



# KATIE BRINDLE

## Anaemia Guide

Treatment techniques based in Chinese medicine



# Overview

Anaemia is a condition characterised by a deficiency of red blood cells (haemoglobin) in the blood, leading to reduced oxygen-carrying capacity and subsequent fatigue, weakness and other symptoms. In Chinese Medicine, Anaemia or Blood Deficiency (Xuè Xū), is a condition viewed not only as a lack of blood but also as disharmony in the body's vital substances, organs and emotions.

## Causes and Implicated Organs

- **Spleen:** The Spleen, in Chinese Medicine, is central to digestion and blood production as it transforms nutrients from food into qi and blood. A dysfunction in the Spleen, known as Spleen qi deficiency, can lead to inadequate blood production, manifesting as symptoms of Anaemia. The Spleen's health is directly influenced by dietary habits and emotional well-being, with factors such as poor nutrition or excessive worry impairing its function.
- **Liver:** The Liver is responsible for the storage and regulation of blood, ensuring its smooth flow throughout the body. Liver qi stagnation, for example caused by emotional disturbances, such as anger and frustration, can lead to Liver qi stagnation, disrupting the Liver's ability to regulate this blood flow and storage, which can indirectly contribute to symptoms of Anaemia by affecting the overall balance and health of the blood.
- **Kidneys:** The Kidneys are associated with bone marrow, which plays a crucial role in blood production. If there is Kidney qi deficiency, which can be caused by chronic illness, overwork, ageing or lack of sufficient rest, this may lead to inadequate generation of blood, further contributing to Anaemia symptoms.

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# Emotions

Chronic emotional stress can severely disrupt the flow of qi in the body. Each organ has specific negative emotions attached to it which, if left unresolved, can manifest as physical problems:

- Worry and pensiveness are often associated with Spleen imbalances which, if not addressed, can impair the Spleen's ability to produce blood sufficiently.
- Anger and frustration are linked to Liver qi stagnation, which can disrupt blood circulation, leading to Anaemia.
- Fear and anxiety are connected with Kidney disharmony. If these emotions are allowed to take hold it can weaken Kidney qi and compromise the Kidneys' role in blood formation.

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# Acupressure

Acupressure is a technique that can easily be performed as part of your self-care practices. Gentle pressure is applied to specific points on the body with fingers or an acupressure tool to help clear blockages in the meridians, the pathways of the body through which qi flows.

## SP-6 (Sānyīnjiāo)

Location: This point is located on the inner side of the lower leg. To find it, place four fingers above your inner ankle bone. The point lies just behind the shin bone (tibia), in a tender area often found just above the highest peak of the inner ankle bone.

Why: This acupressure spot is a crossing point for the Spleen, Liver and Kidney meridians, making it particularly effective for issues related to these organs, including blood production.

## ST-36 (Zúsānlǐ)

Location: This point is found on the leg, four finger widths down from the bottom of the kneecap, one finger width outside of the shinbone.

Why: ST-36 is one of the most important points in acupressure for nourishing qi and blood, supporting digestive health and strengthening the body's overall vitality.

## LV-3 (Taichong)

Location: Found on the top of the foot, in the fleshy webbing between the big toe and the second toe, approximately two thumb-widths from the edge of the webbing.

Why: This point is known for its ability to ensure the smooth flow of energy, easing Liver qi stagnation. It also supports the body's detoxification processes, essential for purifying the blood.

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### KID-3 (Tàixī)

Location: This point is located on the inner side of the foot. Find the highest point of the inner ankle, and then slide your finger down into the depression between the ankle bone and the Achilles tendon.

Why: KID-3 is a vital point for strengthening Kidney qi, which is essential for maintaining healthy blood production and overall vitality.

## Yang Sheng Practices

There are many practices, lifestyle choices, self-care tools and supplements that can be used to help manage the symptoms and the root cause of Anaemia, including:

- Qigong: Gentle qigong, practiced regularly, will work with the energetic pathways and corresponding organs, helping to bring the whole body back into balance. It will help to restore harmony to the Spleen, Liver and Kidneys, supporting robust and healthy blood, essential to manage the symptoms of Anaemia.
- Meditation and Breathwork: Regular meditation, ideally in the afternoon, will not only support the Kidneys, but will also help to balance emotions and keep stress under control, thereby supporting all the organs of the body.

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- Diet: Diet plays a crucial role in managing and preventing Anaemia, helping to replenish iron stores, boost haemoglobin levels and improve overall blood health, thereby alleviating Anaemia symptoms. Foods to add to your diet include
  - Iron-rich foods such as red meat, poultry, fish and legumes.
  - Vitamin C, such as citrus fruits, bell peppers and dark leafy greens, which can enhance iron absorption when consumed alongside iron-rich foods.
  - Folic acid, such as spinach, asparagus and grains.
  - Vitamin B12, found in dairy products, eggs, and meat.
  - Whole grains, nuts, seeds and dried fruits are other nutritious options that support healthy blood formation.
  - Limiting caffeine and alcohol and emphasising a warm, nourishing and easily digestible diet will support the Spleen and Liver.
- Gua Sha: Regular gua sha on the back (from the spine out to each side) can help to invigorate the flow of qi and blood. Also consider practicing gua sha across the upper chest before bed (from the sternum out to each underarm) to release pent up emotions and prepare for restorative sleep, which will support Liver detoxification.
- Tapping: Using a bamboo body tapper or loosely clenched fists to tap all over the body is an ideal way to ensure the smooth flow of qi and blood. Focusing on the upper thigh (inner and front) to target the Liver and Spleen meridians will be especially helpful to support you if you have Anaemia.

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# Useful Supplements

There are many helpful supplements that can be taken as both preventative self-care and to alleviate symptoms of Anaemia, these include:

- Medicinal Mushrooms: Shiitake can help to support blood vessels, enhancing filtration and movement of blood, which is essential for the management of Anaemia, and Reishi mushrooms are known for their immune-boosting properties and for helping improve overall health and vitality.
- Herbal Formulas: Formulas containing Dong Quai (Angelica Sinensis) can help to tonify blood, Astragalus can help to nourish and build blood, and Chinese Wolfberry (goji berries) help to nourish Liver blood and Kidney essence.

# Conclusion

Chinese Medicine views Anaemia as a holistic imbalance involving qi, blood, and organ systems. Treatment focuses on strengthening the Spleen, Liver and Kidneys, managing emotions, and adopting healthy lifestyle practices. Acupressure, dietary adjustments and herbal supplements are integral to this approach.

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# 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](http://www.hayoumethod.com)

Buy Yang Sheng Book

Healing Movement classes (3 x each week) and live meditations for a more in-depth and healing practice – full details [here](#)

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

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

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from [www.hayoumethod.com](http://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](http://www.hayoumethod.com) to view our comprehensive FAQs.

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