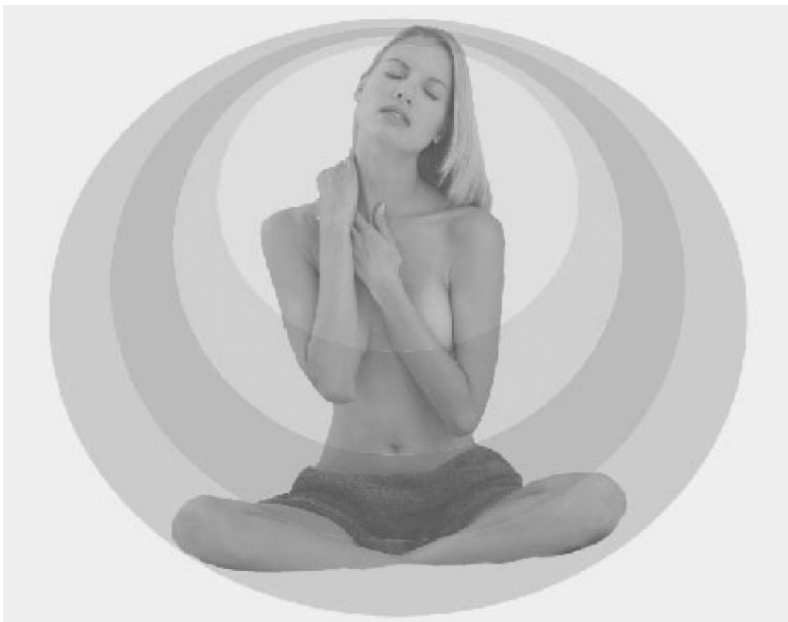


Psychosomatic Energetics™

**A revolutionary new concept for the precise detection
of energy blocks and the effective treatment of emotional issues**

by Dr. Reimar Banis, MD



**Information Booklet
for the Professional**



Table of Contents

Psychosomatic Energetics™ – a Brief Introduction	5
How to Become a Certified Energy Therapist	6
How the remedies work and how to use them.....	7
Dosage	8
How these homeopathic remedies work	8
Formulas and indication of the 40 homeopathic remedies	9
Emotional remedies (Emvita®)	9
Remedies for disturbed energy centers (Chavita®).....	17
Acute remedies and Specialties.....	20
Overview of the Products.....	23

General Information



The Rubimed logo symbolizes that these remedies try to rebalance all four levels of energy in the body: vital, emotional, mental and causal. The remedies never substitute for medical advice or treatment, especially in cases of psychiatric illness or other conditions. The Rubimed company cannot be held responsible for any damage or deterioration in the event that the medication is used without professional advice.

Disclaimer

The information in this booklet is not medical science or medical advice. This information is not backed up by scientific evidence. It is presented for informational purposes only. This information and these products have sanctioned by the Food & Drug Administration. These products and information are not intended to diagnose, treat, cure or prevent any disease, disorder, pain, injury, deformity, or physical or mental condition. Individual results may vary.



About the Author

Dr. Reimar Banis was born in West Berlin in 1951. After graduating from high school, he studied to be a naturopath for two years, and after that, he studied medicine for another six years in Heidelberg to become a doctor. He did graduate work with Prof. Dr. Maria Blohmke on “Thermoregulationsdiagnostik und Herderkrankungen” (diagnosing illnesses and foci with the help of thermoregulation diagnostics), and graduated *magna cum laude*.

In 1984, Dr. Banis took the American exam and qualified as MD (ECFMG). He then worked as assistant physician in internal medicine in a large hospital, managed the ICU, specialized in patients suffering from rheumatic diseases. In 1985, he set up his private practice in Southern Germany. I have a degree in teaching natural healing methods.

For years, he worked in research with Dr. Schimmel, the inventor of the Vegatest, as well as with Prof. Heim at Heidelberg University, on electroacupuncture. He currently lectures on foci, Chakras, geopathic stress, detoxification and Bach Flowers, and is the co-inventor of both Segment Electrography (SEG) and Thermoregulation. He has trained doctors in Italy and the USA with these methods.

He developed a new method in energy medicine called “Psychosomatic Energetics™” (PSE), and has been teaching this method ever since in the EU, Canada, USA, Australia and South Africa. It has become a standard method in many clinics, and much research work and study is currently being done to widen our knowledge. He has written several books and articles on the method and the results he has obtained with it.

Dr. Banis currently lives in Switzerland, where he supervises studies and research work, and authors new books.

