



PRODUCT INFORMATION

Self Development

Rubimed Remedies (PSE)

Psychosomatic Energetics

EMVITA 5 (50ML)



Emvita 5 (Hectic and Nervous Feeling) Emotional issues addressed: You have excess nervous energy that can make you feel restless, excitable or tense. You may feel 'butterflies in the stomach' or like a 'live humming wire'. You always need to be busy and find it hard to relax and let go or alternatively, you are so tired yet unable to 'turn off' and fall asleep. You find yourself often in a hurry, always under stress. The stress can manifest as physical symptoms (high blood pressure, low back pain, intestinal problems, diarrhea, constipation. You may appear calm on the outside but need to release pressure by being very talkative, while fearing an interruption in the stream of your thoughts.

This conflict can be due to neglect, denial of feelings, abuse or wanting to achieve in order to be recognized and accepted by others. There is a deep internal belief that if you are not in constant motion and alert, you will lose control. There is the need to be everywhere at once to and get the most out of life and not miss anything.

Guidance: Relax, slow down, and take a deep breath. Derive peace and strength from calmness and learn to live life instead of the illusion of life. Be happy with yourself and your abilities, even if everything does not work to perfection.

Positive Affirmation: I am relaxed, calm and secure in the knowledge that everything is perfect.

Ingredients:

- Bufo rana C800
- Pulsatilla vulgaris LM16
- Cuprum metallicum LM18
- Zincum metallicum D21
- Phosphorus D21
- Glandula suprarenalis suis D21

Non-Medicinal Ingredients:

- alcohol

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