



# KATIE BRINDLE

## Lung Guide

Understanding and taking care of your lungs



# What is the function of the Lungs?

We take around 25,000 breaths every day. As part of the respiratory system, our Lungs take in oxygen and transfer it into our bloodstream to be carried around the body, helping us to breathe efficiently. As our cells work, they produce a waste gas, carbon dioxide, which our Lungs expel as we exhale, filtering out unwanted substances from the air, preventing them from getting into the bloodstream.

If our Lungs aren't working efficiently we be at higher risk of experiencing health concerns such as:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Pneumonia
- Pulmonary fibrosis
- Bronchitis
- Emphysema
- Shortness of breath, coughing or weak/hoarse voice
- Low immunity and poor circulation
- Daytime sweats
- Frequent colds, tickly throat and/or dry mouth
- Dry or loose stools and lacklustre skin

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# Chinese Wisdom

From a Chinese medicine perspective, Lung health is so much more than just physical health. It is also very much about 'letting go' of anything we don't need – emotionally, as well as metabolic by-products. Holding onto excessive sadness or grief can disrupt the delicate balance of the Lungs, causing energy to stagnate, so by letting go we nourish our Lungs – we literally hold on to what is valuable and let go of anything that no longer serves us. The partner organ of the Lungs is the Large Intestine and for the purposes of this guide can be viewed as a single organ.

The Lungs are more than just part of the respiratory system. They govern qi in the body and have a close connection to the skin, sinuses and, of course, the Large Intestine.

With healthy Lung energy, we feel full of vitality, have a sense of softness and fullness in the chest and a clear, powerful voice. Our skin is glossy and our complexion glowing, and we will likely present ourselves to the world with expansive gestures, a forthright gaze and a clear presence. Someone with strong Lung energy usually evokes a response of admiration and respect in others and it enables us to be relaxed, emotionally balanced and to deal with loss and grief in a healthy way.

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# The importance of qi

In addition to physical symptoms of Lung imbalance, in Chinese medicine we also consider what is happening with the body at an energetic, or invisible, level. Qi is the energetic and vital life force that continually flows through us underpinning our physical, emotional, and spiritual health and wellbeing – it is the basis for our very existence. Like feelings and emotions qi can't be seen, yet it penetrates every part of our body at every moment. Even when we sit completely still, there will be some movement happening inside us. Our heart beats, fluids move, and every cell is constantly in motion. All these different types of energy, combined with our breath, is what makes up our qi. Qi isn't the same as circulation, but it is linked. When we stimulate our blood flow or move our lymphatic fluid, our qi is also stimulated, with everything flowing together through our meridians, the energetic pathways that run throughout the body.

It is the quality and movement of qi that determines our health. Smooth flowing qi and blood around the body will ensure that there are no blockages of energy, negativity or toxicity, leading to stagnation. If stagnation is left untended, whether it be physical, emotional or spiritual, low-level niggles will be able to gain a foothold in the body, eventually manifesting as disease.

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# The Role of Emotions

In Chinese medicine, we recognise that our emotions are connected to specific organs. We can't see emotions, but we feel and then physically express them. The overriding emotion connected with the Lungs is grief. Imbalances in our Lung energy does not mean lung disease, but it is a subtle indication that our body is not in harmony and needs to be nourished to avoid our emotional health negatively impacting our physical health.

Signs that we have Lung qi imbalances can include:

- Feelings of sadness or detachment
- Struggling to cope with loss or change
- Lack of self-esteem
- Harsh judgement – of ourselves and others
- Failure to respect or understand boundaries

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# Yang Sheng techniques and what you can do to help yourself

There are many things that you can do to support, nurture and nourish your Lung energy:

- Take deep slow breaths, expanding the chest as much as possible; in for a count of four, pause for a moment, then out for a count of four. Repeat as often as you need to.
- Practice the healing sounds for the Lungs whilst visualising the colour white. Place your hands on your upper chest and imagine your Lung qi balanced and strong. Feel gratitude towards your Lungs as you make the sound Ssssss.
- Drink plenty of water to ensure the mucus lining of the airways and lungs is smooth. This is important because dehydration can slow respiration, making you more susceptible to illness.
- Think about the past, watch romantic comedies and listen to blues music or play a musical instrument yourself.
- Undertake projects that inspire you and devote a little time to charity.
- The element associated with the Lungs is metal, so wear gold or silver jewellery. Gemstones to support the Lungs include clear quartz, white mother of pearl, diamond, white topaz, white sapphire or white moonstone.

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- It is important for your Lung health to go on long walks, ideally in nature. Take long, deep breaths and appreciate your environment.
- Appreciate and accept yourself and try to understand the feelings of others. Accept that nobody is perfect.
- Transcend emotions as much as you can by recognising that you feel a negative emotion and replacing it with a positive one. Harmful emotions for the Lungs are grief, sadness, depression, feeling detached or tearful, so try and replace them with the healing emotions of courage, gratitude and having a healthy self-esteem.

## What to eat to help your Lungs

As well as the suggestions above, there are certain foods that are beneficial for Lung health:

- Try and include more whole grain fibre, avoiding white flour & white sugar, dairy & red meats.
- A little alcohol is OK.
- Pungent foods and white fruit and vegetables.
- The following foods will all help to support your Lung energy: garlic, mustard, horseradish, cinnamon, ginger, mint, vanilla, wine, leeks, onion, wasabi, radish, black bean, coriander, turnip, dill, rhubarb, thyme, pepper.

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

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# How to Use the Organ Guide

Practising the Hayo'u Method is a basic daily level of health maintenance, like brushing your teeth. You are responsible for it, you do it every day and it maintains your basic dental health.

Niggling issues such as poor sleep or digestion are the equivalent of bleeding gums. At this point, you might see the hygienist for a little help. This is when you employ the quick fixes in our guides.

[View the How to Use the Organ 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](http://www.hayoumethod.com)

Buy Yang Sheng Book

Live Qigong Healing classes (3 x each week) for an in-depth 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](#).

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](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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