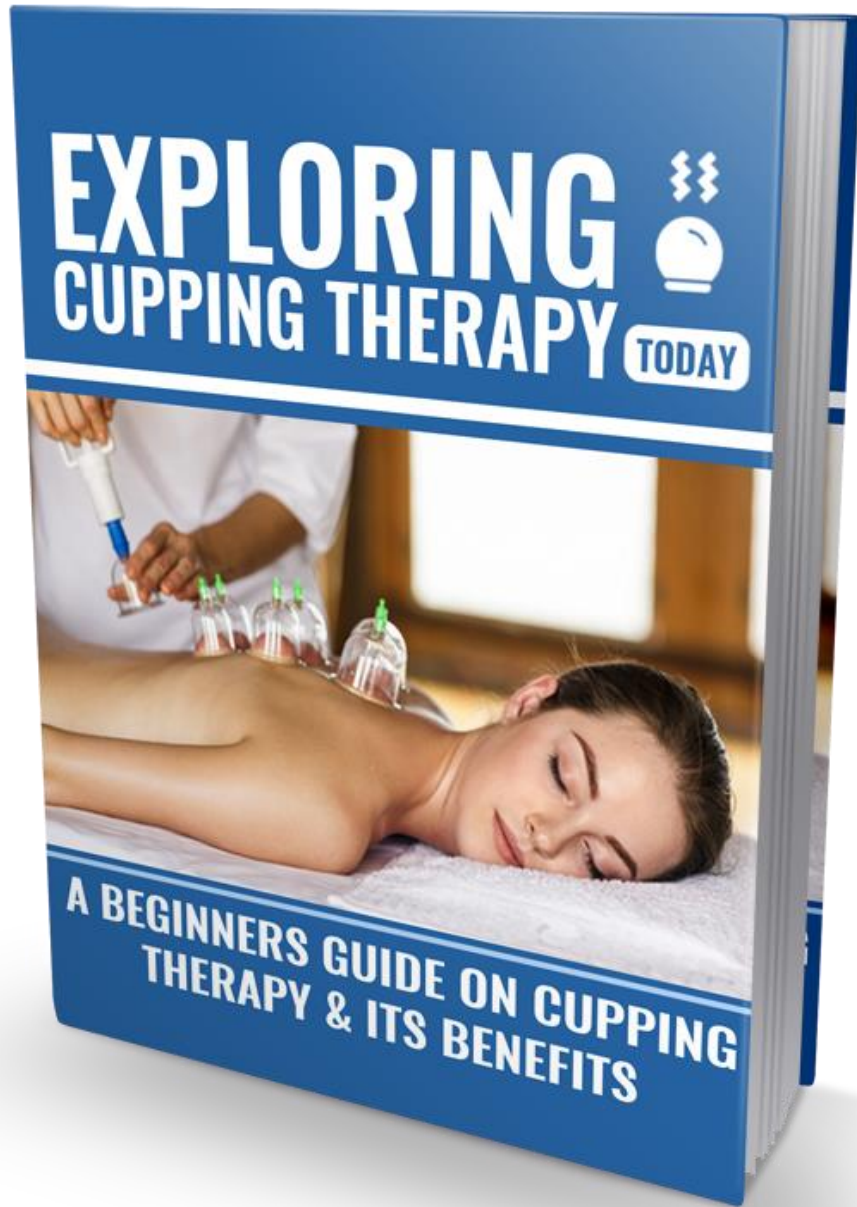


Exploring Cupping Therapy Today



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Introduction

When you are in poor health, it feels as if nothing is ever going to make you better. Standard, traditional medicine, while powerful at times, tends to fall short, or for some, it can be too much to handle.

For those who prefer taking the more natural approach to life – it can be harsh to go through those invasive treatments and take pill after pill. However, not taking the necessary steps to heal yourself is potentially dangerous, so you need a milder alternative that is just as effective.

Side effects have always been one of the problems of common western medicine. Alternative or holistic treatment methods have been proven to be effective and have less or no side effects, thus encouraging more and more people to search for such methods

With the support of natural healing therapy, both physical illnesses and mental ones can be improved, healed, or helped.

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Generally speaking however, it's not always a good idea to rely solely on self-healing – these options for alternative healing should be used in conjunction with “traditional” medicine.

This will maximize your chances for complete healing and it will give you the opportunity to make use of some natural “alternative” healing techniques, such as cupping.

For thousands of years, people have been using energy, crystals, cups, meditation, and fasting to heal different illnesses. However, when modern medicine gained popularity, these methods have been left behind, as many are in favor of instant fixes, such as taking a convenient little pill.

This book is meant to offer an introduction to the world of an amazing healing therapy known as cupping (this is an ancient therapy that many celebrities and athletes of today's world have already turned to)

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Well I welcome you to join me on this short guide and hope you're ready to explore cupping therapy today...

Let's dive in...

Chapter 1 – What Exactly Is Cupping Therapy?

If you don't know what cupping is or you've never heard of it before, no worries – within this first chapter, we're going to explore exactly what cupping is.

Basically, Cupping is a form of therapy where Suction cups are placed on the body of the patient by a trained practitioner and then heated with fire.

After heating, the rims of the cups are sealed and the heated cups create a partial vacuum after the cups cool off. This enables the cup to suck the skin, pulling in skin tissue and promoting blood flow.

The concept is similar to acupuncture where "Qi" is drawn to areas with poor blood or lymph circulation in order to create a

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suction effect which raises the skin and draws the blood to the surface.

It is commonly used throughout the Middle East, Asia, and Europe to treat inflammation, pain, swelling, bronchitis, rheumatism, and even help relief symptoms of the common cold. Recent studies have indicated that it could be a promising form of treatment for a host of various ailments, as well.

The procedure involves using glass or ceramic cups, metal bells, bamboo tubes, and even animal horns! and a wide host of other items. Recently, however, the use of glass jars, plastic, and silicone are the recommended tools.

Those individuals that have had cupping therapy performed have claimed that it feels like a massage in reverse.

Well that's a basic overview of what cupping is, in the next few chapters we will look at the history of this form of therapy as well as the major benefits.

Chapter 2 - The History of Cupping Therapy

Believe it or not, while you may have recently heard about cupping therapy, it has been around for quite some time.

Despite it all, to this day, the true origin of cupping still remains uncertain - the earliest known use of this therapy is found in the Ebers Papyrus from Egypt, which is 5,000 years old.

In China, it is mentioned in medical treatises that go back some 3,000 years. Yet, its first properly documented use was by a practicing Taoist, alchemist, and a medicinal herbalist named Ge Hong.

Ge Hong was famous during his time as an accomplished healer and a trusted confidante of many high officials in ancient China. He successfully applied cupping to treat a variety of diseases which couldn't be cured by conventional methods in his time.