



Go deep.  
Find blocks.  
Feel life energy.

PSYCHOSOMATIC ENERGETICS  
**PATIENT GUIDE**

INNOVATION FROM SWITZERLAND





## What is Rubimed Therapy?

Rubimed is a revolutionary natural healing method from Europe. It provides a modern complementary medicine approach that addresses emotional issues and how these issues affect a person's physical and mental health.

Rubimed Therapy is based on the concept that subtle light energy flows in the body and the more it flows, the healthier and more capable a person is. This energy is the source

of optimal mental, emotional and physical health. When this free flowing energy is reduced or blocked due to subconscious unresolved emotional issues, it is the source of illness causing physical, mental and/or emotional symptoms.

With Rubimed Therapy, unresolved emotional conflicts are tested and then resolved using unique natural remedies which restore health and wellbeing on all levels.



## How does Rubimed Therapy work?

During the course of our lives, one can suffer emotional stresses, resulting in negative emotional conflicts such as anger, fear, hopelessness, fatigue, burnout, depression, stress, anxiety, etc. Unresolved, these emotional conflicts become repressed into the subconscious (energy blocks) and negatively influence behavior.

These energy blocks will cause a person to feel tired, irritable, anxious, or no longer at their peak performance. Over the long run, one may become ill. Usual mainstream medical examinations often do not come up with a specific cause. The patient, however, continues to feel that something is just not right.

Decades of research lead German physician, Dr. Reimar Banis, to develop technology that can seek out emotional blocks that are believed to cause disease.

Beginning with an energy test using the Reba® device, an individ-

ual's energy levels are measured, corresponding to their physical, emotional, mental and causal states of health. The Reba® device is also able to determine the active emotional issue and the hidden background causes of their symptoms.

Individualized and appropriate natural remedies are selected based on your test results.

In this process-based therapy, the remedies will serve to dissolve the emotional blocks, restore the energy flow, revitalize life energy and begin the self healing journey.

## What Practitioners use Rubimed Therapy?

For over two decades, Rubimed Therapy has been used worldwide, with thousands of practitioners utilizing this healing method in Europe.

Introduced to North America over 10 years ago, Rubimed has become an essential and successful tool for helping people feel healthy again.



## How can you benefit from Rubimed Therapy?

Everyone can benefit from Rubimed Therapy. We have all faced many different emotional experiences in life. In many instances, we work through them and move on. In other instances, the emotional experience or trauma is too big for us to fully process and becomes stored in the subconscious.

- *Do you feel tired, irritable, stressed or no longer at your peak performance?*
- *Do you feel like something is not right, but you cannot put your finger on what it is?*
- *Are you not fully yourself after a stressful or emotional experience in life?*
- *Are you stuck in a negative pattern or re-occurring symptoms that you can't seem to get over?*
- *Have the usual mainstream medical examinations shown no specific cause or reason for symptoms you experience?*

If you answered yes to any of the above, this may indicate a blocked flow of energy, which can lead down the road to illness. Rubimed Therapy gets to the core issues, improves energy levels and restores health for the long run.

Research shows that Rubimed remedies have been clinically proven to resolve the negative health effects of trauma, anxiety, stress and their related physical and mental conditions. A two year study in Europe showed an 86.5% success rate for resolving anxiety, depression, behavioural disorders, pain, adrenal burnout, sleep disorders, autonomic dysfunctions, respiratory conditions, gastrointestinal conditions, allergies, hormonal disorders, skin conditions and stress.



## Understanding the Expression *Psychosomatic*

Rubimed Therapy is also referred to as Psychosomatic Energetics. Psychosomatic (psyche = mind, soma = body) influences have long been known to be a cause in chronic disease. Research indicates that stressors (including stress, emotional trauma, anxiety, etc.) can lead to endocrine dysfunction, a weakened immune system, inflammatory reactions and disease.

There is extensive science and research showing that the body and mind are connected and often emotional issues manifest as physical symptoms.

We all know someone that suffers from ulcers due to stress or experiences heart palpitations due to anxiety.

*“I’m so angry, I feel like I’m going to explode!”*

*“My heart is broken.”*

*“I have a lump stuck in my throat.”*

*“I’m a bundle of nerves.”*

*“I can’t keep my head above water.”*

*“My stomach is in knots.”*

Every day expressions illustrate our connection between the mind and body.





