



# KATIE BRINDLE

## Tinnitus Guide

Treatment techniques based in Chinese medicine



# What is Tinnitus?

- Tinnitus is defined as hearing sounds which have no external source, such as buzzing, ringing or hissing. It is not usually an indication of anything serious, but it can sometimes be a distressing and debilitating condition.
- Around 30% of the population will experience it at some stage in their life and it can affect all ages
- As well as the sounds, Tinnitus can present a range of other symptoms including:
  - Lack of sleep – sometimes the sounds can seem worse at night
  - Anxiety and stress - the constant intrusion of sound can sometimes make people feel anxious
  - Lack of concentration – concentration at work can be affected if the noises are loud

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# Steps you can take to help yourself

- Strengthen the Kidney energy – look at my [Guides](#) and follow the advice to nurture and balance the organs.
- Ear massage and scalp combing – the ears are the surface openings of the Kidneys, so massaging all around the ear area and over the scalp can be a helpful way to nourish the Kidney qi.
- Foot-bathing – Kidneys really benefit from a foot-bath, and adding a few slices of ginger to the water will stimulate and help to clear the channel entry point on the soles of the feet.
- Meditation and Qigong – the Kidneys need rest and gentle exercise.
- Breathwork and the gentle internal exercise of qigong will rebalance all the organs, and regular deeper meditation is the ideal way to support your Kidney energy.

[View the Kidney Guide](#)

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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 ‘tchee’) 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.

Chinese Wisdom tells us that Tinnitus is usually due to an imbalance in the Kidneys – the Root of Life – and the body’s most important reservoir of essential energy.

In the case of Tinnitus, this imbalance can be from kidney yang deficiency, or kidney yin deficiency, so look at my [Kidney Guide](#) and follow the appropriate advice.

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 Tinnitus, you can now book a [30-minute consultation with me via my website](#).

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# Breath & Tinnitus

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 & Tinnitus

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 & Tinnitus

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 & Tinnitus

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](http://www.hayoumethod.com)

Buy Yang Sheng Book

Live 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.

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram. The accompanying tools available 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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