

Q -What is Cupping Therapy?

Negative pressure, rather than tissue compression is superior for bodywork for pain, stubborn conditions, repetitive strains, inflammation, toxicity, chronic fatigue, digestive problems and a slough of other issues we confront as we grow older.

Suction cups rapidly facilitate rigid soft tissue release, loosens & lifts connective tissue, breaks up and drains stagnation while increasing blood & lymph flow to skin & muscles in ways not possible using compression.

Benefits to the Recipient	
- Deep tissue work and release without discomfort	- Pulls blood supply to the Skin
- Moves stagnation and drains fluids	- Facilitates the movement of Qi and Blood systemically and locally
- Relieves Inflammation	- Dispels wind, damp and cold to treat muscle and joint pain, stiffness, and arthritis
- Nervous System Sedation	- Strengthens the immune system by promoting the flow of lymphatic fluid
- Breaks Up and Expels Congestion	- Treats excess heat conditions, fever, stress, depression and anxiety
- Stretches Muscle and Connective Tissues	- Cleans the blood and lymph and helps to balance PH levels
- Loosens Adhesions	

On a deeper therapeutic level, Cupping is very beneficial for many conditions such as high blood pressure, anxiety, fatigue, chronic headache, fibromyalgia and neuralgia. Contracted, congested muscle tissue will soften quickly with only a few minutes of Negative Pressure Massage Cupping.

Used on the back, the larger cups will mimic the rolling action of myofascial release without discomfort to the client. The variety of movements can be long and draining, circular and vibrational for stimulation and for areas of stubborn knots and rigid tissue. The skin will redden with strong pressure, indicating that the circulation has been brought to the surface.

Application of liniments, analgesics, tinctures, hydrosols and essential oils immediately post treatment will facilitate absorption of the product deeper into the tissue. The increased blood supply to the local muscles and skin will bring nourishment and stimulate the circulatory and lymphatic systems to carry away stagnation and toxins.

Another benefit of negative pressure is that it really feels great, and is not an irritant to the skin or body. It draws the inflammation out, yet does not add to it. The pulling action engages the parasympathetic nervous system, thus allowing a deep relaxation to move through the entire body. It is not unusual to fall asleep when receiving this treatment. Clients are surprised at how relaxed, warm and light they feel – hours... sometimes even days afterwards.

Cellulite Treatments

Another profound application of the negative pressure technique is in the treatment of cellulite.

Benefits of cellulite cupping

- **Powerful Lymphatic Drainage**
- **Loosens Adhesions & Connective Tissue**
- **Moves Stagnation**
- **Increases Circulation**
- **Clears Toxins**

Facial Cupping

Women in Asia, Russia and Europe have been utilizing these remarkable negative pressure facial exercises for rejuvenation and maintenance for generations.

Protocols for the face use the small cups to vacuum and lift the facial tissue, mimicking the pumping movements of lymphatic drainage. It is a manual method that replicates the effects of equipment currently in use in most of the top aesthetic establishments.

The benefits include increased local circulation of the skin, increased nutrients brought to the epidermis, and enhanced absorption of facial topicals. The drainage of stagnant fluids from reservoir areas will reduce edema and chronic puffiness.

Lines, wrinkles and will plump whereas scar tissue will soften from the negative pressure, making it an exceptionally powerful and surprisingly relaxing enhancement to advanced facial treatments.

The muscles of the face benefit greatly from the reduction of tension and tightness, releasing expression lines and loosening rigid muscles associated with TMJ disorders.

Sinus infections and inflammation are also directly relieved by the loosening and draining effects of the cups - many times resolving issues that many sufferers commonly turned to more radical procedures to correct.

PediCupping

Historically, Cupping on the feet has been a difficult prospect. But with the continued development of modern Cupping equipment, negative pressure treatments on the feet has become a favorite with health professionals and the public.

Abdominal Cupping

Cupping is an excellent therapy for the belly. It stretches the walls of the organs, thus sloughing off stagnant waste and mucus and overall promote the activity of digestion.

