

A person's hands are shown holding a glass cupping jar over a row of other jars on a table. The jars are arranged in a line, and the person's hands are positioned to hold one of them. The background is a plain, light-colored wall.

Introduction to Cupping

Introduction: Dr. Bryan Hawley DC



Housekeeping

- Intro to Cupping
- info@drbryanhawley.com
- Breaks/Overall time
- NCBTMB approved provider
#485



Cupping

What is it?
Alien invasion?
Octopus wannabe?



Is it popular?

1. Celebrity cupping enthusiasts are growing in numbers.



2. Athletes use cupping as a secret weapon.



3. Cupping provides relief for many health conditions.

Pictures of athletes





Cupping Styles



Different Types of Cupping Sets



History of Cupping

- Cupping therapy is an incredibly ancient and universal practice that spans both East and West. In the primitive shamanistic practices of all the world's indigenous peoples, there were certain shamans who specialized in the sucking out of illness and infirmity from the body.

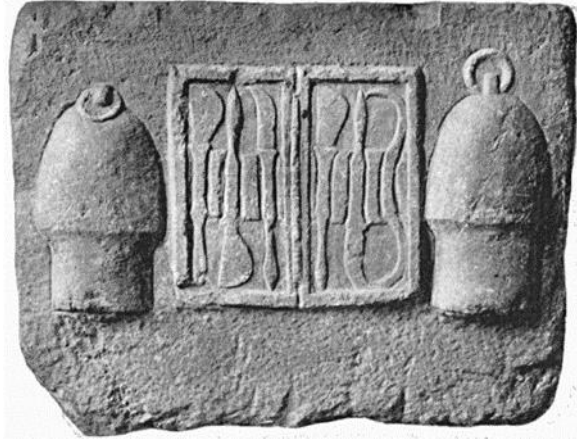
In the East, the Chinese have been practicing the art of cupping for at least three thousand years. Along with Tui Na massage, acupuncture and moxibustion, cupping forms part of the traditional bodywork or physiotherapy system of TCM, or Traditional Chinese Medicine. Cupping is applied to the acupuncture points to relieve the stagnation of Qi and blood, both locally and in the organ(s) activated by the point.

In the West, cupping therapy had its birth in **Egypt**. The **Ebers Papyrus**, written around 1550 B.C.E., states that bleeding by wet cupping removes foreign matter from the body. In cupping, the ancient Egyptians saw the remedy for just about every disorder.

The ancient Egyptians passed the art of cupping on to the ancient Greeks. Both **Hippocrates** and **Galen** were staunch advocates and users of cupping therapy. Galen once condemned Erasistratus, a noted physician in Alexandria, for not using cupping. **Herodotus**, a famous Greek historian and physician, wrote about cupping in 413 B.C.

- From the ancient Greeks and Romans, through the Alexandrians and Byzantines, cupping therapy was passed on to the Muslim Arabs and Persians. The Prophet Mohammed even sanctioned the use of cupping. Cupping is now an important and popular therapeutic modality of Unani Medicine.

In the West, cupping remained an important part of medicine and therapy, both conventional, alternative, and folk-based, until the early 20th century. The surgeon Charles Kennedy wrote, in 1826:



In North America, the natives made their cupping implements by slicing off the point of a buffalo horn. They would then place the base of the horn on the body and suck the air out through the opening at the tip. When a vacuum was achieved, the opening of the horn would be closed off by the practitioners tongue. During the Babylon - Assyrian Empire massage was practiced as well as 'cupping by sucking, with the mouth or by using a buffalo horn. The source of this information was presumably found inscribed on clay tablets, written in one of the earliest written languages, i.e. cuneiform script around 700BC.



The decline of cupping from the mid to late 1800s

By the mid to late 1800s, cupping was sharply criticized by the medical fraternity and had fallen away as a popular method. There were a few speculations as to why this happened.

It was during this period that the newly established scientific model of medicine began discrediting all other previously established traditional therapies in order to gain medical dominance.

Opposition to cupping was therefore not based on a lack of effectiveness, but because of its lack of "fit" with the growing interests and authority of the medical fraternity. This was relayed onto a set of social processes that stigmatized cupping and changed people's attitude to many traditional practices. However over the past couple of decades the tide has turned and people are rediscovering that some practices have plenty of merit, hence the re-awakening of cupping as therapeutic option.

These days, a hand operated vacuum pump is attached to the glass cup, and suction applied by manual action.

- The appropriate sized cups should be used.
- Generally, the cups should be placed on flat sections of the skin (which is usually hair-free, with no bony protuberances, and relatively thick).
- When more than one cup is used simultaneously, the cups should be separated by 1-2 centimeters.