Psychosomatic Energetics™ – a Brief Introduction

Psychosomatic Energetics™ (PSE) represents a new approach to healing and illness. According to its inventor, Dr. Reimar Banis, many chronic conditions are caused by energy blocks. Most important are inner blocks caused by hidden emotional conflicts. These conflicts block the flow of energy in the body. A blocked energy flow is often the main cause of disturbed metabolism in a segment or region of the body, which leads to many illnesses and complaints. Unlike psychotherapy, Dr. Banis claims that it's often not enough to bring these issues into consciousness, they need to be resolved in the body's subtle energy field. In many cases, psychotherapy is not necessary because the psyche's self-healing powers enable a person to harmonize and heal once the energy blocks have been treated.



Muscle testing of arm Length using the REBA® test device

Everyone knows such inner issues. They coalesce around the so-called *Central Conflict*, a constellation in the psyche that has an impact on both behavior and character patterns. This is the life theme, the basic core issue that allows us to grow and develop until we have the strength to overcome it – for instance, the notion that we have to be everyone's darling even if it entails a lot of suffering on our part. Emotional conflicts interfere with the proper functioning of our autonomic nervous system. They obstruct energy flow, leading to an energy deficiency in the body's cells and ultimately all kinds of symptoms and complaints.

There are also energy blocks coming from outside, mostly due to geopathic stress. PSE also addresses hidden metabolic problems such as intoxication, foci and dysbiosis. To that end, a special approach has been developed which is based on the life-long experience of such outstanding physicians as Dr. Helmut Schimmel and Dr. Reinhard Voll. In PSE, all this knowledge is integrated in an approach which is easy to learn and practice and is highly efficient. For diagnosis we use a special Organ Test Kit and teach this aspect of PSE in the advanced course (in which the Central Conflict is also a topic).

With new homeopathic compound remedies, conflicts can be energetically deleted, usually permanently. Based on the treatment of well over 1,000 patients (in a 2000–03 study¹), these remedies have proven to be the strongest and most effective biological treatment so far in addressing unconscious mental conflicts. Good results have been achieved even in severe cases, such as chronic pain states. The emotional preparations improve the action of all other therapies, and they have proven to be so good in many private practices that they have very quickly become indispensable standard medicines. The remedies are FDA approved and obtainable in the United States. PSE has a set of 40 different homeopathic remedies that address all conditions that can be detected with a special basic test kit. These remedies, manufactured in Switzerland to Swiss quality standards in accordance with GMP regulations, are distributed worldwide.

In this booklet, you will find basic information about these remedies and how they are used. You will also learn how to become a certified energy therapist.

How to Become a CERTIFIED ENERGY THERAPIST



Becoming a certified energy therapist takes three sequential seminars, and can be done in conjunction with the work in your own practice. Only persons with a medical background, such as MDs, NDs or psychotherapists and similar professions may apply. If you are not sure about your background and studies, please feel free to contact us.

The method is taught following a standard plan that consists of

1. A basic seminar
2. An advanced seminar
3. An intensive seminar with a hands-on and written examination

You will receive a certificate of attendance for any of the seminars you attend, and you will receive an *Certified Energy Therapist* certificate when you pass the tests. It takes approximately two to four years to take all of the courses.

Our principle at Rubimed is to recommend only certified therapists. As we intend to generate much public attention via TV shows and other media, there will be an increasing demand for well-trained and professional *Certified Energy Therapists* who obtain reliable results.

¹“Clinical Studies of Psychosomatic Energetics”, Dr. Ulrike Banis, Explore! for the Professional, Prescott/Arizona Vol. 13, Number 2, June 2004

How the Remedies Work and How to Use Them

The remedies:

- Chavita® 1–7 (for the autonomic centers)
- Emvita® 1–28 (to address underlying emotional conflicts)
- Geovita® (for geopathic stress)
- Simvita® (for autonomic hyperfunction)
- Paravita® (for autonomic hypofunction)
- Anxiovita® (for anxiety)
- Neurovita® (for nervous tension or pain)

These remedies were designed to detect and treat energy blocks within the human energy system.

Some are intended to address autonomic disturbances (Chavita®), others are for the treatment of underlying emotional issues (Emvita®). If a patient's bed being on a geopathic stress zone is responsible for their condition, then the bed needs to be moved away from that zone, plus the patient must take the drops (Geovita®).

With the aid of **Simvita**, we can detect autonomic hyperfunction, which causes unrest, sleeping disorders, and even high blood pressure in some cases.

Paravita is needed when persons feel tired, suffer from fatigue or inner-organ cramps, e.g. intestines, gallbladder, etc.

Anxiovita is the perfect remedy for all anxiety states such as panic attacks, generalized anxiety, fears or constant sorrow, etc.

Neurovita is frequently needed when the nerves cause pain of any kind, or if persons are under constant nervous tension.

