



KATIE BRINDLE

Sciatica Guide

Treatment techniques based in Chinese medicine



What is Sciatica?

- Sciatica is a debilitating condition that affects the sciatic nerve, which runs from the buttock, down the thigh and to the heel and foot
- When it is irritated or inflamed, you may experience shooting or stabbing pains which travel the length of the leg down to the foot. You may also experience numbness, a burning tingling sensation, or weakness
- The condition often feels worse at night, when sitting for long periods of time, or when moving into a sitting, standing, or lying position

What can you do to help yourself?

- Nurture and strengthen the Liver and Kidneys – look at my Guides for advice
- Use the Body Restorer to gua sha the hip right down the outside of the leg to the foot, to help clear stagnation and promote the free flow of blood and qi. If your Sciatica is very painful then using the Bamboo Tapper will be a gentler way to do this. Gua sha the lower back from the centre outwards and gently rub the kidneys in small circular movements with the pads of the thumbs
- Foot-bathing will be helpful as the slightly raised body temperature, unblocks energy channels, and prepares the body for sleep allowing the organs to rest and repair
- Qigong – practicing qigong regularly, particularly 12 Rivers, will help

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Yang Sheng Techniques and Chinese Wisdom

Chinese Medicine understands that Sciatica begins at the point of the Yin/Yang pairing of the liver and gall bladder and is often due to imbalances in the Liver and Kidneys so strengthening these organs will ensure the energy is not depleted and the channels are kept clear, thereby avoiding stagnation. To learn more about specific techniques, understand how you can help your specific concerns, and gain a fuller knowledge of Chinese Medicine's wisdom regarding Sciatica, you can now book a 20-minute consultation with me via my [website](#).

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

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Breath & Sciatica

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 & Sciatica

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 & Sciatica

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 & Sciatica

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

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

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

[KBL Cellulite and Stubborn Fat Masterclass](#)

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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