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## Rubimeds

### History:

Rubimeds are homeopathic remedies made in Switzerland and developed by Dr. Reimer Banus M.D. Dr. Banus has developed a new method in energy medicine called "Psychosomatic Energetics" or PSE. He has taught and used this method over the last 10 years in EU, Australia, South Africa, Canada and the US. They have been in Europe for the last 10 years.

These remedies were developed to rebalance the four levels of energy in the body: physical, emotional, mental and causal. Dr. Banis has found in his research that many chronic conditions and illnesses are caused by energy blocks including inner blocks caused by hidden emotional conflicts. These conflicts block the flow of energy in the body resulting in disturbed metabolism. The role of the Rubimeds is to stimulate the self-healing powers of the persons psyche enabling a person to harmonize and heal once the energy blocks have been treated.

Rubimeds have been studied on 1000 patients in a 2000-2003 study where they were found to be most effective in addressing unconscious mental conflicts and in severe cases such as chronic pain states.

### What are Rubimeds made from?

They are made from natural sources that are homeopathically made meaning that they contain the *energy* of the original substance, but not the original substance and are thus classified as vegetarian. For example Emvita 1 contains Ovary D21 which means that ovary tissue was the originating substance but that it was made into a homeopathic remedy by dilution and succussion 1X10 to the 21st power. This is close to Avagadro's number when there is no original substance left, only its energy. The common dosage for the Chavitas and Emvitas are 12 drops twice per day once in the am and once in the pm. They are made in 44-51% alcohol and if this is found to be too strong for patients the daily dose (24 drops of each remedy) can be dropped into a liter of water and consumed throughout the day (except Paravita which is taken 5 drops at breakfast and 5 drops at lunch as it increases energy and may disturb sleep if taken later in the afternoon and evening). If the strength of the alcohol is NOT a problem then they can be dropped directly onto the tongue as prescribed by Dr. Pincott. The bottles last about 6 weeks at which time the patient is instructed to repeat the prescription for a total of 4 months unless Geovita, Paravita, Anxiovita, Simvita or Neurovita was prescribed. In this case the patient is instructed to return to the office and be re-tested to see if these acute phases have cleared from the body. The total length of time for most Rubimed treatments is 1.5 years at which time the Rubimeds are given only as needed when confronted with new stresses that affect the health.

### What is the Procedure for Treatment?

### **1. Assess and treat Geopathic Stress**

Dr. Pincott will use a muscle testing technique to determine if geopathic stress is sabotaging your health. These are stresses transmitted into your house through the ground. These forces are not changeable so that if you are affected by them the only way to remove them is to have you change the position of your bed. As you spend most of your time in your bed in one place it is imperative that you treat the geopathic stress in your body with Geovita 12 drops twice daily for one month as well as move your bed to a geopathic stress free zone. Dr. Pincott will first assess you for this stress and if it is present will help you determine where in your body the stress is affecting you and where you should position your bed. It takes 5-6 weeks to clear your body of this stress. This will have to be reassessed every time you move or change your bed position. Only 40% of the population is affected by this stress. ***If you are unable to move your bed then the Rubimeds will not be effective and Dr. Pincott will recommend other appropriate therapies for you.***

**2. Assess for Acute States:** These remedies balance the autonomic nervous system or the fight or flight stress mechanisms of the body. These remedies include Anxiovita, Neurovita, Paravita and Simvita. They are usually only prescribed for one bottle to remove acute stresses that are blocking your healing ability and they usually clear in 6 weeks or so.

**3. Assess and treat one of the Six Autonomic Centers:** These remedies are Chavita 1-7 and correspond to the major energy centers in the body from the base of the spine to the top of the head. Dr. Pincott will explain to you further during your visit which remedy you tested for with the REBE device (the device used for testing purposes).

**4. Assess for underlying Emotional Conflicts:** These remedies are the Emvita's 1-28 which correspond and complement the appropriate Chavita remedy. Dr. Pincott will explain the remedy you tested for with the REBE device. With each Emvita comes an affirmation that you can use to help move you through the emotional conflict or block.

#### **Retests:**

These are done after the acute remedies have been completed in usually 6 weeks and every 4 months once the Chavita and Emvitas are prescribed together.

#### **What to Notice:**

You will notice changes immediately on starting the remedies. You will be more aware of your dreams, your sleep, energy and your bowel movements may improve. Some have noticed that they urinate more often as the body goes through a detoxification stage. Rubimeds enhance ANY remedy you are presently taking including those prescribed by Dr. Pincott and your medical doctor. Some patients have noticed headaches or emotional changes or other unpleasant symptoms that they have difficulty with. Please contact Dr. Pincott immediately and she will explain to you what is happening. Sometimes it is due to an allergy to the alcohol and sometimes the dosage needs to be decreased or diluted more.