



KATIE BRINDLE

## Spider Veins

Treatment techniques based in Chinese medicine



# What are Spider veins?

Varicose veins, also known as thread veins or spider veins, are small clusters of blue or red damaged veins that can appear on the face or legs. They are usually not painful and are harmless. Unlike other types of varicose veins, they do not bulge under the skin. They may appear in the form of thin lines, webs, or branches. Some choose to treat them for cosmetic reasons, as they can be unsightly.

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# The Yang Sheng perspective

‘Yang Sheng’ means ‘nurture life’. It is the ‘self-care’ part of Chinese medicine: the part you can do for yourself, as a complement to any other treatment you may be undertaking.

In addition to physical (visible) symptoms, in Chinese medicine we also consider what is happening with the body at an energetic (invisible) level. ‘Qi’ (pronounced ‘chee’) is the energy that runs through all of us. Even when you sit completely still, there will be some movement happening inside you: your heart is beating, your fluids moving – every cell is constantly in motion. All of these different types of energy, combined with your breath, is what makes up your ‘qi’.

Qi isn’t the same as circulation, but they are linked. When you stimulate your blood flow or move your lymphatic fluid, your qi is also stimulated. Everything flows together. The channels in which qi flows are called meridians. According to Chinese medicine, the quality and movement of qi through the body determines your health. The ideal state is one of smooth flow with no imbalances or blockages, which are called ‘stagnation’ or stagnant qi. If you have stagnation, whether physical, emotional or spiritual, this will eventually manifest as disease.

In Chinese medicine, spider veins are a sign of a blockage of qi. On the legs, this is usually in the knee fossa.

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# Steps you can take to help

## General advice

Chinese breathing and bodywork techniques have both been scientifically proven to be effective in reducing stress and supporting the body. They:

Engage your parasympathetic nervous system

Regulate blood flow

Reduce heat in the body

Calm the nervous system

Strengthen the organs

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## Breath & Spider veins

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 & Spider veins

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. Qigong is, quite simply, the ultimate self-healing 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 & Spider veins

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. Do not tap directly over spider/thread veins.

[View the Tapping Guide](#)

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# Gua sha & Spider veins

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%, clear inflammation.

Gua sha can be a great technique for many ailments, however, it should not be performed directly on spider veins since it might damage the veins. However, if you can focus on the knee fossa first with patting first, it can become possible to practice gua sha or combing on the legs. Since spider veins on the legs are often on the lower legs because of the blockage of qi in the knee fossa, this needs to be unblocked first.

[View the Gua sha Guide](#)

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# Specific advice

Any symptoms of ill health will always relate to one of the five key organs we consider when we are treating in Chinese medicine. These are Heart, Lung, Liver, Stomach/Spleen and Kidney.

Depending on what your symptoms are, it will usually indicate an imbalance in a specific organ. For example, palpitations are concerned with the heart.

An energetic imbalance does not mean you have a dramatic health issue. This aspect of Chinese medicine is about prevention, not cure. That means reading the subtle signs and symptoms of the body daily. Imbalance starts at an energetic level and you rectify it at an energetic level.

The more serious the symptoms, the deeper the imbalance. If the symptom is mild – e.g. low-level anxiety before a meeting or mild rosacea after a glass of red wine, the imbalance will be easier to rectify.

It is important to know that when I refer to organ imbalance, I mean energetic and not physical. So, for example, heart imbalance does not mean heart disease. It is a subtle signal that your body is not in balance and the strain of that is impacting your heart energy, which may eventually lead to an issue over time. In the first instance, it could be felt as low level anxiety, occasional palpitations or a lack of desire to socialise. We look for the low level signs to stop things getting a foothold in the body and causing a greater problem further down the line.

Use low levels symptoms as a barometer of your wellness. Address them to keep the body healthy and they are much less likely to become a deeper issue. This is the principle behind yang sheng and self-care.

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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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