



KATIE BRINDLE

Adrenal Fatigue Guide

Treatment techniques based in Chinese medicine



What is Adrenal Fatigue?

Adrenal fatigue is a group of related signs and symptoms (a syndrome) that results when the adrenal glands function below the necessary level. Most commonly associated with intense or prolonged stress, it can also arise during or after acute or chronic infections, especially respiratory infections such as influenza, bronchitis or pneumonia. As the name suggests, its chief symptom is fatigue unrelieved by sleep. However, adrenal fatigue is not a readily identifiable entity like a sprained ankle. You may look and act relatively normal with adrenal fatigue and not have any obvious signs of physical illness, yet you live with a general sense of unwellness, tiredness or “grey” feelings.

Burn-out, which may be connected to adrenal fatigue and includes feelings of energy depletion and exhaustion, is included in the 11th Revision of the International Classification of Diseases issued by the World Health Organization.

The symptoms of adrenal fatigue include:

- Waking up exhausted after a full night’s sleep
- Craving caffeine, salt and sugar
- High levels of fatigue each day
- Inability to handle stress
- Higher energy levels in the evenings
- A weak immune system

@katie_brindle

katiebrindle.com

info@katiebrindle.com



What causes adrenal fatigue?

Our adrenal glands sit on top of the kidney cortex. They are responsible for pumping the stress hormone cortisol into our body, helping to regulate everything from digestion to blood pressure to sleep.

Clearly, a little stress is a good thing, helping us cope during short periods of stress. But add in a relentlessly stressful modern lifestyle, poor diet and toxic load and eventually your adrenal glands are overworked to the point that they simply tire out.

And there seems to be scant advice on how to tackle it effectively, bar a week off work, 'trying not to get stressed' and lots of sleep. A week off your non-stop life is not going to solve the problem, because as soon as you go back to it guess what? The problem resumes.

@katie_brindle

katiebrindle.com

info@katiebrindle.com



The Yang Sheng perspective

Yang Sheng' means 'nurture life'. It is the 'self-care' part of Chinese medicine: the part you can do for yourself, as a complement to any other treatment you may be undertaking.

In addition to physical (visible) symptoms, in Chinese medicine we also consider what is happening with the body at an energetic (invisible) level. 'Qi' (pronounced 'chee') is the energy that runs through all of us. Even when you sit completely still, there will be some movement happening inside you: your heart is beating, your fluids moving – every cell is constantly in motion. All of these different types of energy, combined with your breath, is what makes up your 'qi'.

Qi isn't the same as circulation, but they are linked. When you stimulate your blood flow or move your lymphatic fluid, your qi is also stimulated. Everything flows together. The channels in which qi flows are called meridians. According to Chinese medicine, the quality and movement of qi through the body determines your health.

The ideal state is one of smooth flow with no imbalances or blockages, which are called 'stagnation' or stagnant qi. If you have stagnation, whether physical, emotional or spiritual, this will eventually manifest as disease.

In Chinese wisdom, stress affects the free flow of qi around the body. This results in stagnation, excess heat and impeded circulation. Chronic stress causes imbalance in the body and leads to health issues. In Chinese medicine, we consider adrenal fatigue as kidney qi deficiency.

Kidneys are the 'root of life' according to Chinese medicine and should be protected at all costs. They are regarded as the body's most important reservoir of essential energy. The kidneys are attributed with the role of managing your 'constitutional health' – what keeps you going when you skipped breakfast or had a dreadful night's sleep or why you never catch other people's colds, or always do...

@katie_brindle

katiebrindle.com

info@katiebrindle.com



Steps you can take to help

The best way to alleviate the symptoms of adrenal fatigue is to learn an effective way to manage stress on a daily basis and to support your kidneys.

General advice

Chinese breathing and bodywork techniques have both been scientifically proven to be effective in reducing stress and supporting the body.