Composition:

All remedies are homeopathic and consist of animal organ, mineral and botanical ingredients.

Dosage

All remedies come as drops in blue-glass bottles. (50 ml drop – bottle. We use blue glass because it preserves homeopathic vibrations much longer than the brown glass normally used for other remedies).

The standard dosage for adults and schoolchildren over 6 years is: 12 drops twice daily, directly on the tongue.

The dosage for smaller children is: 4 drops twice daily, diluted in water or soft drinks.

The **dosage for Simvita, Paravita, Neurovita and Anxiovita is different:** usually 5 drops thrice daily, but Neurovita and Anxiovita can be administered more frequently if needed, Paravita should only be taken in the morning and at noon, never in the evening.

How These Homeopathic Remedies Work

Since the homeopathic remedies are made up of different substances at different potentiations, they apply to more than just a single symptom. We advise testing them with any kind of energetic testing, such as kinesiology, Vegatest, EAV, Biotensor, etc.

The remedies work on the physical level as well as on the emotions, the mental and the subconscious – therefore they have to be selected carefully, not just based on the leading symptom!

I always test the remedies that apply with the help of the REBA® test device to ensure that I pick remedies that are best for the patient. However, this equipment is not absolutely necessary for testing. In our seminars, we teach testing methods with, as well as without the use of a REBA® device.

Formulas & Indications for the 40 Homeopathic Remedies

© Descriptions of symptoms are based on the Review edited by Dr. Ulrike Banis; Scripts and Manual by Dr. Reimar Banis

Normal type = Conflict themes according to Dr. Reimar Banis

(In parentheses = Colloquial descriptions of conflict themes, for use in conversations with patients (from Dr. Ulrike Banis)

Italics = Positive-thinking statements (from Dr. Ulrike Banis)

Emotional remedies (Emvita®)

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Emvita® 1 (Low self-esteem)</p> <p>Independence, puberty conflicts, not being good enough on one's own, feelings of inferiority.</p> <p>(You feel inferior. You feel you're not good enough.)</p> <p><i>I have all the talents and abilities that I need to manage my life's tasks.</i></p>	<p>Kalium carbonicum</p> <p>Calcarea carbonicum</p> <p>Lachesis mutus</p> <p>Naja tripudians</p> <p>Pulsatilla</p> <p>Ovary (Oophorium)</p> <p>Testis (Orchitimum)</p>	<p>C800</p> <p>LM16</p> <p>LM18</p> <p>D21</p> <p>D21</p> <p>D21</p> <p>D21</p>
<p>Emvita® 2 (Lack of concentration)</p> <p>Lack of concentration, distracted, lost in thought, wistful, not grounded.</p> <p>(You can't get your thoughts in order, you feel like a leaf in the wind, with no firm roots.)</p> <p><i>I will direct all my impulses toward my life goals and I will persevere.</i></p>	<p>Calcarea phosphorica</p> <p>Veratrum album</p> <p>Cuprum metallicum</p> <p>Vipera berus (Viper snake)</p> <p>Ovary (Oophorium)</p> <p>Testis (Orchitimum)</p>	<p>C800</p> <p>LM16</p> <p>LM18</p> <p>D21</p> <p>D21</p> <p>D21</p>
<p>Emvita® 3 (Loss of control)</p> <p>Loss of control, weak-willed, helpless as a baby, bedwetting, defecating in bed, incontinence.</p> <p>(You feel too weak to cope with life's challenges.)</p> <p><i>I am firmly rooted in life, and I grow with each task.</i></p>	<p>Apis mellifica</p> <p>Hepar sulphuris</p> <p>Conium maculatum</p> <p>Bovista</p> <p>Ovary (Oophorium)</p> <p>Testis (Orchitimum)</p>	<p>C800</p> <p>LM16</p> <p>LM18</p> <p>D21</p> <p>D21</p> <p>D21</p>

