

HELPFUL TIPS FOR REBA TESTING & USING RUBIMEDS



By: Dr. Craig Wagstaff, ND

Dr. Wagstaff was among the first practitioners in North America to include Psychosomatic Energetics and REBA testing in his practice. He has also lectured extensively on PSE in North America and elsewhere. PSE is a core component of his practice in Kelowna, BC.

Factors that Interfere with REBA Testing

- 1) Testing in a geopathic zone will produce incorrect results. Before testing in any location, the practitioner should muscle test for a geopathic zone. If the zone tests positive for interference fields the testing area should be moved to a suitable location (free of geopathies).
- 2) Patient or practitioner wearing anything magnetic such as bracelets, shoe inserts or other similar devices could influence test results and therefore should be removed.
- 3) If, unbeknown to the tester, he/she is sleeping in a geopathic zone and has not relocated his/her bed to a non-geopathic zone it will interfere with PSE testing and correct results will not be achieved.
- 4) Avoid strong electromagnetic fields in the testing room. Outlets and appliances in the testing room should be tested with an EMF detector. If EMF testing is not an option, unplug all electronics equipment and appliances, including telephones (especially cordless ones) in the testing room or move away from them when testing.
- 5) When based on patient assessment or intuition the tester has expectations of results it may contribute to false results. Blind testing, with no expectations as to outcome, will produce the most accurate and favourable results. The tester should mix up the test ampoules and put the labels in a face down position for best results.

- 6) If the patient has already started a course of Rubimed remedies he/she should have completed the first round of remedies for a period of at least a week before follow up testing is performed to determine if this conflict is complete and identify a subsequent conflict. Testing done while a patient is currently taking Rubimed remedies will produce false results.
- 7) Neither the patient nor the practitioner should have a cell phones or battery-powered electronic device, including some watches, on their person during testing. These should be removed and placed at least 2.0 meters away from the testing area. Generally, regular jewellery has no effect on REBA testing.

Factors that Affect the Outcome of Taking Rubimeds

The following factors can diminish the energetic potency of the Rubimed remedies, thereby making them either less effective or ineffective.

- 1) Heating the medications by putting them in water that is too hot (e.g. coffee or tea), leaving them in the direct sun, etc.
- 2) Exposing medications to microwaves or other high frequencies. Do not store Rubimeds on top of a microwave oven or in a cupboard in close proximity to one.
- 3) Keep Rubimeds away from exposure to magnets e.g. do not place Rubimeds on a magnetic blanket, close to fridge magnets, computer CPU, etc.
- 4) Patient compliance may not be all it should be in cases where the patient feels emotionally “stirred-up”. Some patients feel a significant emotional response to taking the Rubimed remedies and may stop taking them. Reassure the patient that this is a normal response to experience some emotional ups and downs and is part of the healing process.

MORE TIPS FROM PRACTICING WITH PSE

By: Dr. Kim McKenzie, ND

Here are some tips that I can offer that I have found helpful:

- I have colour coded my Basic and Zoological test kits and this makes them much easier to access, keep orderly and give a congruent presentation to the patient.
- My basic kit starts with Geovita (pink); 4 Acute remedies (black); 7 Chavitas (no colour marking - so that I ‘blind’ myself to which level I am testing); and 28 Emvitas (separated into their Chavita categories and coloured according to the level of chakra/conflict they address (red, orange, yellow, green, blue, indigo and violet).
- I have similarly coloured the zoological testers in correspondence with their Chakra correlates (using the same colours as above). Because I find significant overlap within the tissue/chakra categories, I have these transitional tissues dual coloured. This makes for a fast, fun, ordered and reinforced learning approach to the testing and it conveys a clear message to the patient too.
- Patient comprehension of and harmonization with our efforts is key to their healing process. To that end, I put together a simple one-page description to explain the concept of PSE (shown earlier on page 4).