



# **Cupping Therapy: An Essential Guide to Cupping Therapy, How it Works, and Its Benefits ( Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa )**

*Anada Priso*

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**If you want to learn all about cupping therapy, how it works, and the numerous ways it can benefit you, then this book is for you!**

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Traditional Eastern medicine is becoming more mainstream than ever, with Westerners accepting the benefits of healing therapies such as Chinese herbs, acupuncture, and reflexology more and more. Cupping is one such alternative treatment that goes back thousands of years in Egypt, China, and Greece. Cupping therapy involves using a series of cups to create suction on the skin, drawing blood to the surface and thereby relieving various ailments. It is catching interest in North America as contemporary research suggests that the health benefits of cupping are vast and legitimate. In fact, more and more massage centers and spas even offer cupping as a way to de-stress. In this book, you will learn all about cupping therapy, including what to expect during a session, what ailments cupping can help to alleviate, how it is used in conjunction with other alternative procedures, and how to make the most of your cupping experience.

## **Here Is A Preview Of What You'll Learn...**

- The Fundamentals of Cupping
- How to Prepare for a Session
- What to Expect from a Dry Session
- All About Ventosa (Moving or Rubbing Cupping)
- Cupping and Acupuncture
- Cupping and Moxibustion
- Cupping and Gua Sha
- Cupping and Tu? Ná (Tuina)
- Wet Cupping
- An Overview of Chinese Medicine
- Much, much more!

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