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Emvita® 4 (Extreme self-restraint) Extreme self-control, sadomasochistic, destructively aggressive, emotions not permitted by suppressing emotions, perversions, psychopathic (extreme form), apathetic, indifferent, alexythemia.</p> <p>(You are very hard on yourself and you have trouble feeling your own emotions.)</p> <p><i>I will be loving and caring with myself, with my body and my emotions.</i></p>	<p>Platinum metallicum Petroleum Stramonium Apis mellifica Ovary (Oophorium)</p> <p>Testis (Orchitimum)</p>	<p>C800 LM16 LM18 D21 D21</p> <p>D21</p>
<p>Emvita® 5 (Hectic feeling) Hectic and hyperkinetic symptoms, excitable, nervous.</p> <p>(You feel nervous and upset, as if you had “butterflies in your stomach”.)</p> <p><i>I can remain calm and collected, secure in the knowledge that everything comes in its own time.</i></p>	<p>Bufo vulgaris Pulsatilla Cuprum metallicum Zincum metallicum Phosphorus Glandula suprarenalis suis</p>	<p>C800 LM16 LM18 D21 D21 D21</p>
<p>Emvita® 6 (Perseverance) “Stiff upper lip”, wanting have self-control despite feeling helpless, somatized fears.</p> <p>(You feel like you no longer have any inner strength, your body reacts fearfully, in your mind you want to be strong.)</p> <p><i>I know that my body has its own inner wisdom, and that I am in good hands.</i></p>	<p>Phosphorus Secale cornutum (ergot) Arsenicum album Lachesis mutus Glandula suprarenalis suis</p>	<p>C800 LM16 LM18 D21 D21</p>

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Emvita® 7 (Show of strength)</p> <p>Show of strength, arrogant, defiant, snappish, secretly inferior, exceeds one's limits.</p> <p>(You pretend to be stronger than you are, and you don't have inner peace. You often react defiantly and have delusions of grandeur.)</p> <p><i>I know my strengths and weaknesses and have learned to accept them.</i></p>	<p>Lachesis Lycopodium clavatum Anacardium Phosphorus Glandula suprarenalis suis</p>	<p>C800 LM16 LM18 D21 D21</p>
<p>Emvita® 8 (Isolation)</p> <p>Isolated, uninterested, dull, hiding unhappiness, lazy.</p> <p>(You feel alone and have no contact with other people and life itself, but you don't take any steps to change the situation.)</p> <p><i>I know that I am a part of the whole. I feel and enjoy life with all my senses.</i></p>	<p>Ammonium carbonicum Graphites Chininum arsenicosum Opium Calcium carbonicum Pancreas</p>	<p>C800 LM16 LM18 D21 D21</p>
<p>Emvita® 9 (Exploding)</p> <p>Exploding, all bottled up inside, destructive rage, wanting to deliberately behave badly, irascible, attacks of raving madness.</p> <p>(You are furious and exasperated, yet you try to control yourself.)</p> <p><i>Every day, I get better at saying only what I mean. I do not get angry, but instead make constructive use of my displeasure.</i></p>	<p>Hepar sulphuris Lycopodium clavatum Sulphur Tarantula hispana Pancreas suis</p>	<p>D21 C800 LM18 LM16 D21</p>

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Emvita® 10 (Wanting more)</p> <p>Greedy, insatiable, never satisfied, demanding, power-mad, dictatorial, inconsiderate, compulsive, aggressive, always wanting more.</p> <p>(You aren't satisfied with what you have. You think you're better than others and think that you're therefore entitled to more.)</p> <p><i>I am thankful for what I have and am.</i></p>	<p>Agnus castus Arum triphyllum Hepar sulphuris Lachesis mutus Petroleum Pancreas suis</p>	<p>D21 LM18 C800 LM16 D21 D21</p>
<p>Emvita® 11 (Hungry)</p> <p>Inner dissatisfaction, craving good feelings, addictions, anorexia, bulimia.</p> <p>(You feel frustrated and cheated out of a sense of well-being, you can feel your own longings.)</p> <p><i>I do good for myself and pay attention to my needs.</i></p>	<p>Cuprum metallicum Ferrum metallicum Ignatia amara Secale cornutum (ergot) Pancreas suis</p>	<p>D21 C800 LM18 D21 D21</p>
<p>Emvita® 12 (Mental overexertion)</p> <p>Too tense mentally, constant effort to collect one's thoughts, mental laziness, dyslexia.</p> <p>(You feel under pressure from your tasks, everything's too strenuous, life is a constant struggle.)</p> <p><i>I am confident that I get stronger with each new task.</i></p>	<p>Apis mellifica Barium carbonicum Graphites Ignatia Najia tripudians Opium Glandula Thymus</p>	<p>C800 LM18 D21 LM16 C800 D21 D21</p>