RUBIMED AG

## The Remedies of Rubimed Therapy

The Rubimed remedies include:

- Chavita®              • Envita®
- Simvita®              • Paravita®
- Geovita®
- An-X-Vita® (Canada)/Anxiovita® (USA)
- Nurovita® (Canada)/Neurovita® (USA)

There are specific centres in the body that correspond to vital physical functions including major nerve centres, blood vessels and hormonal glands. The most important centres of regulation are situated in the pelvis, lower abdomen, upper abdomen, heart, throat, forehead and the brain. These segments are also related to specific chakras - the core of subtle energy.

When the segments or chakras become blocked, specially designed Chavita® remedies are used to restore energy flow and function. In addition, the emotional remedies called Envita® help to resolve emotional issues. These Rubimed remedies can be used in addition to other therapies.

For more acute situations like anxiety, pain, exhaustion or rest-

lessness, there are additional remedies available. An-X-Vita® (Canada)/Anxiovita® (USA) is designed to address all anxiety conditions. Simvita® is useful for the nervous system, restlessness and inability to relax. Paravita® helps with exhaustion, inability to recuperate and after long periods of stress. Finally, Nurovita® (Canada)/Neurovita® (USA) is used for pain, nervous tension, stress and difficulty relaxing.

Geovita® is a remedy used to help the body rebalance its energies and to overcome negative effects of exposure to geopathic stress or electro-smog.





## Remedy dosage

### Chavita® and Envita®

**Adults** - 12 drops twice daily, either directly on the tongue or mixed in a glass of water, or added to a bottle of water and sipped throughout the day.

**Children** - *One to six years* use 1 drop per year of age twice daily. *Six to twelve years* use 6 drops twice daily.

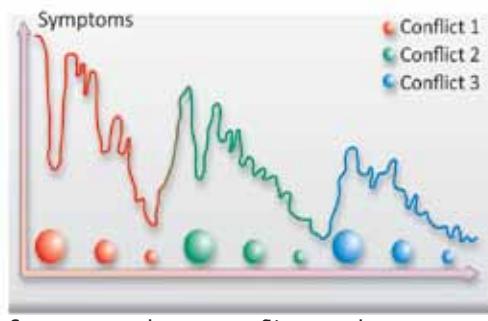
**An-X-Vita®/Anxiovita®, Simvita®, Paravita®, and Nurovita®/Neurovita®**

5 drops three times daily. Paravita in only take twice daily, in the morning and noon (never after noon).

The effects can often be felt within the first week of therapy and continues to work for weeks to months. In children, it generally works faster.

On the average, we each have three to five emotional conflicts to work through, takes eight months to two years to complete the entire process.

While taking the remedies, people often experience vivid dreams, as the emotional conflict is being moved from the subconscious to the conscious mind to be resolved. In some cases, you may experience sweating or diarrhea or emotional expression as part of the *emotional cleansing* process.



# The Meaning of the Emotional Remedies

Within the human psyche, there has been 28 common emotional conflict themes identified. The Emvita® remedies represent each of these emotions and serve to rebalance the emotion into a positive state. The following descriptions reflect the contents of the emotional conflict.

The Positive affirmations under each Emvita® can be used in addition to the remedies, and may be repeated daily as a conscious reminder of what needs to be resolved.



## CHAVITA® 1

The remedy for the first or *root* chakra, the energy centre of the pelvic region. The key concept is related to being rooted, grounded, and provides vitality. It also involves basic (primal) trust and self-esteem.

### Emvita® 1

You may experience feelings of not being good enough or feel inferior to others. You may lack confidence and inner strength.

*Positive Affirmation:* *I acknowledge my own potential. I have the strength, talents and skills to confidently fulfill and enjoy my tasks in life.*

### Emvita® 2

You may experience difficulty with focusing and concentration. You may feel unorganized, without firm roots or being grounded.

*Positive Affirmation:* *I tap into my own strength. I direct my energy toward my life goals and I am successful.*

### Emvita® 3

You may feel overwhelmed; not strong enough to cope with life's challenges. You experience indecision and feelings of helplessness or loss of control.

*Positive Affirmation:* *I express my opinion and stand on my own two feet. I am firmly and confidently rooted in life and I positively grow with each new day.*

### Emvita® 4

You are hard on yourself and have high expectations. You may present an appearance of being calm, balanced and in control and may have trouble expressing your feelings.

*Positive Affirmation:* *I openly express my feelings, opinions and wishes. I love and care for myself, my body and my emotions.*



## CHAVITA® 2

The remedy for the second or *sacral* chakra, the energy centre of the lower abdomen. The key concept is related to creating and sustaining balance and stability in life, especially during stressful situations.

### Emvita® 5

You may have excess nervous energy that can make you feel restless, excitable or tense. You are unable to calm down and feel like you are under stress.

