



KATIE BRINDLE

Cellulite Guide

Treatment techniques based in Chinese medicine



What is Cellulite?

Cellulite is the orange-peel looking skin that appears on the thighs, bottom, hips and upper arms.

It is caused when the build-up of fat deposits underneath the skin pushes through the fascia.

There are various things that can be at the root cause of Cellulite, including:

1. Stress 2. Inflammation 3. Circulation

What can you do to help yourself?

- Strengthen the Spleen and Stomach by following the advice in my Guides.
- Gua Sha around the Dai Mai, and over the affected skin in a gentle circular motion using the Hayo'u Body Restorer and Jade Comb.
- Tapping, particular around the torso, using the Bamboo Tapper, or loosely clenched fists.
- Meditation and Qigong

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Yang Sheng Techniques and Chinese Wisdom

In Chinese Medicine Cellulite is considered to be due to internal coldness, damp, and an imbalance of the Spleen and Stomach which can result in phlegm, this then encourages the body to store fat deposits in the form of cellulite.

To learn more about specific techniques, understand how we can help ourselves, and gain a fuller knowledge of Chinese Medicine's wisdom regarding the condition, please download our "How to Target Cellulite" Masterclass.

There is a wealth of information in my book, "Yang Sheng – The Art of Chinese Self-Healing".

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Tapping & Cellulite

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 & Cellulite

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%, and clear inflammation. Note that gua sha should NOT be used directly on broken skin. However, it can be effective to lessen the marks left by an acne outbreak. There are lots of how-to gua sha videos on my Instagram feed; and you can also download the Gua Sha Guide.

[View the Gua sha Guide](#)

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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

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

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

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.

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