

CUPPING



Cupping is one of the oldest methods of traditional Chinese medicine providing an alternative therapy for pain management and healing of many conditions. Cupping therapy relieves local congestion by applying a partial vacuum which is created in cups by either heat or by suction. Fire cupping (heat) is the traditional, most effective method and the method that I employ but cupping can also be performed with the suction cup method, where you pump up a suction cup to create the vacuum.



How does cupping work?

In a typical cupping session, which lasts approximately 20 minutes, glass cups are warmed using a cotton ball soaked in alcohol, lit on fire, then placed inside the cup. Burning a substance inside the cup removes all the oxygen, which creates the vacuum.



After burning the cotton inside the cup, it is turned upside-down so that the practitioner can place the cup over a specific area. The vacuum created by the lack of oxygen anchors the cup to the skin and pulls it upward on the inside of the glass as the air inside the jar cools. Drawing up the skin is believed to open up the skin's pores, which helps to stimulate the flow of blood, balances and realigns the flow of *qi*, breaks up obstructions, and creates an avenue for toxins to be drawn out of the body.

The stimulation of blood and movement of qi typically leave a painless reddened/bruised area on the skin where cups have been placed. These reddened/bruised areas may last anywhere from 12 hours to a number of days depending on the amount of blood/qi stagnation.

Cupping therapy can be repeated, once the marks are cleared until the problem is resolved



What does it treat?

Respiratory conditions

- ❖ bronchitis, asthma, and congestion

Arthritis

Gastrointestinal disorders

Menstrual Disorders

Pain