia treatment and immune system improvement.

CHAKRA HEALING AND BALANCING ENERGY

If you're familiar with Chakras, you might find it interesting to know that according to the literature about meditation and Chakras, the gold and orange shades of Amber stimulate the Solar Plexus and Navel or Sacral Chakras.

The yellow hues within Amber activate the Solar Plexus Chakra, the energy distribution center and the chakra of relationships.

When physically balanced, it provides the strength to fight infections, frees one of allergic reactions, and utilizes nutrients ingested. If the Solar Plexus is spiritually imbalanced, one may feel fear - of the disappointment or displeasure of others, or to subordinating one's life and pleasures to the will of others.

Navel or Sacral Chakra controls the flow of energy and is the center of gravity of the body. It is the center of the Life Force of the body, and controls the flow of information from the body to the mind and from the mind to the body.

Gold or orange crystals are used to unblock the energy flow and restore one's sense of balance, understanding and appreciation of life. When the Sacral Chakra is in balance one has grace, feels pleasure in life, and experiences the flexibility to "go with the flow" and do so in good spirit.

In other fields, amber is associated with the color energies of Gold. Gold color rays bring success, enthusiasm, happiness, and power. It is traditionally the color of kings, riches, and the sun.

Gold touches a deep part of our minds, conjuring up images of mystical places and adventure.

Light Gold crystals provide us with the simple pleasures of life - cheerfulness and contentment, while Dark Gold crystals have a deeper, more pronounced sense of devotion and commitment, providing us with a mature enthusiasm and ability to share a lifelong commitment of care and love.



PSYCHOLOGICAL, EMOTIONAL AND MENTAL HEALING

In addition to physical healing, amber was believed to possess magical properties that provide a lot of pleasant changes on the psychological, emotional and mental levels.

It was believed (and is still believed now) that amber can influence people's emotions and bright energy of amber brings cheerfulness and strengthens the belief in oneself. Thus, it was a valued commodity for trade among ancients.

According to Pliny the Elder, Ancient Phoenicians, a hardly seafaring and commercial race, were probably the first sailors to trade amber among the Mediterranean countries, as well as to pioneer sea routes to the Atlantic shores between the thirteenth and sixth centuries B.C. However, amber was traded to Phoenicians through middlemen with little knowledge of its place of origin.

When Phoenicians learned that amber was gathered from the sea, they were determined to keep secret for themselves. When their fleets returned, many tales were told of perils to the north, of lodestone that would draw ships down the bottom of the ocean, of witches who enchanted men by turning them into beasts, or terrible serpents and awesome monsters.

But even all those stories, haven't decreased the popularity of amber among ancient people. It was still increasingly valued due to its healing properties.

Since that time, people believe that amber heals and supports the emotional body by drawing off the negative energies that steal one's optimism and drive for life, and replaces them with an empowering frequency conducive to positive change. It is ideal for those battling suicidal tendencies, addictions, or who struggle with depression, anxiety or seasonal affective disorder to see light at the end of the tunnel.

Bringing balance and stability to one's life, Amber encourages patience and flexibility. Its warm, bright energy promotes cheerfulness and trust, and strengthens the belief in oneself.



FINAL WORDS

So what can be said in the end of this journey?

During my journey, I have learned that the roots of belief in amber healing properties go way back to the times of ancients.

Sometimes, the healing properties assigned to amber are confirmed or at least partially confirmed by nowadays science, sometimes not. Maybe with time, scientists will close existing gaps, but for now, we have what we have..

Nevertheless, existing information, combined with tens and tens of reviews all over the internet from various people claiming that amber had a positive influence on human body made me believe in its healing properties.

So for me there is no doubt. In case of any health problems, I will definitely visit a doctor and use amber as a supporting measure.

For all of you out there here is my advice: Try it by yourself. Use our welcome offer and see for yourself that amber works.

Use "NAMMU" promo code to get 20% discount for your first amber purchase. Remember, the offer is active for a limited time.

Thank you for your time.

Please remember, that following video was made exclusively for informative purposes. We do not give you any medical prescriptions.

In case of any health problems, consider visiting a doctor and use amber as a supporting measure.

We wish you all an endless health and happiness!

105 TONS

of Baltic amber were produced by Palaeogene forests in northern Europe, making this the largest single known deposit of fossilized plant resin.

23M YEARS

it requires at least 23 millions of years and proper burial conditions for amber to form.

90%

Baltic amber nowadays constitutes not less than 90% of the bulk of amber already collected throughout the world.

5%

Among the whole bulk of collected amber on the planet, only around 5% contain inclusions.