



KATIE BRINDLE

ME (Chronic Fatigue) Guide

Treatment techniques based in Chinese medicine



What is ME?

ME (Myalgic Encephalomyelitis) is a complex, physically debilitating and emotionally exhausting long-term condition that can cause a wide range of symptoms affecting various systems in the body, most notably the nervous and immune systems. The condition is often referred to as Chronic Fatigue Syndrome (CFS) or Post-Viral Fatigue, due to the extreme tiredness experienced. It is estimated there are around 250,000 ME/CFS sufferers in the UK and over 17 million worldwide. The condition can affect anyone, but is more prevalent in women, typically developing from the mid-20s to mid-40s. The actual cause of the illness is not yet fully understood from a Western medicine perspective, although it is thought that it may be triggered by bacterial infections such as pneumonia; viral infections such as glandular fever; hormonal imbalances, or a compromised immune system. As there are no specific tests to confirm the illness, it is often difficult to get a definitive diagnosis, adding to the frustration and stress already being experienced.

ME/CFS can be exceedingly difficult to live with and manage because the symptoms can be inconsistent, affecting you differently at different times and often varying from day to day. There may be periods when symptoms improve, only to dramatically worsen without warning or explanation. ME/CFS is a very personal condition and not everyone will experience the same pattern or range of symptoms. Most cases are mild to moderate, requiring some lifestyle changes to accommodate limitations. However, 1 in 4 cases are considered severe, leaving you unable to work or look after yourself without help.

There are many, many symptoms of ME and Chronic Fatigue Syndrome including:

- Extreme and constant physical and mental tiredness, even after rest.
- Flu-like symptoms including muscle and joint pain.
- Generally feeling unwell but not necessarily able to pinpoint why.
- Sleep issues, such as waking in the night or waking exhausted even after a full night's sleep.
- Heart palpitations or irregular heartbeat.
- Headaches, brain fog or problems with concentration and memory recall.
- Feeling overwhelmed, depressed or low.
- Fatigue after exercise with long recovery periods.

@katie_brindle

katiebrindle.com

info@katiebrindle.com



What can you do to help yourself?

- Nurture and strengthen the Kidneys and Spleen & Stomach – Look at why there may be imbalances and work towards rectifying them. Download my Organ Guides for advice.
- Rest – Try to get to bed early and rest during the day if possible – even a 20 minute nap, ideally during the afternoon (the best time to nurture the Kidneys), will be invaluable.
- Keep warm – Make sure that the Kidneys remain warm. A simple, yet effective, exercise is to briskly rub the palms of the hands together until they are warm and then hold over the Kidney area.
- Foot bathing – Six meridians reach the feet, so bathing and massaging them each evening is an ideal way to prepare for bed. The hot water in your foot bath will slightly raise body temperature which can assist in unblocking channels by activating blood flow and energy, promoting good, restorative and healing sleep.
- Emotions -Negative emotions can play a large part in affecting the healthy functioning of the organs, so aim to bring regular meditation and breathwork into your daily self-care practices. This will help you to calm the mind, keep the stress response under control, and raise the spirits, which will assist in bringing the organs back into balance.

@katie_brindle

katiebrindle.com

info@katiebrindle.com



- Qigong – Qigong can be practiced very, very gently, from a seated position if necessary. Even the smallest movements can have a positive effect on the health of the body by softly stimulating energy flow.
- Tapping and combing – Tapping the body every day, very lightly, will encourage energy flow. If this feels too much for you just stroke the Tapper over the body – this is known as “grain of sand” therapy. Follow the directional flow of energy: down the inside of the arms and up the outside, across the upper chest and shoulders, around the abdomen, then down the outside of the legs (including the calves and behind the knees) and up the inside. Avoid the delicate Kidney or breast tissue areas. You can tap over the head and the soles of the feet too – the Tapper will allow you to reach all areas of the body easily. If you are able, use the Jade Comb to gua sha around the torso, from the spine around to the front of the abdomen. Always use the Tapper or Jade Comb very gently to begin with and build pressure only if it feels comfortable.
- Nutrition – To avoid putting additional strain on an already delicate digestive system, eat a nourishing and balanced diet with foods that are well cooked, warming, and easily digested. Try and avoid raw, processed or heavily refined foods and do not consume drinks straight from the fridge or that have ice added to them.

@katie_brindle

katiebrindle.com

info@katiebrindle.com



The Yang Sheng perspective

Chinese wisdom understands that ME/CFS stems from imbalances within the body, most notably the Kidneys and Spleen & Stomach, leading to the yang qi deficiency that is the cause of extreme fatigue. When an illness does not fully clear from the body or if there has been insufficient rest or recovery time, the pathogen is able to linger, often as heat, phlegm or dampness, causing you to be vulnerable to further attacks. It is this stagnation of energy, together with the weakened quality of qi, which worsens the problem, and it is this vicious circle that allows the condition to develop.

As the indicators of Myalgic Encephalomyelitis vary so greatly from person to person, with no definitive pattern of symptoms, a private consultation is recommended so that a detailed health, nutrition and lifestyle analysis can take place. This will help to pinpoint and then treat the primary underlying cause. You can book a private appointment with me via my website, and we can work together to get to the root of the problem and tailor a personalised healing plan.

Join my regular Qigong Healing classes on Hayo'uFit to begin your healing journey with gentle qigong, meditation and breathwork. Also consider John Munro's "Rebuild your Energy" or "Cleansing the Energy Field" Masterclasses, which will show you how to incorporate Heaven and Earth movements into your practice to deeply strengthen your qi and move energy around the body.

For an in-depth lecture on how you can support your Immune System and learn more about specific techniques to help you, download my "Supercharge your Immunity" Masterclass.

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

@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

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

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