

What is Cupping? Cupping is one of the oldest methods of traditional Chinese medicine. Originally, practitioners would use hollowed-out animal horns for cups, and place them over particular points or meridians. Today, acupuncturists use cups made of glass or plastic. The purpose of cupping is to enhance circulation, help relieve pain, remove heat and pull out the toxins that linger in your body's tissues. The procedure involves creating a vacuum effect by suctioning out the air and placing the cups on the skin. The underlying tissue is raised, or sucked partway into the cup. You usually will feel a tight sensation in the area of the cup, however this sensation is usually relaxing and soothing. The cups remain on the body for 5-15 minutes.



What can it treat? Cupping reduces general aches and pains in our bodies. In alternative medicine, pain is believed to be caused by stagnation in energy and blood flow. This can be related to stress in the body, imbalances of hormones and fluids, restrictions in blood flow, and variations of temperature in the muscles and joints. Cupping therapy is often used for tight shoulders, neck and back pain and well as knee and leg pain. It can loosen any tight muscles, aid in relaxation, fatigue, PMS and resolve digestive issues. It is suggested that it may increase immunity and help get over flu and colds in record time!

Is cupping safe? Does it hurt?

Cupping is very safe, as there is no breakage of the skin. The skin does however temporarily turn red, blue or purple, especially if there is an injury or energetic blockage under the area that was cupped. The skin discoloration can last anywhere from a few days to a couple of weeks, but is it not painful. Once the marks have cleared, the procedure can be repeated until the condition or ailment is resolved.

If you are interested in trying cupping, please give our office a call and we can discuss it further with you!