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Envita® 13 (Withdrawn) “Gutshot”, deeply injured and withdrawn, disinterested, self-centered, autistically self-involved, bad regression, withdrawn. (You think that you can’t cope with disappointment, so you withdraw into yourself.) <i>I make my way through life openly and confidently.</i></p>	Anacardium Bothrops lanceolata (yellow viper) Calcium carbonicum Graphites Glandula Thymus	D21 C800 LM16 LM18 D21
<p>Envita® 14 (Introverted) Tight and tense, fear of going crazy, unable to breathe deeply and freely, compulsions, closed in. (You feel like you’re closed in with no way out.) <i>I view obstacles and difficulties as growth incentives, and I keep my eyes and ears open for new avenues.</i></p>	Calcarea carbonicum Hyoscyamus niger Moschus Plumbum metallicum Stramonium Sulfur Glandula Thymus	D21 D21 LM16 D21 C800 D21 D21
<p>Envita® 15 (Apprehensive) Sinister-terrible, left alone, very frightened, phobias. (You have a great worry weighing down your heart. Fear is blocking your life.) <i>I make my way through fears and worries. I know that they are part of life, but I will not be stopped by them.</i></p>	Apis mellifica Lachesis mutus Phosphorus Zincum metallicum Glandula Thymus	C800 LM18 D21 LM16 D21
<p>Envita® 16 (Panic) Heartbreak, feeling of being inundated by a huge horrible wave, panic attacks, mortal terror. (You feel you’ll never be able to overcome old horrors, since they keep coming back and frightening you.) <i>I listen to my heart and to the voice of love, light and clarity.</i></p>	Aconitum napellus Ambra Secale cornutum (ergot) Zincum metallicum Opium Glandula Thymus	C800 LM18 D21 D21 LM16 D21

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Emvita® 17 (Emotional emptiness)</p> <p>Drained of thought and emotion, Devil-may-care attitude, indifferent, emotionless, loveless, frozen emotions.</p> <p>(You feel hollowed out, like a zombie, all emotions frozen after a shock.)</p> <p><i>I feel lively even in hard times.</i></p>	<p>Baryta carbonica Chininum arsenicum Graphites Pulsatilla Thyroidinum</p>	<p>D21 C800 LM18 D21 D21</p>
<p>Emvita® 18 (Rushed)</p> <p>Hasty-impulsive, superior, thoughts race ahead of actions, stuttering, feeling like a victim of circumstance, deep feeling of leading the wrong life.</p> <p>(You feel misunderstood and ignored, you have trouble expressing your opinion. Victim of circumstance.)</p> <p><i>I give my inner voice room to express itself.</i></p>	<p>Agaricus muscarius Bufo rana Cuprum metallicum Iodium Thyroidinum</p>	<p>C800 D21 LM18 D21 D21</p>
<p>Emvita® 19 (Faint-hearted)</p> <p>Unwilling to see things clearly, dispirited, diplomatic, timid, indecisive.</p> <p>(You are indecisive and afraid of going your own way.)</p> <p><i>I am developing a feel for what is good for me, and I put it into practice.</i></p>	<p>Calcarea carbonica Magnesia carbonica Zincum metallicum Pituitarum posterium</p>	<p>D21 C800 LM18 D21</p>
<p>Emvita® 20 (Self-sufficient)</p> <p>Snooty, conceited, self-involved, proud, vain, narcissistic, self-satisfied, modest, submissive, false pride.</p> <p>(You are afraid to open up to others, you have trouble accurately judging yourself and others.)</p> <p><i>I gladly reach out to others, because they complement and enrich my personal development.</i></p>	<p>Apis mellifica Belladonna Ignatia amara Magnesia carbonica Phosphorus Pulsatilla Pituitarum posterium</p>	<p>LM18 C800 LM16 D21 D21 D21 D21</p>

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Envita® 21 (Physical overexertion) Restless-tense, nailbiting, physically overtaxed, sympathicotonicly overdriven, irritated, unable to relax, restless movements. (You feel driven, your body gets no rest, your nerves are on edge and painful (neuralgic agents.) <i>I know my own strength and budget it wisely, so that my body and mind remain in harmony.</i></p>	Arsenicum album Chamomilla Lachesis mutus Magnesia carbonica Pituitarum posterium	D21 LM18 C800 D21 D21
<p>Envita® 22 (Restlessness) Restlessness, mentally overdriven, prolonged worries, no relaxation, mental nervousness. (You constantly brood about problems, your head doesn't get any rest.) <i>I remain calm and centered and balanced, because I know that by doing so I can best develop my strengths.</i></p>	Ambra grisea Anacardium Chamomilla Crotalus horridus (rattlesnake) Iodium Phosphorus Pituitarum posterium	D21 LM18 C800 D21 LM16 D21 D21
<p>Envita® 23 (Tense) Tense, cramped, helpless, impulsive, thoughts faster than actions, quirks. (You are trapped in tension and unable to relax physically or mentally.) <i>I can let go and relax, and get renewed strength that way.</i></p>	Agaricus muscarius Cuprum metallicum Rhus toxicodendron Pituitarum posterium	D21 C800 LM18 D21
<p>Envita® 24 (Uneasiness) Constant uneasiness, persistent pain, Dysesthesia, bodily dysesthesia, depression, hopelessness. (You feel joyless, your own body is a burden, everything hurts.) <i>I pay attention to my body and I rejoice in its signals, which show my mind the right path.</i></p>	Chamomilla Crotalus horridus (rattlesnake) Ignatia amara Phosphorus Pituitarum posterium	LM18 C800 D21 LM16 D21

