

Self Development

Rubimed Remedies (PSE)

Psychosomatic Energetics

EMVITA 18 (50ML)



Emvita 18 (Difficulty Expressing and Hasty)- Emotional issues addressed: You have trouble expressing your opinion or communicating clearly in order to be understood. You don't express how you feel and ultimately, don't speak your truth. Your mind works faster than your actions/words so you have too many thoughts or impulses which make you appear disorganized, hasty, impulsive, confused or restless. You may feel misunderstood, ignored or a victim of circumstance. You may be a silent sufferer or very talkative, either way you do not feel heard and are not able to express what is really important to you.

This conflict is related to communication and can be due to growing up in a dominating family, in a 'children should be seen and not heard' environment, or not given the opportunity to express oneself or one's opinion. You may have been exposed to lies, emotional abuse, secrets, criticism, death of a loved one, or in a drug dependant family. One may stutter due to a rush of too many thoughts. This may present as the opposite with excellent communication skills.

Guidance: In silence is strength should become your new theme. Relaxed, calm and slow breathing is the gateway to inner balance. Slow all actions and thoughts down to move forward with full confidence.

Ingredients:

- Agaricus muscarius C800
- Bufo rana D21
- Cuprum metallicum LM18
- Iodium D21
- Thyroidinum D21

Non-Medicinal Ingredients:

- alcohol

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

Positive Affirmation: *I calmly give my inner voice room to express itself and I will listen.*