



# KATIE BRINDLE

## Meridians Guide

Treatment techniques based in Chinese medicine



# What are 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. The heart, for example, is more important than the spleen. You can live without your spleen, but not without your heart! This is why, in Chinese medicine, we talk about the 5 predominant organs of the body: the heart, lungs, liver, kidney and stomach.

They all have territories, rivers of Qi that interact and weave all over the body like a canal system.

These meridians can be followed like a line, traced with pinpoint accuracy: this is what acupuncturists do. You have to treat within a space the size of half a grain of rice for the points to be effective. The job of the acupuncturist is to understand that these 361 points in the body are specific and detailed, they interrelate and can work in myriad ways. But, these rivers are also broad and carried through the fascia in a more general way. And when you are self-treating, this makes them very accessible. This is what we do with gua sha and tapping and Qigong!

When we stimulate certain acupressure points with gua sha for example, you will be able to feel that they have been triggered. We call these the Ahrshi points. So, whilst acupuncture is very specific, for a general treatment all you need is the flow of the river. When we practice Qigong, we follow the flows of the river and let the body throw it up and tell you where the problems are. If a movement makes you draw breath, yawn, makes the skin itchy or red or triggers a healing crisis, then it's working.

On the next two pages are diagrams so that you can see how the meridians flow all over the body.

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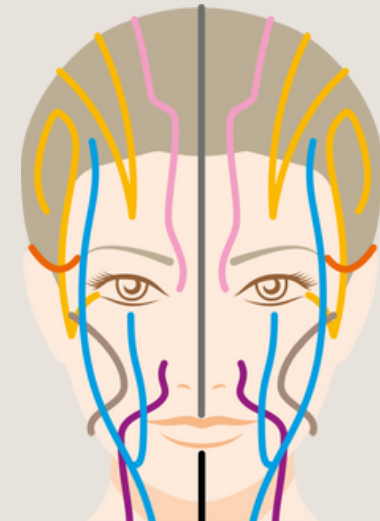
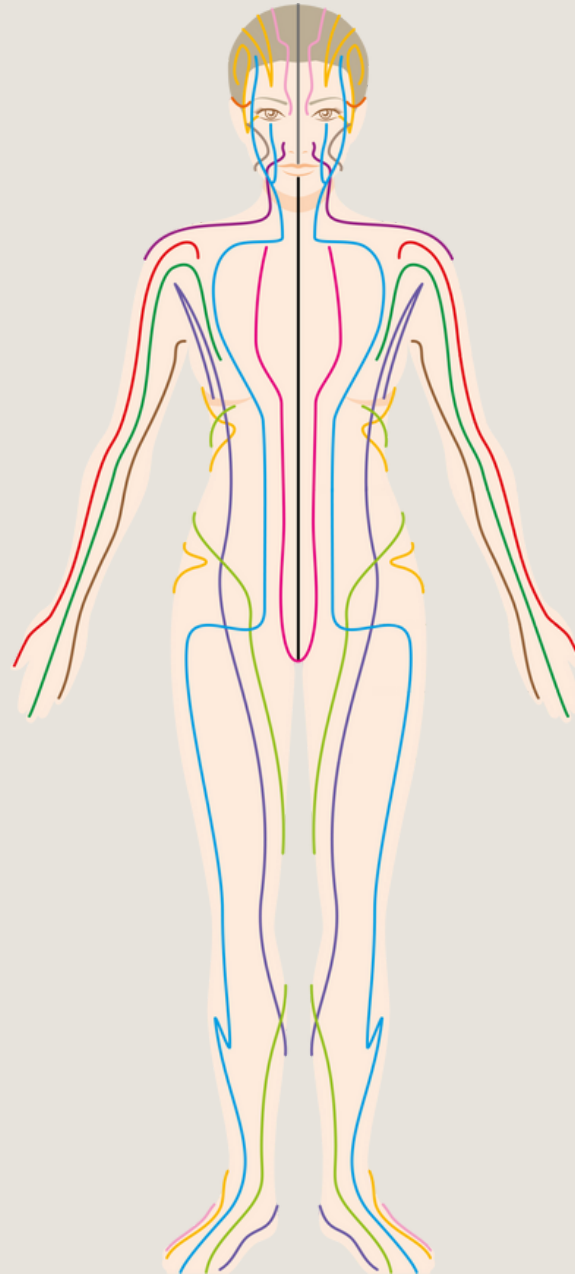
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# Meridians

