

Self Development

Rubimed Remedies (PSE)

Psychosomatic Energetics

EMVITA 4 (50ML)



Emvita 4 (Extreme Self-Control) Emotional issues addressed: You are hard on yourself and have high expectations for yourself and others. You conduct your life in a very self controlled fashion. You present an appearance of being calm, balanced and in control however, this is a façade as you don't want to show your true feelings to others. You may appear emotionless or indifferent and have trouble expressing your feelings. There is a tendency to suppress your emotions or override them with tasks that need to be fulfilled.

This conflict can be due to strict discipline or submissiveness at an early age, or taking on the role of 'being the adult' as a child. This could also arise where one is overly well behaved to try to salvage a good family environment. Strict self control of emotions can result from not wanting to feel or care, as this leads to being hurt.

Guidance: Be unconditionally loving and accepting of yourself, no matter what and with no strings attached. Learn to be comfortable openly expressing your feelings, opinions and wishes. Allow yourself to live the life you want.

Positive Affirmation: I love and care for myself, my body and my emotions

Ingredients:

- Platinum muriaticum C800
- Oleum petrae LM16
- Stramonium foetidum LM18
- Apis mellifica D21
- Oophorinum D21
- Orchitinum D21

Non-Medicinal Ingredients:

- alcohol

Recommended Dose: Take 12 drops two times a day or as directed by a health care practitioner