- The cup is then applied, and the air within will be evacuated with a small hand-held pump. This will draw 20 to 100mls blood into the cup, depending on the skin thickness of the application zone. After this, bleeding stops automatically, as haemostatic mechanisms come into operation.
- The process lasts for around 15 to 20 minutes from application of the cup.
- During cupping, the patient must remain as still as possible.
- Precautions need to be taken on when and where the cups are placed, and for how long they are applied.

What is Cupping?

"Cupping is a form of alternative medicine in which cups, cones, or horns are placed on the skin to create suction. The pressure in the cup is reduced by use of heat or suctioning out the air so the skin and superficial layers are drawn out and held in the cup."

- Ancient Chinese practice.
- A Handbook of Prescriptions for Emergencies.
 - Taoist Herbalist: Ge Hong (281-341 A.D.)
 - Animal horns
- Hippocrates
 - Father of modern medicine.

Fundamental Premise

Through either heat or suction, the skin is gently drawn upwards by creating a vacuum in a cup over the target area of the skin.

The cup stays in place for five to fifteen minutes. Depending on areas, and conditions being treated

It is originally believed by some to help treat pain, deep scar tissues in the muscles and connective tissue, muscle knots, and swelling. Research is actually now starting to prove this.

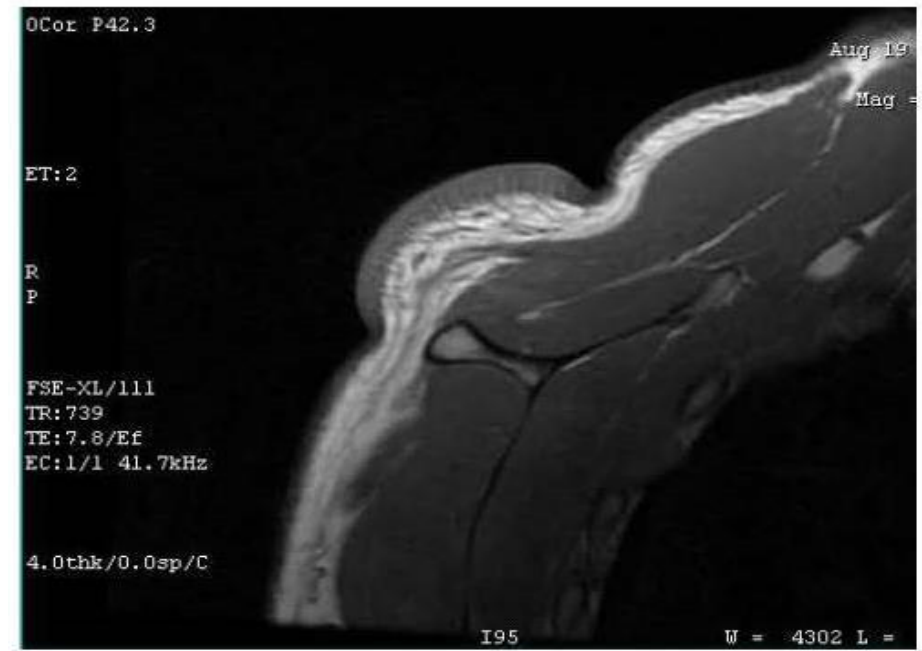
The theory of mechanism

The local, focused negative pressure applied to a target area causes specific changes in local tissue structure, stretch to the nerve and muscle, increasing blood circulation.

Generally, cupping induced negative pressure can dilate local blood vessels to improve microcirculation, promote capillary endothelial cells repair, accelerate granulation and the development of new blood vessels.

Soft Tissues Mobilization

- MRI Study by DaPrato , n.d
 - No Cup
 - Cup
 - Post Cup Removal



IN PRACTICE

1. Cups are normally used only on softer tissue that can form a good seal with the edge of the cup.
2. They may be used singly or with many to cover a larger area.
3. They may be used by themselves or placed over an acupuncture needle.
4. Skin may be lubricated, allowing the cup to move across the skin slowly.
5. Depending on the specific treatment, skin marking is common after the cups are removed. This may be a simple red ring that disappears quickly,
6. Usually treatments are not painful.

Benefits

- Mobilizes blood flow to promote healing.
- Promotes detoxification.
- Invigorates Qi-Chi.
- Regulates aspects of the autonomic NS.
- Deep relaxation of muscle fascia.

