
The Basics Of Dry Cupping Beginners Guide On The Benefits Of Dry Cupping With A Simple How To Guide Cupping Therapy Volume 1

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The Basics of Dry Cupping: Beginners Guide on the Benefits ... The Basics Of Dry CuppingThe Basics of Dry Cupping: Beginners Guide on the Benefits of Dry Cupping with a Simple How-to Guide (Cupping Therapy) (Volume 1) [Mary

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Cupping consists of two components- Segmental Therapy - Location of the cup Regulation Therapy - Extravasates act as stimuli Both the components affect the source of illness but not healthy body tissues or functions.

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Dry cupping is a manual therapy that involves positioning a cup on the skin and creating a vacuum to apply negative pressure. This negative pressure

increases blood flow to the area.

BASIC PRINCIPLES OF CUPPING THERAPY

Dry Cupping: The most basic technique. Any combustible material (usually a cotton ball soaked in alcohol, but herbs or paper are also sometimes used) is ignited and placed into the cup. Any combustible material (usually a cotton ball soaked in alcohol, but herbs or paper are also sometimes used) is ignited and placed into the cup.

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- History of Cupping

- The Basics of the therapy •

Complementary treatments for Cupping

- Cupping Points and their Anatomical Locations

- Different Ailments that may be Treated by Cupping

- How to Perform Cupping Both the Old and New Methods

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The Basic Principle is to understand the skin, fascia and muscle textures. The first place to start is to access the skin and tissue underneath. Loose Skin: This is skin that you can pinch and pull away from the body easily with no discomfort. Next, assess: is the skin moist and plump or dry and dehydrated feeling?

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Rob Granter from

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In dry cupping, the therapist applies a cup on the skin's surface with the use of a pump. Here, cups are usually made of plastic, and they are removed through suction. Here, cups are usually made of plastic, and they are removed through suction.

The Basics of Cupping Therapy - Dr. Mee Lain Ling

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