



# KATIE BRINDLE

## Personal Rebalance Plan

Treatment techniques based in Chinese medicine



# Personal Rebalance Plan

As many of you have expressed an interest in the personal plan that I mentioned the other day we've written it below for you. It's important to note that I'm just sharing what works for me personally. I'm not a nutritionist, and what works for me may not be the same for you. Yang Sheng (the self-care part of Chinese medicine that I practice) is all about finding your balance. Our bodies are complex and all in different states!

This is a balancing act, and an opportunity to re-focus the spirit. As I'm reigning it in on one side, I supplement with abundance on the other side. What I try to do is bring abundance from breath, with more focus on mindful breathing; but also from the spirit. What I mean by this is that I work on the higher virtues, trying to approach each day with gratitude, wisdom, kindness, love. So, you eat simply whilst using this week to focus in on the higher aspects of the self.

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The following is extracted from my book, Yang Sheng – the art of Chinese self-healing, I thought it may be useful:

## Look before you eat

In China, food is usually displayed in the middle of the table to create a sense of abundance. And in Chinese medicine, the stomach meridian starts in the eyes. Looking before you eat encourages saliva production and tells your digestive system it's about start work

## Chew Chew Chew

Well-chewed food – which in Chinese medicine means the food has turned into liquid and so has been mixed with air and qi – goes into the stomach ready for the next stage of digestion. Your stomach doesn't have teeth, so if you don't chew well, you're more likely to get indigestion or constipation.

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## Eat slowly and mindfully

Your brain takes 20 minutes to recognise you're full, which is one reason eating with chopsticks is good. It reduces the size of a mouthful and slows down the eating process. Even when you're only having a sandwich, eat slowly.

## Eat the same amount at each meal

Portion size is not a new idea. A Taoist scripture called Neiyeh, thought to date from the 4th century, says: 'Overfilling yourself with food will impair your vital energy and cause your body to deteriorate. Over-restricting your consumption causes the bones to wither and the blood to congeal.' You need to find the amount that's right for you. Ao Ying, a famous Chinese doctor, said that 'Man should endure 30% hunger and 70% fullness'. If stopping at 70% full feels too different from your usual mode of eating, try stopping at 80% to start with. Once you get the hang of it, you'll notice how much more comfortable your digestion feels.'

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## A few more thoughts:

- Chinese medicine advises us to eat raw food only in Summer and not in Winter
- Fresh, fresh, fresh!
- No vinegar, nothing preserved, no salt, no leftovers
- I use fresh leaf tea not tea bags
- Fresh bread - ideally high quality sourdough bread - very easy to make at home, or else try the oat cake recipe on my IGTV
- Relax
- Walk every day! Aim for 10,000 steps but move regularly and tap to invigorate the circulation

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# Day 1

Qigong  
Slice fresh bread /oatcake  
Fresh tea

Meditation  
Lean flesh/cucumber/season green veg or  
vegan noodle broth or jacket potato & green juice

Prawns/fish /cabbage/seasonal green veg  
Qigong

# Day 2

Qigong  
Slice fresh bread /oatcake  
Fresh green tea

Meditation  
Fruit - seasonal, can include avocado

Steak/cabbage/seasonal green veg  
Qigong

# Day 3

Qi gong  
Slice fresh bread/oatcake  
Fresh green tea.

Meditation.  
Avocado/celery/cucumber

Lamb shank/seasonal green tea.  
Qigong

# Day 4

Qigong  
Fresh bread/oatcake  
Fresh green tea

Meditation  
2 eggs, broccoli/seasonal green veg

Prawns/fish, cabbage/seasonal green veg  
Qigong



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## Day 5

Qigong  
Fresh bread/oatcake  
Fresh green tea

Meditation  
Cottage cheese/burrata/goats cheese/celery

Salmon/cabbage/fresh green veg  
Qigong

## Day 6

Qigong  
Fresh bread/oatcake  
Fresh green Tea

Meditation  
Chicken  
Celery cucumber/seasonal green veg

Fresh seasonal fruit  
Qigong

## Day 7

Qigong  
Fresh bread/oatcake  
Fresh green tea

Meditation  
Avocado cucumber celery/seasonal green veg

Steak/cabbage/seasonal green veg  
Qigong



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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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