- Bladder (B)
- Stomach (St)
- Small Intestine (SI)
- Large Intestine (LI)
- Lung (Lu)
- Pericardium (P)
- Heart (H)
- Conception Vessel (CV)
- Gall Bladder (GB)
- Kidney (K)
- Spleen (Sp)
- Liver (Liv)
- Governing Vessel (GV)
- Triple Warmer (TW)



Please note: this is a simplified diagram intended as a self-care aid for effective use of Hayo'u tools.

Detailed diagrams are readily available online and in acupuncture books.

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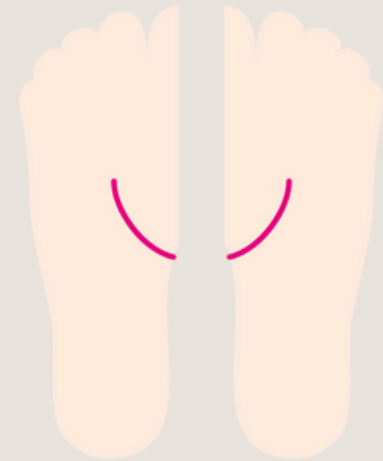
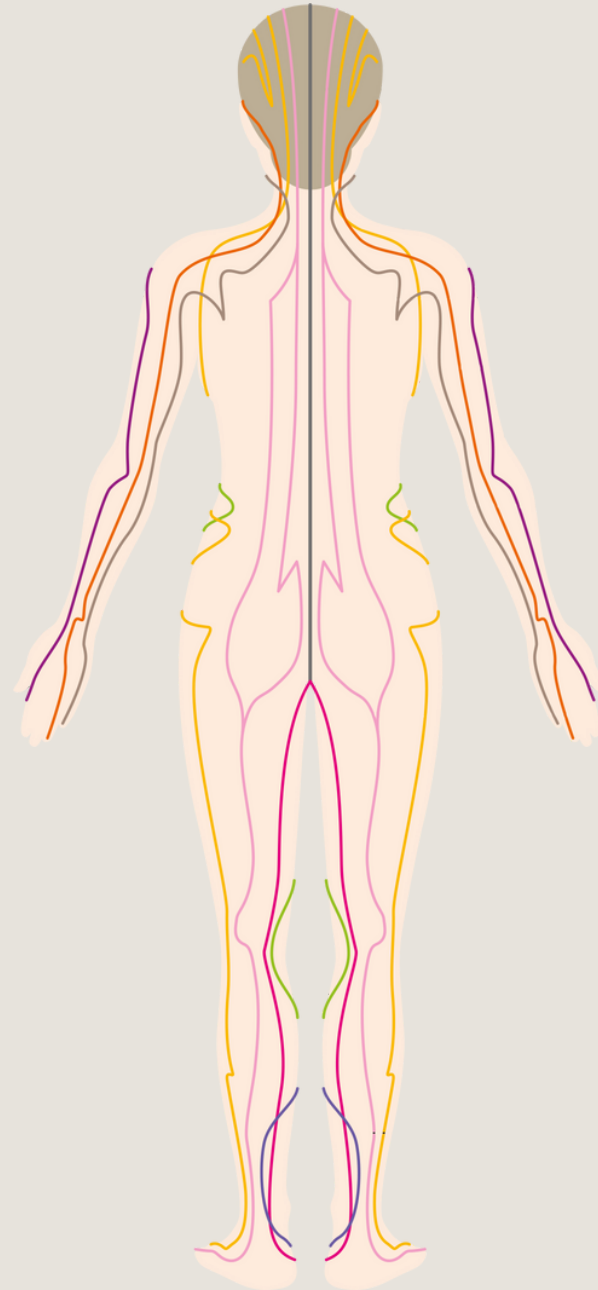
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# Breath

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

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](#)

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# Tapping

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

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](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](#).

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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