*Positive Affirmation: I derive peace and strength from calmness. I am relaxed, calm and secure in the knowledge that everything is perfect.*

### Emvita® 6

You may appear calm and controlled on the outside, but are full of worry, anxiety or uneasiness on the inside. You often exceed your own limits mentally and physically.

*Positive Affirmation: I know and recognize my own limits. My body has its own inner wisdom and I am secure within.*

### Emvita® 7

You may appear strong and in control on the outside, but feel weak, tired or vulnerable on the inside. You often exceed your own limits.

*Positive Affirmation: I am my true self. I am strong inside and out and can handle all situations.*



## CHAVITA® 3

The remedy for the third chakra or the *solar plexus*, the energy centre of the upper abdomen. The key concept is related to processing feelings that one has to digest (both physically and emotionally): absorption (taking in), assimilation (processing) and excretion (letting go).

### Emvita® 8

You desire connections and relationships, but have difficulty opening up and approaching others. You may feel alone, not part of the group and not understood.

*Positive Affirmation:* *I am not alone. I know that I am a part of the whole, am deeply fulfilled and enjoy life with all my senses.*

### Emvita® 9

You suppress and/or bottle up your emotions. You may try to control your emotions and act calmly, nicely and politely to others.

*Positive Affirmation:* *I am learning to digest the experience and move on. I communicate my feelings clearly and confidently with understanding and compassion.*

### Emvita® 10

You have a persistent feeling of dissatisfaction, frustration and a *hunger* for more. You may not be satisfied with what you have and expect more out of life.

*Positive Affirmation:* *I am content and thankful for what I have in life. I love myself and accept my abundance unconditionally.*

## Emvita® 11

You feel an inner dissatisfaction, deeply discontent, or frustration. You may crave good feelings and want to be cared for.

*Positive Affirmation:* *I realize that true happiness comes from within. I love and nourish myself and open my heart to allow all my needs to be met.*



## CHAVITA® 4

The remedy for the fourth or *heart* chakra, the energy centre of the heart. The key concept is related to trust in self, trust in others, trust in life, and loving oneself, loving others, and loving life.

### Emvita® 12

You may have difficulty trusting others. You may feel mentally overtaxed, exhausted, or overwhelmed and under pressure for all you have to do.

*Positive Affirmation:* *I have developed a new trust in life and go with the flow. I confidently trust that all is perfect, just as it is.*

### Emvita® 13

You have been deeply hurt or betrayed, so withdraw and build up walls to protect yourself. You don't feel like you can cope with another disappointment.

*Positive Affirmation:* *I open up emotionally. I live life confidently, with trust and an open mind.*

## Emvita® 14

You have been deeply hurt or betrayed and retreat emotionally, leading to the feeling of being trapped or shut in with no way out. You feel under pressure due to the expectations of others.

*Positive Affirmation:* *I am emotionally open. The obstacles I face are growth incentives and I keep my eyes and ears open for new growth opportunities.*

## Emvita® 15

You were deeply hurt and still have not overcome it, fearing that it could happen again. Anxiety, fear and worry weigh on your heart and block you from fully enjoying life.

*Positive Affirmation:* *I have developed a new trust in life. I know that fear and worry are part of life, and will use them as tools for opportunities of growth.*

## Emvita® 16

You have been deeply hurt and don't believe you can fully trust again. You experience anxiety or panic, but mask them with an attitude of braveness and ambition.

*Positive Affirmation:* *I trust in life. I listen to my heart and listen to the voice of love, light and clarity.*

## CHAVITA® 5

The remedy for the fifth or *throat chakra*, the energy centre of the throat region. The key concept is related to communication, expressing ourselves to the outside world, expressing our truth and voicing our opinion.

## Emvita® 17

You have experienced a shock, leaving you emotionally empty. You may appear indifferent and have difficulty expressing your feelings.

*Positive Affirmation:* *My heart and mind are in harmony. I feel alive and am open to express my emotions.*

## Emvita® 18

You have trouble expressing your opinion or communicating clearly, you feel misunderstood. You may have too many thoughts which make you appear disorganized, impulsive, or restless.

*Positive Affirmation:* *I slow all actions and thoughts down to make room for inner balance. I calmly give my inner voice room to express itself and I will listen.*





## CHAVITA® 6

The remedy for the sixth or *third eye chakra*, the energy centre of the eyebrow region. The key concept is related to creating harmony and balance in one's life.

### Emvita® 19

You may have trouble making decisions and try to take everyone and everything into consideration before you take action. You have adopted a *don't rock the boat attitude*.

