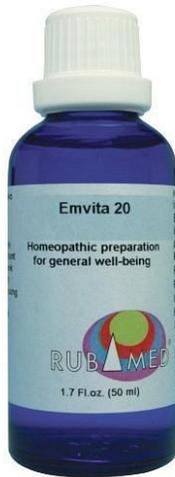


### Self Development

Rubimed Remedies (PSE)

Psychosomatic Energetics

## EMVITA 20 (50ML)



#### Ingredients:

- Belladonna C800
- Ignatia amara LM16
- Apis mellifica LM18
- Magnesia carbonica D21
- Phosphorus D21
- Pulsatilla vulgaris D21
- Pituitary posterium D21

#### Non-Medicinal Ingredients:

- alcohol

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

**Emvita 20 (Self Sufficient)** -Emotional issues addressed: You are self sufficient. You may be perceived as proud, self-involved and hard to approach or shy and reserved. You have difficulty asking for help, and find solutions to your problems on your own. You may think you can do it better and more efficiently, so would rather do it yourself. This leads to being overwhelmed with the amount of work you have to do. Isolation may come with the self sufficiency, with deep feelings of being unloved and disliked.

This conflict can be due to not being allowed to establish one's own identity, 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. They may truly possess great talents and strengths that enable them to get along without assistance from others. One may lack emotional intelligence and get wrapped up in their own stuff, failing to recognize other's concerns or issues.

**Guidance:** Learn to love yourself, exercise social confidence, and realize it is okay to ask for help when needed.

**Positive Affirmation:** *I gladly reach out to others, as they enrich and complete my life.*