People consistently report expelling an excess amount of waste immediately following treatments and an increase of eliminations throughout the day.

Cupping is regularly, and with great success, being used to help in conception, handle IBS, constipation, diarrhea, distention and acidity.

Orthopedic Cupping

Stubborn conditions that may have been present for decades are easily resolved with Cupping. Nothing works better at opening up and releasing joints, connective tissue and muscles than the use of negative pressure and movement.

Myofascia Release and Trigger Points

Successful MFR stretches the fascia away from the underlying structures.

Also occurring along the fascia are Trigger Points. Trigger Points are twisted bundles of fascia that are extremely sensitive to palpation and feel like tough, dense knots along the muscle.

Trigger Points cause injuries over time because they break up the normal structure and operation of the fascia.

With negative pressure, the fascia is gently stretched and unwinds without the discomfort of force.

Sports Cupping



The use of suction is commonplace throughout the history of the Olympic Games for maintenance, pre and post event injuries, detoxification and recovery.

Besides Cupping for injuries and recovery, Olympic Trainers use suction to draw toxins from the swimmers that have been absorbed from the pools that they are in for many hours everyday day.

Unfortunately the use of such photos (to the left) is sometimes used to scare people away from the treatment.

Dead cellular debris, poisons, stagnation and excess fluids drawn to the surface sometimes leave deposits under the skin, which, short of cutting the skin and pulling it out, is the best place for the lymphatic system to drain it away.

Cumulative Cupping treatments increase muscle endurance, circulation, lung capacity, lymphatic drainage and health maintenance during strenuous activities. Many professional athletes incorporate it into their training to enhance their overall performance, agility and ability to recover from their sports.

TMJ & Sinus Release

Suction helps to open up the joint, loosen the musculature and fascia around the jaw.

Used in tandem with joint manipulation, the pressure and pain associated with TMJD's are relieved as inflammation is decreased and nerves relax.

Cupping should not be done over an infected tooth as the infection can spread.

Lymphatic Drainage

Therapists that do Lymphatic Drainage know exactly how difficult and tedious this system is to treat with compression work. Cupping does the opposite.

Cupping stretches open, rather than closing the lymphatic vessels. This action actually increases the movement of lymph locally and systemically with cumulative treatments.

Increasing Lymphatic output increases the immunesystems ability to detoxify the body and respond to stressors put onto it from disease, chemicals, stress and electromagnetic fields.

Detoxification Treatments



Nothing pulls from the body free radical, poisonous molecular debris better than suction.

One misinterpretation of the marks that sometimes occur as result of Cupping are that they are bruises.

Unless the Cupping was done too strong in a contraindicated case, no "bruising" occurs.

What these marks under the skin are, post Cupping, is stagnation, dead cellular debris, pathogenic factors, and most importantly - Toxins being drawn out of the biosystem. Some capillary seepage occurs, but it is minimal to the acidic agents being removed.

Blood tests have been done to measure the levels of toxins, pesticides and acids being drawn out of the body with shocking results.

What can I expect as far as physical effects from suction cup therapy?

A - The after effects of Cupping are most intense at the beginning of receiving treatments, and lessen dramatically as your system becomes accustomed to the treatments as they cumulate. Besides the effects Cupping provides for specific conditions, injuries and illnesses, some of the general after effects include:

- *the need for sleep*
- *intense hunger (munchies)*
- *no appetite*
- *similar to post deep tissue massage*
- *nausea*
- *euphoria*
- *feelings of being "hung over"*
- *increased bowel elimination*
- *stronger body odor (detox)*
- *"best nights sleep in years"*
- *inability to sleep*
- *vivid dreams*
- night sweats
- heightened senses (smell, sight, sound)
- craving for certain foods
- thirst and cotton mouth
- emotional release
- stronger than normal bowel & urine odors
- skin surface warmer than normal
- chills
- restless (wanting to clean, organize, etc.)
- soreness, like after strenuous exercise
- feeling of reduced mass, increased height
- headachey