



# **Dr. Crystal Abernathy**

JUL 3, 1966 - FEB 5, 2025



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# **Dr. Crystal Abernathy**

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**D**r. Crystal Abernathy (née McLaughlin), 58, of Charlotte, North Carolina passed away peacefully, comforted by family, at her home on Wednesday, February 5, 2025. Her ferocious vigor and quick wit will long be remembered.

Crystal was a graduate of North Mecklenburg High School, a graduate of the University of North Carolina at Charlotte with a BA in English and a BA in psychology. She attended Trinity College in Dublin, Ireland and received her doctrine at the Toronto School of Naturopathic Medicine in Toronto, Canada.

After two years in the Department of Medical Science at the Great Smokies Laboratory, she opened her own Naturopathic Medicine practice, which would be her life's work. Throughout her 20+ years of practice she helped an abundance of patients and saved countless lives. She enjoyed spending time with her son and family at their mountain home in Boone, NC. Crystal loved kayaking with her son on Mountain Island Lake, taking long hikes in the woods with her dog Oskar, and foraging for wild mushrooms with her sister. She loved to cook with her son and was a lover of fine dining. Crystal was an artistic soul; she loved live music, poetry, comedy, and theatre. She loved to create as well; painting, crocheting, tie dyeing, and just recently had picked up gem faceting.

Crystal is survived by her son, Sean Abernathy, her mother, Lucille McLaughlin, her sister, Beverly McLaughlin (Weldon Weaver), her niece, Eve Guiney (John Saavedra), her nephews, Gavin and Evan Guiney. She was preceded in death by her father, Thomas Dale McLaughlin. Her light and love will be sorely missed, but never forgotten.

A Celebration of Crystal's life will be held at 1 p.m. Saturday, February 15, 2025 at Mallard Creek Presbyterian Church. The family will receive friends at the church following the service.

"Death leaves a heartache no one can heal; love leaves a memory no one can steal." - Irish Proverb



## Obituary

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James Funeral Home of Huntersville is serving the family, online condolences may be made at [www.jamesfuneralhomelkn.com](http://www.jamesfuneralhomelkn.com).

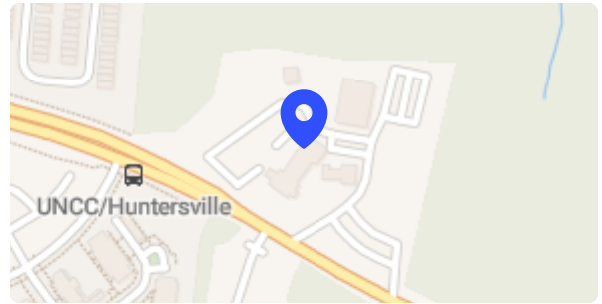


### Memorial Service

 **Saturday**, February 15, 2025

 1:00 PM ET

 **Mallard Creek Presbyterian Church**  
1600 W. Mallard Creek Church Road, Charlotte  
NC 28262





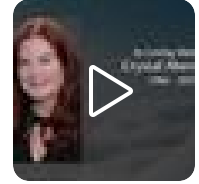
# Tribute Wall

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**James Funeral Home** shared a **Video**.



February 14 at 11:52 AM



**Julene Platt** posted:

Hello my dear friend. Today would have been your birthday, and though you're no longer here to celebrate it with us, your spirit feels closer than ever. You left this world far too soon, but your kindness, your laughter, and your amazing presence still echo in the lives you touched. I'm thinking especially of your family today—I know this day carries a different weight now. But I hope they feel surrounded by the same love that you gave so freely. You are missed deeply and remembered always. Love - Julene

July 2 at 8:33 AM



**Ncanp** planted a Memorial Tree in honor of Crystal.



February 14 at 10:39 AM



**Ncanp** sent a Heavenly Grace Spray to the Abernathy family.



February 14 at 10:39 AM



**Anonymous** planted a Memorial Tree in honor of Crystal.



February 13 at 12:59 PM



**Anonymous** sent an Enchanted Cottage to the Abernathy family.



February 13 at 12:59 PM



## Tribute Wall

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MR

**Michael Rodaway** posted:

My sincere condolences to the McLaughlin clan. Crystal was a passionate firecracker. Though our marriage didn't last forever, we remained good friends until the end. I always had the greatest respect for the many endeavours she took on over the years. She'll be missed.

February 13 at 8:39 AM

MH

**Monica Hayes** posted:

My sincerest condolences to Crystal's family during their time of loss. I knew Crystal from Highschool at North Meck. She always had such a sweet kind spirit about her. Praying for peace that passes all understanding. RIP Crystal

February 12 at 3:34 AM

JS

**Julene - A Dear Friend From High School** planted a Memorial Tree in honor of Crystal.



February 10 at 3:14 PM

JS

**Julene - A Dear Friend From High School** sent a Fiery Lily and Rose to the Abernathy family.



February 10 at 3:14 PM

JP

**Julene Platt** posted:

Hello - this is Julene. I sat beside Crystal in band at North Meck and we became great friends. I have so many wonderful memories of hanging out with Crystal in high school. She was so beautiful, crazy smart, sassy and very sweet to those that she loved. We lost touch through the years, but my memories and love for her will always be near and dear to my heart. Words cannot express how heartbroken I am by your loss and my prayers are with all of you. I will be at the service on Saturday and hope I can connect with some of her family and friends and celebrate the amazing life of Crystal. Big hug and loves to all of you.

February 10 at 2:54 PM



## Media

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**James Funeral Home** shared a **Video**.

February 14 at 11:52 AM





# Memories only last if you share them

Join us in honoring Crystal by contributing to a collection of shared memories.



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