



KATIE BRINDLE

Cold Water Therapy Guide

Treatment techniques based in Chinese medicine



What is Cold Water Therapy?

Cold Water Therapy, also known as Contrast Hydrotherapy, is a practise that has been used for thousands of years across cultures around the world. It is based on a theory called hormesis, which is where the body is very temporarily placed under conditions that for longer periods of time or intensity would be considered harmful. Hormetic stress – in this case, the fluctuating water temperature – acts as a trigger for the body to heal itself naturally; the water becomes the catalyst for profound self-healing. Performed correctly, specific targeted cold exposure is an incredibly valuable self-care healing practice, with many benefits including:

- Reducing pain and inflammation and increasing circulation – cold water creates movement of blood and qi in the body, drawing toxicity and stagnation away from the tissues, joints and muscles. As the body warms up again fresh qi and blood is flushed back around the body, delivering vital nutrients to the extremities, keeping you supple and strong
- Helping with weight-loss – as the organs strengthen, a sluggish metabolism will balance, and food cravings will come under control. Cold water activates “fat-burning” brown fat; which uses excess white fat as energy to heat the body, it also improves leptin sensitivity; the hormone that controls our tendency to hold onto fat.
- Lowering blood pressure and controlling stress and anxiety – as we warm up again, the parasympathetic response becomes dominant; blood pressure decreases, heart rate slows, blood sugar drops and we relax. This allows the body to begin to naturally repair itself.

@katie_brindle

katiebrindle.com

info@katiebrindle.com



What can you do to help yourself?

- Cold Showers – Fluctuating between hot and cold water is a good way to begin. Simply add a blast of cold water at the end of your shower.
- Cold Water Bath – Fill your bath with cold water and alternate between the hot shower and cold immersion.
- Ice Bath – Add ice to your cold bath water for a deeper practice.
- Russian Bath-house – Alternate between a sauna and cold plunge or cold shower.
- Cold Water Swimming – Limit your time and ideally swim with a friend.
- Preparation and aftercare – Always begin very gently and slowly build up tolerance, even a few seconds of cold water will be a good start. ALWAYS warm up after your practice, wrap up in a warm bathrobe or blanket, have a warm drink ready, and rest for a short while.
- Contraindications – Most people will benefit from some form of cold water therapy, but the practice should be avoided if you are feeling unwell, if you have just eaten, if you are pregnant, menstruating, or have a pre-existing condition such as low blood pressure or heart concerns. If you are unsure, always consult your GP first.

@katie_brindle

katiebrindle.com

info@katiebrindle.com



Yang Sheng Techniques and Chinese Wisdom

Chinese wisdom understands that stagnation of blood and qi is the basis for all diseases; if toxins, negativity or inflammation are allowed to impede this flow then illness, both in the physical and emotional body, can develop. Cold water immersion works to temporarily draw blood away from the extremities into the core of the body where the organs will then be able to efficiently eliminate these harmful toxins, allowing the energetic pathways to remain clear. As the body then warms up, blood and qi will be pumped back around, increasing the circulatory, immunity and lymphatic systems, keeping the body strong and supporting the Wei Qi; that vital energy that prevents external pathogens invading. This, in turn, will have a knock-on effect of balancing the emotions so stress, anxiety, even depression can be eased.

Using the Bamboo Tapper all over the body for even one minute after your cold water immersion will be invaluable in generating warmth, activating the parasympathetic response and enabling the body to self-heal. For the ultimate bathing experience, incorporate the Hayo'u Method Mineral Shower Wash into your practice and allow the specifically created aromatherapy blend to envelop your senses as your body relaxes.

Qigong is also an excellent way to help the body both before and after cold water therapy: If you have been unwell, or have had an injury or surgery, qigong, breathwork and meditation will build your strength back up gently so that you can then add in this specific targeted cold exposure to really strengthen the body further. For an in-depth lecture on the benefits of cold water therapy, including specific heat-generating qigong and breathwork techniques to help you get the most from your practice, download Arron's "Cold Water Immersion" Masterclass.

@katie_brindle

katiebrindle.com

info@katiebrindle.com



Breath & Cold Water Therapy

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 & Cold Water Therapy

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 selfhealing 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



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

Download 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](#).

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.

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