



## PRODUCT INFORMATION

### Self Development

Rubimed Remedies (PSE)

Psychosomatic Energetics

## EMVITA 23 (50ML)



#### Ingredients:

- Agaricus muscarius D21
- Cuprum metallicum C800
- Rhus toxicodendron LM18
- Pituitarum posterium D21

#### Non-Medicinal Ingredients:

- alcohol

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

**Emvita 23 (Tense)** - Emotional issues addressed: You are trapped in tension and unable to relax physically or mentally, despite being exhausted you still go on. You can appear to be over-disciplined and over achieving and very strict with yourself. You may experience mental and physical restlessness and your thoughts move faster than your actions. So much tension may lead to feelings of helplessness, constant cramping and the inability to relax.

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 or when a child is raised with non age-appropriate correctness and discipline. There could be fear of making mistakes. Signs of long term stress and tension may include deep wrinkles, ashen complexion, paleness, cold hands and feet, cramped facial expression, tics, muscle and digestive cramps, 'fight' version of adrenal collapse, fibromyalgia, spasms, cramped manner of speaking and facial expressions, grinding or clenching of teeth, and stiffness.

**Guidance:** Be kind to yourself. Find ways to relax and release tension (perhaps through a hoppy or moderate physical exertion or yoga).

Positive Affirmation: *I easily relax and let go of tension, renewing my strength daily.*