They:

- Engage your parasympathetic nervous system
- Regulate blood flow
- Reduce heat in the body
- Calm the nervous system
- Strengthen the organs

@katie_brindle

katiebrindle.com

info@katiebrindle.com



Breath & Adrenal Fatigue

The single most effective way to reduce your stress levels is to take conscious, deep, abdominal breaths. By moving your awareness out of your head and into your breath, your heart rate slows, your mind is calmed, and your blood oxygenated.

[View the Breath Guide](#)

Qigong & Adrenal Fatigue

Qigong is a fundamental pillar of Chinese medicine. It is classed as a form of internal exercise. Internal exercise is any combination of slow, considered movements with breath and mental engagement, it's often referred to as 'Chinese yoga'. Qigong is, quite simply, the ultimate self-healing technique. Whatever your issue, qigong will help to rebalance the body. By learning to manipulate qi around the body, you rejuvenate and energise, lower the heart rate and blood pressure and support the immune system.

[View the Qigong Guide](#)

@katie_brindle

katiebrindle.com

info@katiebrindle.com



Tapping & Adrenal Fatigue

Tapping with bamboo is an ancient Chinese therapy that works wonders for your general wellbeing. It's a simple, pleasurable, yet hugely effective way to support and maintain your health, no matter what your age or physical state. Tapping the skin on a daily basis enables the free flow of this all-important circulation. In as little as one-minute a day, an all over body tap can clear areas of stagnation, support lymphatic drainage and encourage a smooth flow of blood and qi around the body. Think of it as a natural battery charger for the body.

[View the Tapping Guide](#)

Gua sha & Adrenal Fatigue

Gua sha is a therapeutic healing technique, that has been widely practised in China for thousands of years. It involves using a round-edged tool, traditionally made from materials such as jade or metal, to pressstroke the skin until redness appears. You can even use a jam jar lid! Gua Sha has been used to treat a whole range of conditions from fever to chronic cough and migraines. It has been shown in studies to increase micro-circulation by 400%, clear inflammation and increase immunity. There are lots of how-to gua sha videos on my Instagram feed.

[View the Gua sha Guide](#)

@katie_brindle
katiebrindle.com
info@katiebrindle.com



Specific advice

Any symptoms of ill health will always relate to one of the 5 key organs we consider when we are treating in Chinese medicine. These are Heart, Lung, Liver, Stomach/Spleen and Kidney.

Depending on what your symptoms are, it will usually indicate an imbalance in a specific organ. For example, palpitations are concerned with the heart.

An energetic imbalance does not mean you have a dramatic health issue. This aspect of Chinese medicine is about prevention, not cure. That means reading the subtle signs and symptoms of the body daily. Imbalance starts at an energetic level and you rectify it at an energetic level.

The more serious the symptoms, the deeper the imbalance. If the symptom is mild – e.g. low-level anxiety before a meeting or mild rosacea after a glass of red wine, the imbalance will be easier to rectify.

It is important to know that when I refer to organ imbalance, I mean energetic and not physical. So, for example, heart imbalance does not mean heart disease. It is a subtle signal that your body is not in balance and the strain of that is impacting your heart energy, which may eventually lead to an issue over time. In the first instance, it could be felt as low level anxiety, occasional palpitations or a lack of desire to socialise.

We look for the low level signs to stop things getting a foothold in the body and causing a greater problem further down the line.

Use low levels symptoms as a barometer of your wellness. Address them to keep the body healthy and they are much less likely to become a deeper issue. This is the principle behind yang sheng and self-care.

[View the Kidney Guide](#)

@katie_brindle

katiebrindle.com

info@katiebrindle.com



Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and www.hayoumethod.com

Buy Yang Sheng Book

Live Qigong Healing classes (3 x each week) for a more in-depth, healing practice – full details on www.hayoufit.com

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health.

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram. Purchase the accompanying tools from www.hayoumethod.com

DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit www.hayoumethod.com to view our comprehensive FAQs.

[@katie_brindle](#)
katiebrindle.com
info@katiebrindle.com