



KATIE BRINDLE

Shingles and PostHerpetic Neuralgia Guide

Treatment techniques based in Chinese medicine



# What is Shingles?

Shingles, also known as Herpes Zoster, is an extremely painful condition that is caused by the varicella zoster virus, the same virus that causes Chickenpox, most commonly experienced in childhood. If you have previously suffered from Chickenpox this virus will remain dormant in the body, most often without concern. However, if the immune system is compromised then the virus can be reactivated, resulting in Shingles. It is estimated that up to 90% of adults in the UK carry the virus, although only one in four will develop the condition. Because of this link to the immune system, which can weaken with age and lifestyle, Shingles is most common in people over the age of 50, although it can affect younger people too. It can present very unpleasant symptoms, including:

- Tingling - often the first sign of Shingles is a tingling and/or painful sensation on the body, accompanied by generally feeling unwell with a headache, fever and often sickness and diarrhoea.
- Rash - a blistering, wet and intensely itchy rash will appear a few days later. This is usually on one side of the body only, most frequently the chest or torso, but can also appear on the face. The rash will normally subside within a few weeks; however, some people can develop prolonged pain, or be left with scarring or skin pigmentation.
- Post-Herpetic Neuralgia (PHN) - this is a complication of Shingles and is experienced as debilitating nerve pain that remains long after the rash has healed, often lasting for several months and frequently having a negative impact on quality of life, sleep and overall health and wellbeing. Post-Herpetic Neuralgia is more common in older people, with around 20% of Shingles sufferers developing the complication

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# What can you do to help yourself?

In addition to any treatment that you are already receiving to clear the virus and lessen the pain, there are additional actions that you can build into your regular self-care practices:

- Nurture and Strengthen the Liver and Spleen - Shingles and PostHerpetic Neuralgia are associated with heat and damp in the Liver and Gallbladder channels, so download my Guides and follow the advice. As both conditions are linked to a lack of the protective energy that prevents external pathogens from entering the body, enhancing Spleen qi will be greatly beneficial.
- Immunity and Stress Guides - Shingles is triggered by a weakened immune system and is often the manifestation of stress within the body. Download my Guides and Masterclasses for in-depth advice on how you can strengthen your immune system and alleviate stress in simple yet highly effective ways.
- Tapping and Gua Sha - Use the Bamboo Tapper to tap all over the body regularly, paying particular attention to the Liver and Spleen meridians as this will be especially effective in clearing heat. Tap down the outside of the legs from the thigh to the edge of the foot and then up the inside of the legs. Additionally, gua sha around the Dai Mai (torso) regularly with the Body Restorer or Jade Comb, as this will help to ensure that internal heat is addressed, and pathogens cleared. Do not tap or gua sha directly over the affected area until any pain or blistering has subsided.

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- Meditation and Breathwork - This will be valuable not only for dealing with discomfort and stress whilst the virus is active, but also to keep the Liver heat under control, ensuring the organ remains balanced and calm, thereby avoiding future episodes.
- Qigong - Resuming qigong practice as soon as possible, especially 12 Rivers and my Healing Qigong class, will deepen your self-care, restoring your organs to optimal health.
- Cold Water Therapy – Fluctuating between hot and cold water is invaluable for reducing pain and inflammation and increasing circulation. It is one of the best ways to keep the immune system strong. This practice can be resumed once an outbreak of Shingles has passed

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# Yang Sheng Techniques and Chinese Wisdom

Chinese Medicine understands that Shingles and Post-Herpetic Neuralgia are attributed to an accumulation of heat and damp in the Liver and Gallbladder meridians. This is exacerbated by a lack of Zheng Qi or Upright Qi; the energy that helps to prevent external pathogens from invading. If this energy is weak, as a result of toxic emotions and inflammation, it is not able to efficiently manage the resultant dampness, so both heat and damp remain in the body, causing extreme stagnation. To learn more about specific tapping, gua sha and acupressure techniques, understand how you can help particular concerns, and gain a fuller knowledge of Chinese wisdom's insights regarding Shingles and Post-Herpetic Neuralgia, you can now book a 20-minute consultation with me via my [website](#).

There is also 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](http://www.hayoumethod.com)

Download 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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