



# CUPPING

Cupping has been practised since antiquity all around the globe. Going by the name of “ventouzes”, cups are a part of Greek tradition and are a means of self-healing which deserves to be kept alive since it has amazing results.

The use of cups, warmed or otherwise, causes local suction of the skin via the negative pressure (a vacuum) inside the cup. This strongly promotes hyperaemia (increased blood flow). Cupping, as with most techniques used by Traditional Chinese Medicine, benefits the free and smooth flow of Vital Energy (Qi) and the blood and is therefore indicated for:

**> Increasing the circulation of blood and lymph, leading to:**

*Rich oxygenation and nourishment of the tissues.*

*Detoxification and the removal of the unused by-products of metabolism.*

*Boosting the immune system.*

**> Improving the person’s physical and mental health and well-being.**

**> The release of and liberation from buried emotions.**

**> Reduction of and relief from anxiety, stress, pressure and depression.**

**> Improving the transmission rate to the CNS of stimuli to the peripheral nerves**

**> Toning muscles and improving joint mobility.**

**> Relief from common muscular aches and pains.**

**> Eliminating cold from the tissues and organs.**

**> Relieving and improving gynaecological disturbances and pain.**

**> Increasing libido and fertility.**

**> Increasing skin elasticity and renewal.**

**> The movement of moisture and lymph drainage and, thus, the treatment of cellulite.**

**> Stimulating and regulating natural processes such as digestion, bowel movements and respiration**

**> Relief from fever (point 14 of the Du Mai energy meridian).**