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Emvita® 25 (Distrust)</p> <p>Distrust, withdrawn, determination, unwilling to give an inch.</p> <p>(You don't believe in the good, and you seal yourself off.)</p> <p><i>I know my goals and am confident that I am being led in the right direction.</i></p>	<p>Apomorphium muriaticum Conium maculatum Lycopodium clavatum Magnesia carbonica Plumbum metallicum Cerebellum</p>	<p>LM18 C800 D21 LM16 D21 D21</p>
<p>Emvita® 26 (Materialistic)</p> <p>Wanting everything for oneself, dog-eat-dog mentality, avarice, stinginess, hypochondria, obsession with poverty, possessive, putting having over being, egoism, life as a permanent struggle for survival.</p> <p>(You put material goods at the center of your existence. You think that you have to fight forcibly for your own survival.)</p> <p><i>I am grateful for the material goods in my life, and I use them intelligently as resources on my journey through life.</i></p>	<p>Arsenicum album Lycopodium clavatum Millefolium Plumbum metallicum Cerebellum</p>	<p>C800 LM16 D21 LM18 D21</p>
<p>Emvita® 27 (Not wanting to face reality)</p> <p>Visual, acoustic, olfactory illusions, incapable of clear sensory perception, drugs, hallucinations, unwilling to see reality.</p> <p>(You don't want to see and recognize reality, so you conjure up a different world.)</p> <p><i>I see reality with open eyes, I remain alert and keep my "eyes on the prize".</i></p>	<p>Anacardium Anhalonium lewini Helleborus niger Mandragora officinarum Cerebellum</p>	<p>LM18 D21 C800 LM16 D21</p>
<p>Emvita® 28 (Wrong thinking)</p> <p>Overvalued, excessive mental illusions, psychosis, wrong thinking, false dogmas and rigid doctrinal beliefs.</p> <p>(You think your ideas are always right, even if they obviously hurt someone or are no longer relevant.)</p> <p><i>I orient my thoughts and actions to a higher wisdom and place my ego in its service.</i></p>	<p>Helleborus niger Hyoscyamus niger Mandragora officinarum Cerebellum</p>	<p>LM18 D21 C800 D21</p>

Remedies for Disturbed Energy Centers (Chavita®)

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Chavita® 1 pain and discomfort in the pelvis</p> <p>Chavita® 1 is the remedy for the basic or root Chakra. This Chakra is situated between anus and vagina, it has connections to the ovaries and testicles, and it is involved with all primal energy disturbances.</p> <p>Primal energy is the energy we inherit from our ancestors that we live from during our lives.</p>	<p>Silicea Carbo vegetabilis Urtica urens Ovary (Oophorium) Testis (Orchitinum)</p>	<p>LM18 C50 D21 D21 D21</p>
<p>Chavita® 2 for gas and bloating</p> <p>Chavita® 2 is the remedy for the 2nd Chakra, situated in the lower abdomen below the navel. It is connected to the adrenals, which secrete cortisone and other adrenal hormones. The organs that can be affected in this segment are the intestines, kidneys and lower back.</p> <p>The adrenals deal with water metabolism, toxin excretion, and also have a function with respect to behavior during stress.</p>	<p>Platinum metallicum Causticum Argentum metallicum Thuja occidentalis Juniperus Lavandula off. Glandula suprarenalis suis</p>	<p>C50 C200 D21 D21 D21 D21 D21</p>
<p>Chavita® 3 for nausea and acid stomach</p> <p>Chavita® 3 is the remedy for the 3rd Chakra, situated in the upper abdomen. The endocrine gland here is the pancreas. Autonomic regulation is located in the solar plexus and, first of all, directly regulates everything having to do with digestion.</p> <p>It deals with all of our nutritional intake that we have to adapt to our needs. In a wider sense it is also concerned with digestion and assimilation.</p>	<p>Argentum metallicum Nux vomica Lycopodium clavatum Chelidonium Zingiber officinalis Chamomilla Pancreas suis</p>	<p>D21 C50 C200 D21 D21 D21 D21</p>

