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Have You Heard Of Cupping?

Cupping is a little bit like the inverse of massage - rather than applying pressure, it uses gentle suction to pull upward.

Cupping releases muscle tension. It also releases tension in digestive, reproductive, respiratory, and lymphatic tissue. Because of this it is also used to treat digestive problems including GERD, menstrual issues, respiratory problems including infection, and skin problems.



Cupping detoxifies and enhances the function of whatever body part is being treated.

Bear in mind that cupping leaves marks on the skin that can last up to 2 weeks. They aren't painful, but they are unusual to some people. The cups used at the clinic are silicone and do not require any heat.

Not All Acupuncture Is The Same

Some practitioners use the traditional Asian method and some use an adapted version called Western acupuncture. My technique involves preparing the body region with manual stretching and sequential range of motion. I then use acupuncture to encourage a muscle to release its flexion (hypertonicity) so that it can return to a state of neutral. This improves blood, nerve, and lymphatic circulation. Muscles that are at rest when not used have the most potential for strength and performance. Muscles that are stuck in a state of partial or full flexion aren't able to perform nearly as well.

\*Note that I will be interacting with you during the entire session, paying close attention to you and your body.

*If you have a health care plan, you likely have coverage for this.*