*Positive Affirmation:* *I make clear and firm decisions. I have a sense of what is best for me and confidently put this into action.*

### Emvita® 20

You are self sufficient. You may have difficulty asking for help, and find solutions to your problems on your own. You can become overwhelmed with the amount of work you have to do.

*Positive Affirmation:* *I ask for help when needed. I gladly reach out to others, as they enrich and complete my life.*



### Emvita® 21

You are driven, ambitious and always on the go, with the internal feeling of needing to be doing or accomplishing something. You may find it hard to relax, overtaxed and push past your own boundaries to fulfill your goals.

*Positive Affirmation:* *I recognize my own boundaries. I know my strengths and respect my limits, so that my body and mind remain in harmony.*

### Emvita® 22

Your mind is constantly active, you think about your obligations. You have difficulty relaxing.

*Positive Affirmation:* *I make time for relaxation. I remain calm, balanced and centered, and live to my full potential.*

### Emvita® 23

You may be trapped in tension and unable to relax physically or mentally. Despite being exhausted you still go on.

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

### Emvita® 24

Constant tension and chronic stress lead to feelings of discomfort, uneasiness, muscular tension and chronic pain. You may lack joy in your life and feel that your body and mind has fallen out of harmony.

*Positive Affirmation:* *I respect my body and listen to my needs, continuing my path of healing.*



## CHAVITA® 7

The remedy for the seventh or *crown chakra*, the energy centre of the crown region. The key concept is related to structure, regulation and order to the entire system, including cyclical functions and the sleep-wake cycle.

### Emvita® 25

You may be skeptical and do not trust others easily. You have a deep underlying feeling that things are not going to work out.

***Positive Affirmation:** I trust and respect myself. I know my goals and I am confident that I am guided in the right direction.*

### Emvita® 26

You may feel you have had to fight hard to achieve your goals in life. Nothing comes easy. You work hard for what you have and it may be hard to give away your things.

***Positive Affirmation:** I am grateful for what I have and use my resources wisely on my journey through life.*

### Emvita® 27

You view life through rose-colored glasses and ignore the uglier sides of life. Often you are more open to perceptions, but unable to integrate your visions into everyday life.

***Positive Affirmation:** I view my personal reality with open eyes, while remaining in the present and keeping my mind on my goals.*

### Emvita® 28

You may have deep convictions and strong beliefs that you hold very close to your heart. You feel certain rules and order are necessary when dealing with life. You have high standards and ideals.

***Positive Affirmation:** I acknowledge more realistic expectations from others. I orient my thoughts, actions and trust to a higher wisdom.*



## Books

### New Life Through Energy Healing: The Atlas of Psychosomatic Energetics

By Dr. Reimar Banis, MD, PhD

This book is for both practitioners and patients. Dr. Banis combines the insights of modern energy medicine and ancient spiritual wisdom. Attain greater self-knowledge and learn how to understand others better. Find out more information about life energy, the aura and chakras, and their significance in health.

### Handbook of Psychosomatic Energetics

By Dr. Ulrike Banis, MD, ND

This handbook is suitable for patients and medical professionals wanting to know more about Rubimed Therapy.

The book describes the method's development, use of the Reba® test device and the different means of energetic testing. The author makes it easy to understand how these emotional remedies can help solve emotional conflicts and associate physical symptoms.

### Geopathic Stress and What You Can Do About It

By Dr. Ulrike Banis, MD, ND

Geopathic stress is often overlooked as a major cause of unexplained conditions. Many people seem incapable of healing as long as their bed is over a geopathic stress spot (or earth radiation).

This book discusses the impact of geopathic stress has on our health, immune system and regulation.

Based on the author's clinical experience, sleeping disorders, chronic infections, migraines, pain, cancer cases and other conditions have better treatment results when geopathic stress is addressed.



# Psychosomatic Energetics

*Emotional Conflicts and Associated Energy Centers*  
From Dr. Reimar Banis

- 7**  
28 Strong beliefs  
27 Not wanting to face reality  
26 Materialistic  
25 Distrust

- 6**  
24 Uneasiness  
23 Tense  
22 Restless  
21 Physical overexertion  
20 Self-sufficient  
19 Indecisive

- 5**  
18 Hasty & difficulty expressing  
17 Emotional emptiness

- 4**  
16 Panic  
15 Apprehensive  
14 Introverted  
13 Withdrawn  
12 Mental overexertion

- 3**  
11 Hunger for good feelings  
10 Wanting more  
9 Pent-up emotions  
8 Isolation

- 2**  
7 Show of strength  
6 Perseverance  
5 Hectic & nervous

- 1**  
4 Extreme self-control  
3 Loss of control & overwhelm  
2 Difficult concentration  
1 Self esteem

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