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Chavita® 4 for hay fever and allergies</p> <p>Chavita® 4 is the remedy for the 4th Chakra, situated in the region of the heart and connected with the thymus gland, which is responsible for immune system function. The 4th Chakra also has to do with all conditions of the lungs, the heart itself and the circulatory system. The autonomic centre is the Plexus cardiacus. In a wider sense, Chakra 4 is involved with developing trust in life, opening up one's heart to love and sympathy (It was Jesus who said that every person has to "open his heart" to others in order to become truly human.).</p>	<p>Ferrum metallicum Zincum valerianicum Aurum metallicum Eucalyptus globulus Cetraria islandica Crataegus oxyacantha Thymus glandula</p>	<p>C50 C200 D21 D21 D21 D21 D21</p>
<p>Chavita® 5 for sore throat</p> <p>Chavita® 5 is the remedy for the 5th Chakra, situated in the throat region. The endocrine gland there is the thyroid, the master metabolic gland. If the thyroid functions properly, all other organs with metabolic functions can do their jobs, and the person will feel fine and well- balanced. Both thyroid hyperfunction and hypofunction have a large impact on our general well-being.</p> <p>The deeper meaning of the 5th Chakra is communication, presenting ourselves to the outside world. Communication means being able to speak (that is why the vocal chords are situated there), but it also means being able to listen and to understand what others mean.</p>	<p>Thuja Phosphorus Viola tricolor Thyroidinum</p>	<p>C50 D21 D21 D21</p>

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Chavita® 6 for headache and sinus pain</p> <p>Chavita® 6 is the remedy for the 6th Chakra, situated in the region of the so-called "third eye" between the eyebrows. This Chakra is linked with the pituitary gland that is responsible for most of the hormonal functions in the body. It can be viewed as the conductor of the hormonal orchestra, producing the hormones that guide growth, breastfeeding, for the thyroid, the adrenals, testicles and ovaries. After this recap of its physiological functions, we have a better feel for the psychological significance of the 6th Chakra as well. It stands for the understanding of all influences from the outside, integrating them into daily life and adapting the body to all duties it might have to face.</p>	<p>Staphysagria Plumbum metallicum Viscum album Cerebellum</p>	<p>C50 D21 D21 D21</p>
<p>Chavita® 7 for dizziness</p> <p>Chavita® 7 is the remedy for the Crown Chakra that sits on the top of the head, precisely at the location of the king's crown. It is connected to the hypothalamus and the epiphysis. The energetic function of the 7th Chakra is to impart structure, order and regularity to the entire system. Cyclic and circadian functions – sleep and waking, life and death – are related to this segment. This Chakra is also responsible for a person's stance in the environment, the sense of balance – in fact a great many functions we usually don't think about until they are disturbed, e.g. vertigo or tinnitus.</p>	<p>Aurum metallicum Calcarea sulphurica Lachesis mutus Valeriana officinalis Hypericum perforatum Millefolium Cerebrum totalis</p>	<p>C200 C200 D21 D21 D21 D21 D21</p>

Acute Remedies and Specialties

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Geovita® surrounded by electrosmog</p> <p>This homeopathic complex remedy helps people suffering from geopathic stress. Those who work at a computer all day can also benefit from Geovita®, because it helps cope with electrosmog. You can also try Geovita® in chronic fatigue cases: if you start feeling better with the medication, the next step is to relocate the bed away from the zone.</p> <p>The most important symptoms of geopathic stress or electrosmog are: turbulent and intermittent sleep, difficulty falling asleep, nightmares, bedwetting, children falling out of bed, abnormal exhaustion, rheumatic difficulties, all chronic symptoms and diseases, learning difficulties, frequent miscarriages. Take 12 drops twice daily for five weeks (1 vial), children under six should take half the dose.</p>	<p>Ferrum metallicum Silicea Cuprum metallicum Formicum acidum Cerebrum totalis</p>	<p>D6 D12 D21 D21 D21</p>
<p>Anxiovita® Feeling frightened</p> <p>This homeopathic complex remedy is helpful in all cases of anxiety and nervous tension. It can help immediately in panic attacks and other acute states of anxiety states, or to prevent anxiety before exposure to stress, such as examinations, speeches and social gatherings. Anxiety is often combined with fatigue and chronic pain, so that one can try Anxiovita in these cases as well. Take 5 drops 3–6 times daily.</p>	<p>Piper methysticum Hypericum perf. Cerebellum suis Aconitum napellus</p>	<p>D12 D21 D21 18LM</p>

