



# KATIE BRINDLE

## Body Gua Sha Guide

Treatment techniques based in Chinese medicine



# What is Gua Sha?

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.

But that's not all. Gua sha is also renowned for maintaining and strengthening the constitution and even improving your sleep.

Gua sha is a fantastic way to directly support the immune system. Firstly, it helps disperse toxins through increased circulation. Then as the blood is reabsorbed by the body it promotes an enzyme (HO-1) which is both antiinflammatory and immune boosting.

Gua sha offers a unique stimulation of the immune system through fascia and connective tissue. Keeping our fascia moving is an important prevention strategy. As the lymphatic channels run through fascia, when fascia is 'slippery', the lymph fluid moves through easily and the immune cells within the lymph fluid are able to fight infections and subsequently, reduce inflammation.

Start by focusing on the chest, neck and upper back because it helps to clear lymph, moves blood and reduces inflammation – which weakens one's immunity. The lymph nodes and tonsils are all in that area, so this motion keeps them clear and working at full capacity.

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You can reach most areas of the body yourself; and rope in a friend or partner to treat your back. Gua sha has been shown to exponentially increase blood flow to the surface of the skin, which scientists believe works in a number of ways.

Firstly it helps disperse toxins by increased circulation and aiding the lymphatic and immune systems. Then as the blood is reabsorbed by the body it promotes an enzyme with anti-inflammatory and immune boosting properties.\* According to Chinese medicine, by regularly clearing toxins from the body, particularly from the joints, back, neck and shoulders, external pathogens are prevented from establishing a foothold, thereby reducing the likelihood of serious illness further down the line.

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# A few pointers

Gua sha shouldn't be painful. If in doubt, start very gently and work up to the pressure of scratching an itchy insect bite. We say 8 strokes as a guide, which is enough to effectively bring up a red flush. If in doubt, stop.

We associate redness with bruising and pain in the West, but in this instance it's in fact healing and satisfying. Most people feel a sense of weightlessness, pain relief, greater energy and many even report feeling 'lighter' after a treatment session.

The position, colour and form of the redness (or sha) can vary according to the area, degree and nature of a health problem in the body.

For this reason, gua sha can also be an indicator of what's going on internally. The sha will vary from light brown to almost black, depending on the level of toxicity in your body.

For example:

Red – a recent invasion of external disease

Dark red – heat, inflammation or acidity in the local area

Purple or very dark red – long-standing stagnation and damaged tissue.

Darker skin tones will show less Sha than lighter skin tones; it will still be there, just harder to see.

Do not perform gua sha over broken skin, broken veins, moles, cuts, bruises or rosacea.

Individual results may vary depending on age, skin type, sensitivity & skincare history.

Wait until any redness has subsided before re-treating that area.

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# Cellulite

Cellulite, also known as orange-peel skin, is when fat builds up and creates a bumpy appearance. Nearly all of us with have cellulite at some point in our lives.

[View the Cellulite Guide](#)

# Meridians

In Chinese medicine, the organs control the health of the body. Consider your organs as little mini kingdoms. Some organs are higher up the hierarchy of the body.

[View the Meridians Guide](#)



# References

[The effect of Gua Sha treatment on the microcirculation of surface tissue: a pilot study in healthy subjects](#)

[Effects of Gua Sha on Heart Rate Variability in Healthy Male Volunteers under Normal Condition and Weightlifters after Weightlifting Training Sessions](#)

[Gua Sha therapy could facilitate the parasympathetic nervous activity and modulate the balance between parasympathetic and sympathetic activities.](#)

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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](#)

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on [www.hayoufit.com](http://www.hayoufit.com)

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

[KBL Cellulite and Stubborn Fat Masterclass](#)

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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