



KATIE BRINDLE

Raynaud's Disease Guide

Treatment techniques based in Chinese medicine



What is Raynaud's Disease?

Raynaud's Disease is an uncomfortable and painful vasoconstriction condition. It typically occurs when there is a sudden restriction of blood flow, usually due to cold exposure, but it can also happen during times of emotional stress. The fingers and toes are most commonly affected, but occasionally the ears, nose and lips can also suffer. During an attack, the blood vessels quickly constrict causing the tips of the fingers or toes to turn white or blue and become numb, due to the lack of blood flow. This can last for several minutes at a time, sometimes for up to an hour or more. When the episode passes and the blood vessels begin to relax, the affected areas will throb, tingle and often turn red, due to the sudden rush of blood as circulation resumes. In chronic situations, nerve damage may occur, causing long-term lack of sensitivity or numbness.

Raynaud's either occurs on its own, when it is known as Primary Raynaud's, or in conjunction with an autoimmune disorder such as Rheumatoid Arthritis, Lupus or Scleroderma, when it is known as Secondary Raynaud's. Women are estimated to be 75% more likely than men to suffer from Raynaud's, with the condition typically beginning between the ages of 20-40.

The main symptoms of Raynaud's Disease include:

- Fingers and toes suddenly becoming cold – often this will be two or three fingers or toes, rather than the whole hand or foot.
- Turning white or blue as the blood flow is restricted, then red when the flow is resumed.
- Becoming numb for the duration of the attack.
- Tingling, throbbing, pain and heat as the restricted blood flow is resumed.
- Long-term sensitivity, lack of feeling or numbness.

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What can you do to help yourself?

- Nurture and strengthen all five key organs – focus particularly on the Kidneys and Liver. Look at why there may be imbalances and work towards rectifying them. Download my Organ Guides for advice.
- Cinnamon Twig Decoction – Ensuring the body is warmed from the inside will be a great help. As well as eating nourishing and warm foods, regularly drinking Cinnamon Twig Decoction will provide the body with herbs and spices that are naturally warming in nature. With ingredients such as cinnamon bark, liquorice root, dried tangerine peel, ginger and honey, this delicious drink will help to warm the interior, strengthen blood, disperse internal cold, nourish qi, and invigorate yang energy to improve circulation.
- Foot bathing – Soaking the feet in hand-hot water each evening, ideally adding a few slices of fresh ginger, will promote the smooth flow of qi and blood to the extremities by helping to clear the meridians of the body. The ginger will both warm and energise circulation, calming the parasympathetic nervous system, soothing emotions and encouraging sleep.
- Hand washing – Spending a few additional minutes over a routine hand wash whenever you go to the loo is another helpful way of ensuring that you keep warm, encourage blood flow to the fingers and support all organs of the body by stimulating the reflex zones on the palms of the hands.
- Tapping – Tap all over the body every day to invigorate a sluggish circulation. Always include tapping behind the knees to encourage blood flow to the feet, and in the crook of the arm to encourage flow to the hands. Tapping the hands and feet each morning and evening will also draw blood and qi to the area.

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- Qigong, including meditation and breathwork – Regular Qigong, which works with the energetic pathways and corresponding organs, will improve the overall circulation of qi and blood in the body, helping to reach the hands and feet more efficiently. Adding meditation and specific “Inner Fire” breathwork into your self-care practice will enable you to direct warming energy around the body.

Yang Sheng Techniques and Chinese Wisdom

Chinese wisdom understands that the sudden, temporary, yet repetitive occurrence of Raynaud’s is due to qi and blood stagnation caused by extreme and abrupt disruption to circulation. There are two main triggers, cold invasion (external trigger) and emotional stress (internal trigger).

- Cold invasion, such as exposure to cold temperatures, will cause the smooth flow of blood and qi to be reduced; the blood will literally move slower than usual so will struggle to reach the extremities. When the body is cold, blood will be drawn away from the peripheral organs, including the extremities, in order to protect the 5 key organs. If the body already has a pre-existing “internal cold” disposition, such as Kidney imbalance, then this susceptibility to external cold invasion will mean that the normal reaction to feeling cold will be more severe, resulting in the extreme constriction of blood vessels that causes the unpleasant sensations of Raynaud’s.
- The physical manifestation of Raynaud’s to emotional stress is attributed to the Liver, which is the organ most effected by the emotions. The Liver, with its fast-moving, reactive and sometimes aggressive energy can move very quickly. This causes tension and the muscles to sharply contract, temporarily collapsing the vessels and severely slowing circulation.

As well as the suggestions above, join my Qigong Healing classes on Hayo’uFit and consider Arron’s “Master the Water Element” Masterclass to build and strengthen your Kidney qi.

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

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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

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.

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