Product Name, Abbreviation of Basic Symptom (FDA Approved)	Ingredient	Formula Dilution
<p>Neurovita® for nervous tension</p> <p>Neurovita® is helpful for all nervous tension conditions. These often arise in conjunction with fatigue and chronic pain, so that you may also use this remedy when those symptoms are present. It is also helpful in all cases in which nerves are irritated or stressed, such as headaches, back pain or neuralgia. Take 5 drops 3–6 times daily.</p>	<p>Melissa off. Cerebellum suis Ambra grisea Chinchona off. Cuprum acet. Phosphor</p>	<p>D4 D21 D21 50 C 200 C 12 LM</p>
<p>Simvita® feeling restless</p> <p>Simvita® can help in all cases of sympathetic hyperfunction, nervous tension and being unable to relax. Patients who need Simvita® often have disturbed heart rhythm, especially tachycardia, high blood pressure, diarrhea, sweating, trembling, cold hands and feet, headache. Take 5 drops 3–6 times daily.</p>	<p>Secale corn. Cerebellum suis Adrenalinum hydrochlor. Tuberculinum GT</p>	<p>D12 D21 D30 C200</p>
<p>Paravita® feeling exhausted</p> <p>Those who need Paravita® often feel exhausted, unable to recuperate, even though they get enough rest or sleep, after long periods of struggle and stress. Symptoms include constipation, migraine, asthma, cramps, eczema, low blood pressure. Take 5 drops twice daily (but not in the evening!).</p>	<p>Formica rufa Cerebellum suis Acetylcholin hydrochlor Psorinum</p>	<p>D12 D21 D30 C200</p>

How to Test With the Basic Test Kit



You can use any energy test (EAV, Vegatest, Kinesiology, one-handed rod) that you're familiar with. Connect the patient with an ampoule of the basic test kit. If the patient shows a clear test reaction you have the following findings:

- **Geovita[®] test vial responds** = Geopathic stress, must move the bed to a new location
- **One of the seven Chavita[®] test vials responds** = this segment is energetically disturbed (mostly by emotional conflicts)
- **Which conflict is active?** Use the Emvita[®] vials associated with the disturbed Chakra (for Chakra 3, an ampoule from Emvita[®] 8–11 usually responds, etc.)
- **Which of the four supplementary remedies respond?**

Anxiovita[®] = anxiety disease, Neurovita[®] = chronic nervous tension, Simvita[®] = sympathicotonia, Paravita[®] = vagotonia (parasympathicotonia)

Practical Examples

Patient with chronic fatigue. Chavita[®] 6, Emvita[®] 23, Anxiovita[®] test positive. Strong indication of anxiety disorder. Prescribe one bottle each of Chavita[®] 6, Emvita[®] 23, Anxiovita[®]. Dosage 2 x 12 drops, Anxiovita[®] 2 x 5 drops. Follow-up check after 5 weeks.

Female patient with constant miscarriages. Geovita[®], Chavita[®] 1, Emvita[®] 1 test positive. Strong indication of geopathic stress and energy block in the pelvis. Patient should clean up bed location (no shielding, relocate bed elsewhere). Prescribe one bottle each of Chavita[®] 1, Emvita[®] 1. Dosage 2 x 12 drops. Follow-up check after 5 weeks.

Rubimed Websites

www.rubimed.com

International Society of Psychosomatic Energetics: www.pse.name

Books About the Method

Banis, Reimar: *Psychosomatic Energetics – Manual for Therapists*, Explore! For the Professional (in preparation)

Banis, Reimar: *New life through Energy healing* (in preparation)

Banis, Ulrike: *Handbook of Psychosomatic Energetics*, CoMed Edition, ISBN 3-934672-07-8, 192 pages, \$20.00

Banis, Ulrike: *Geopathic stress – and what you can do about it*, CoMed Edition, ISBN 3-934672-06-X, 144 pages, \$20.00

Video/CD

Dr. Ulrike Banis – 40 Minutes Test Demonstration. CD plays on all platforms – showing the whole test procedure with and without REBA® test device. Or order a VHS cassette. available in English/Spanish and Dutch/German

Basic Test Kit

Basic Test Kit for testing hidden conflicts, the disturbed autonomic nervous sector and for quickly localizing geopathic stress. Content: 40 test vials – Emotional remedies 1-28, Anxiovita®, Neurovita®, Paravita®, Simvita®, Chakra remedies 1-7, Geopathic stress remedy (Geovita®)

Product Overview

All products (except Remedies), including books, videos, CD's, and Test Kits, as well as information about seminars within the United States and Canada can be obtained through:

Chrystyne Jackson Enterprises-Rubimed/PSE Division

P.O. Box 11510

Prescott, AZ, 86304

Phone: 800 320-6035 or 928 541-1928

Fax: 928 541-1906 Email: cmj34@koehlerusa.com

Remedies are available through:

Terra Medica

3873 Airport Way

Bellingham, WA, 98227-9754

Toll Free #: 1-888-415-0535

Toll Free Fax: 1-866-881-2888

Email: order@terra-medica.com

Website: www.terra-medica.com

