

Self Development

Rubimed Remedies (PSE)

Psychosomatic Energetics

EMVITA 22 (50ML)



Emvita 22 (Mental Restlessness) - Emotional issues addressed: Your mind is constantly active, you think about your obligations and it seems that your thoughts never take a break. A thousand thoughts whirl around in your mind. You have difficulty relaxing. You may experience tension, inner restlessness, worries, crowded thoughts, absentmindedness or mental nervousness. There may be deep feelings of dissatisfaction and underlying fears of loss of power or of missing something.

This conflict can be due to not being allowed to establish one's own identity, being in an unsafe environment, being told one thing and seeing another, or denial of intuition. This can be seen in children that were/are expected to get along in an adult world. Often, this conflict is a product of modern day stressful civilization. Mental over activity and worries may enter dreams and be the reason behind sleep disorders. It may also be expressed as tension headaches, migraines, obsessive thinking, anxiety, neck tension, tinnitus, nervousness, lack of concentration and irritability.

Ingredients:

- Matricaria chamomilla C800
- Iodium LM16
- Anacardium occidentale LM18
- Crotalus horridus D21
- Phosphorus D21
- Ambra grisea D21
- Pituitarum posterium D21

Non-Medicinal Ingredients:

- alcohol

Guidance: Tranquility is strength. You need to make time for relaxation and let go of some of your tasks and worries. Find the courage to get more deeply involved with experiences and feelings without anticipating disappointment.

Positive Affirmation: *I remain calm, balanced and centered, and live to my full potential.*

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