

Self Development

Rubimed Remedies (PSE)

Psychosomatic Energetics

EMVITA 9 (50ML)



Emvita 9 (Pent-up Emotions) Emotional issues addressed: You suppress and/or bottle up your emotions. You may have the tendency to get frustrated, irritated or angry very quickly, especially if things don't go the way you want. You get stuck in anger instead of digesting the experience and moving on (stomach ulcers). You try to control your emotions, but may find you 'lose it' instead. You try to act calmly, nicely and politely to others, even if someone hurts your feelings (silent sufferer). You tend to satisfy the needs of others and not have your own wishes fulfilled.

The conflict can be due to too much or too little responsibility, fear of punishment, emotional manipulation, fulfilling the wishes of others, and not being given the opportunity to express emotions. Negative emotions are suppressed in order to be loved and appreciated.

Guidance: Learn to digest the experience and move on rather than get stuck in anger. Recognize your limits and learn to say no, trusting that it doesn't lead to rejection. Love thy neighbor as thyself, but not more than thyself!

Positive Affirmation: I communicate my feelings clearly and confidently with understanding and compassion.

Ingredients:

- Hepar sulphuris D21
- Lycopodium clavatum C800
- Sulphur LM18
- Tarantula hispana LM16
- Pancreas suis D21

Non-Medicinal Ingredients:

- alcohol

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