

CUPPING 101

CUPPING THERAPY'S HISTORY

CUPPING THERAPY is an ancient form of alternative medicine. Cupping is used in more than 60 countries. Its usage dates back to as far as 1,550 B.C.

Earliest recorded use of **CUPPING is in CHINA** from the famous Taoist alchemist and herbalist, **Ge Hong**

CHINA
281-341 AD



GREECE
C.400 BC

In ancient Greece, **Hippocrates** used cupping for internal disease and structural problems.

(TCM)Traditional Chinese Medicine

TCM teaches that it is the stagnation of qi and blood that causes pain and disease. Cupping invigorates local circulation of qi and blood in the area being treated, resolving swelling, pain, and tension. By drawing impurities to the surface, it removes toxins.



Western Physiology

In Western perspective, cupping loosens connective tissue or fascia and stimulates blood flow to the surface. Cupping stimulates tissue relaxation and better cell-to-cell communication.

CUPPING PURPOSES:

Pain • Inflammation • Blood flow • Relaxation and well-being

95%

IMPROVEMENT

Study of 70 patients suffering from tension and migraine headaches. Cupping improved 95 percent of cases reducing severity of headaches by an average of 66 percent, and the patients experienced the equivalent of 12.6 fewer days of headache per month.

CUPPING SUBSTRATES

Glass • Earthenware • Bamboo • Silicone

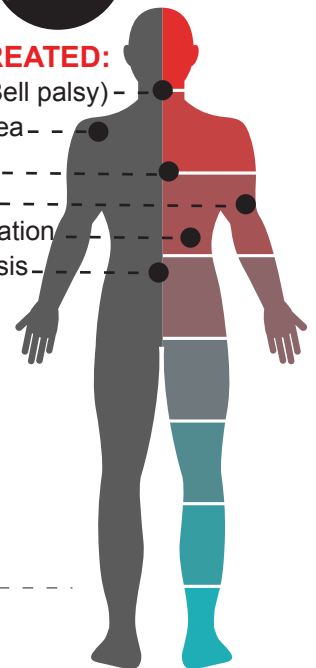
3 to 5

Average number of cups applied per session

DISEASES

COMMONLY TREATED:

Facial paralysis (Bell palsy) -
Cough and dyspnea -
Acne -
Herpes zoster -
Lumbar disc herniation -
Cervical spondylosis -



METHODS



DRY



FIRE



WET

Cups are applied onto the skin and a suction is created, pulling the skin up.

7

THE
MAXIMUM
number of cups
usually
applied
per session

SAFE

Results indicate cupping is a very safe and powerful non-pharmacological approach with no serious or life-threatening adverse effects.

550 Studies

NIH review of 550 Clinical Studies indicated cupping could be effective in treating the pain and disability associated with chronic neck pain and chronic low-back pain in the short term.

ROCKTAPE
Go stronger, longer