

WELLNESS WEEKLY



THIS ISSUE'S FEATURES

Cupping Therapy: Origins
Cupping Therapy: What
is It?
The Benefits of Cupping
Therapy

CUPPING THERAPY: ORIGINS

Cupping is a therapy that has been facilitated in China over thousands of years. It was first created as a method to accompany the traditional Chinese surgeries. However, it was later observed to be very useful in treating other conditions and later became to be a method of therapy.

After several thousand years, cupping therapy has made an enormous presence in many practices around the world. Cupping has been shown to treat many conditions such as arthritis symptoms, chronic cough, common cold, and some skin conditions.



CUPPING THERAPY: WHAT IS IT?

Cupping therapy is an ancient remedy that is used in many practices today. Many people use cupping therapy to alleviate pain, release toxins, and even improve circulation.

This therapy utilizes cups that are of any solid material, such as glass, plastic, ceramic, or even wood. These cups are placed onto the skin, then oxygen is removed from within. The removal of oxygen from these cups creates a suction, or a negative pressure onto the skin. This negative pressure is where the benefits begin to fall into place.

The process of cupping allows for a healing of the affected area of the body. This is due in part because the process of suction pulls blood from the vessels into the tissue. When this happens, the body senses an injury, then sends out antibodies to the affected area for healing.

Cupping therapy does leave behind marks, which may vary from slight redness to a dark purple bruising. However, this does heal and fade away over time.



THE BENEFITS OF CUPPING THERAPY

There are so many benefits to gain out of cupping therapy. The following are only but a few!:

Improves Blood Circulation:

Cupping Therapy actually helps to increase blood flow and circulation within the area in which the cup was placed. Increased blood circulation is also excellent for reducing cellulite.

Toxin Release:

With cupping therapy the muscles begin to release toxins that have been withheld inside of the body. Cupping helps the body to target the blood flow into releasing toxins that have been built up within the lymphatic system.

Good-bye Scars:

The removal of these toxins revive the circulation of the lymphatic system, which in turn removes excess fluid in areas which minimize the appearance of scarring.

Clear congestion and treat asthma:

The suction formed from cupping can break up congestion, which allows the body to further release it. Cupping draws in blood that is rich in oxygen and lymph, towards the lungs and respiratory muscles. This allows for better circulation and a natural, internal healing of the affected area.

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