

NST Drainage Tea

NST Drainage Tea System is a unique, highly effective herbal biological drainage system, consisting of 5 specific herbal tea formulations designed to drain the body of toxins, which have either been released as a result of therapeutic intervention or have accumulated in the body as a result of lifestyle habits.

What is Drainage Therapy and why is it important?

Drainage is a highly specific form of cleansing therapy, designed to enhance and optimize the body's capacity to more actively utilise its systems of elimination. In the case of the NST Drainage Tea System this is directly achieved by the administering of specific potentized herbal tea formulas.

The outcome is, that either whole body drainage follows, or otherwise drainage of targeted areas of the body, eventuating in better physiological function and better health.

Humans systematically and consistently accumulate excess levels of toxicity, originating from the environment, stress, diet, lack of exercise and/or specific contact with chemicals.

This condition of excess toxicity or **bio-accumulation** leads to the manifestation of numerous pathological symptoms and consequently many known acute and chronic diseases.

Acute diseases therefore can be regarded as a reaction of the living organism to eliminate built up toxins, while chronic diseases can be viewed as a manifestation of the individual's unique constitutional ability or inability, to regulate themselves over time, in the face of excess toxicity.

Therefore the subject of toxicity or **bio-accumulation** can be best understood in the context of each individual's toxic intake, and the capacity of their systems of elimination to clear themselves on a regular basis.

Bio-accumulation of toxins can go on for years, until a critical mass or level of energetic stagnation is reached, which ultimately then leads to physiological dysfunction, and therefore a predisposition for more serious disorders.

Simply put, a body drained of its toxins will provide a context for good health to occur. Consequently in all cases of **bio-accumulation** it is vital that the toxicity be removed from the body as effectively as possible, therefore the importance and extreme therapeutic relevance of intelligent Drainage.

About NST Drainage Teas

NST Drainage Teas are a range of truly unique medicinal herbal formulas designed to facilitate drainage either in the whole body or in specific targeted parts of the body.

The herbs used in the formulas are collected by hand either from the wild or from organic and/or biodynamic sources.

Wild herbs in particular have very high potency as the plants selected have generally survived for long periods of time in the locations from where they are picked ensuring that they have developed resistance to the elements, diseases pests etc whilst in those locations, thus ensuring optimal Phyto-sanitary qualities which translate into extremely high quality formulations and therefore herbal drainage teas of unsurpassed quality.

The formulations used have been specifically designed for NST by Sophia Elmlinger of Germany and boast fewer rather than several components in their makeup.

Sophia's philosophy of designing formulas with fewer rather than several components is born out of a unique understanding of how fewer more specifically related and interlocking components are much more potent than formulations that are constructed on a typical broad spectrum basis.

She has been using and designing medicinal herbal formulas for over 25 years with great affect.

What are the therapeutic benefits of the NST drainage teas?

Individuals receiving an NST session generally respond in typical fashion by releasing toxins within the body as a consequence of tissue and fascial re-organisation. As soon as an organ or tissue is brought towards balance it will respond by releasing toxins which is a natural occurrence of all living organisms.

In many cases when the level of toxicity released, exceeds the body's capacity to remove it through the normal channels of elimination, the toxicity will migrate to other tissues causing a myriad of reactive symptoms in the process, such as body aches, sweating, shivering, headaches etc.

The wise therapist will anticipate the need for removing the toxicity from the body, and recommend to their client, the supreme importance of using effective therapeutic strategies, such as NST Drainage Teas to facilitate the process.

The result of using the drainage teas is that, the body's systems of elimination enjoy an enhanced level of function as toxins are drained in a very efficient and exacting manner. Noticeably energy levels increase more rapidly and are sustainable, reactions are decreased, nutrient uptake and absorption increased and tissue and organ regeneration is greatly facilitated.

This out come is the perfect precursor for launching further therapeutic strategies, which may then ensure even higher and more sustainable levels of health for the individual. This will hopefully, along with the adoption of other sensible lifestyle choices, place them on the road to better health and longevity.

Who can use NST Drainage Teas and are they safe for everybody?

Any therapist using effective body-work which has the likelihood of creating reorganization within the body and/or its systems may profit from using the drainage teas.

Therapies such as Bowen therapy, kinesiology, acupuncture, massage, shiatsu, chiropractic, osteopathic and many others are typical.

The remedies are completely safe for children and adults alike and show no negative side effects. Dosage instructions are on each packet. Pregnant women should always consult their chosen health care practitioner before using the remedies.

How to know which remedy to choose

There are 5 different drainage teas which may be used depending on the individuals need for drainage of or assistance in any particular organ or tissue system.

The drainage tea formulas are: Body & Joints, Liver & Gallbladder, Stomach & Pancreas, Lung & Intestines and Kidney & Bladder.

It is safe to say that nearly everybody will benefit from **Body & Joints**, which will facilitate a slow general drainage of the whole body and joints. Indicated for general debility, bodily aches and pains and lethargy.

Selection of the remaining 4 drainage teas can be determined by coupling the drainage tea with the prevailing or predominant symptoms that the client has or by using some other form of verification such as kinesiological testing, mora testing, bio-resonance testing etc. **Note:** Convenient test kits are available for practitioners using kinesiology or other testing systems.

Liver & Gallbladder is indicated for all liver conditions, including hepatitis and is also indicated for gallbladder conditions such as gallstones, fat intolerance, slow digestion, constipation, and abdominal distension.

Stomach & Pancreas is indicated for all stomach conditions including hyper and hypo acidity, gastritis, slow digestion and stomach ulcers plus all pancreatic conditions including flatulence, slow digestion, fatigue after meals and for support in diabetic conditions.

Lung & Intestines is indicated for all conditions of the lungs such as bronchitis, asthma, rhinitis and all degenerative pulmonary conditions and also all conditions of the Intestines (especially the large intestine) including candida, flatulence, cramps and slow peristaltic function.

Kidney & Bladder is indicated for all conditions of the kidneys including gout, joint conditions, certain lower back and knee problems plus all conditions of the bladder including acute and chronic cystitis.

How does one take the drainage tea and for how long?

Generally one 100 gram packet is sufficient for most cases and will last about 2 weeks, however where chronic cases are evident, ongoing usage should be considered, and this may be confirmed by periodical testing.

Adults should take a 300-400ml cup of drainage tea (made by steeping 2 teaspoons of the herbal tea formula in a 300-400ml cup of freshly boiled water and straining - see packet) three to four times a day, firstly on rising and then approximately 30 minutes before or after meals.

Children from 5 – 12 years of age may use a half strength tea.