BENEFITS OF CUPPING THERAPY

The British Cupping Society says cupping therapy can benefit a variety of conditions. This has not been backed up by studies. But the organization says cupping therapy can be used to treat:

1. Blood disorders such as anemia and hemophilia
2. Rheumatic diseases such as arthritis
3. Fertility and gynecological disorders
4. Skin problems such as eczema and acne
5. High blood pressure (hypertension)
6. Migraines
7. Anxiety and depression
8. Bronchial congestion caused by allergies and asthma
9. Varicose veins

Supporters also believe that cupping therapy can reduce pain and inflammation throughout the body. And they say it can promote mental and physical relaxation and well-being.

According to the British Cupping Society, cupping therapy should be avoided by the following groups:

1. Pregnant or menstruating women
2. People with metastatic cancer (cancer that has spread from one part of the body to another)
3. People with bone fractures or muscle spasms

The organization also says cupping therapy should not be applied to sites on the body that have:

1. A deep vein thrombosis
2. An ulcer
3. A main artery
4. A pulse that can be felt (main artery)

What diseases should not be treated with Cupping Therapy ?

Diseases that cannot be treated by Cupping Therapy include-

Congenital (present at birth) and genetic diseases like

- down syndrome
- cerebral palsy
- cleft lip
- hole-in-heart
- congenital dislocation of the hip

Trauma and accidents for example

- broken bones and joints
- open wounds
- torn muscles
- tissue and organ damage, internal bleeding

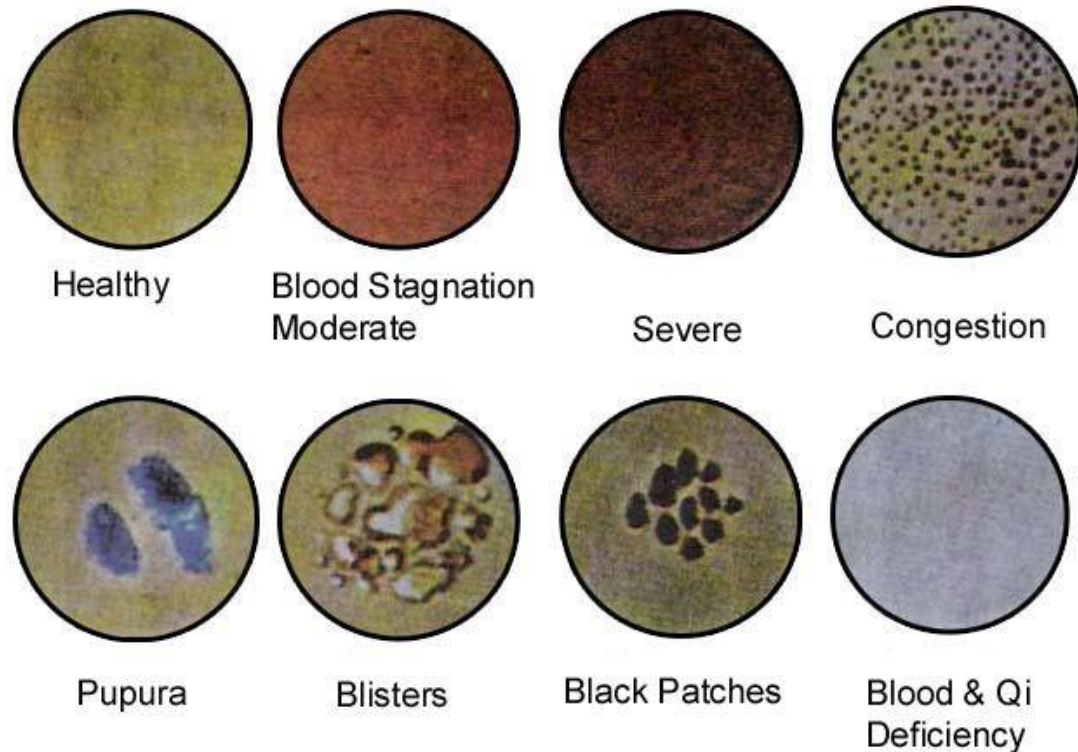
Precautions or just to be aware of...

- Elderly
- Blood thinners
- Healing or thin skin
- Swollen Tissues
 - Pitting edema
- Post Surgical
 - Wait 1-2 weeks near surgical site
 - 3-4 weeks over portals of entry
 - Consult with surgeon and get release before cupping

The drawbacks of Cupping Therapy as a treatment

- Lack of good quality evidence for efficacy (working on that w research)
- Vasovagal symptoms (dizziness, etc.)
- Insertion site infection (this is considered rare, as needles are sterile and the use of disposable needles has become the norm. wet cupping)
- Red or purplish circular marks may appear on the skin for a few days

SKIN REACTION AFTER CUPPING

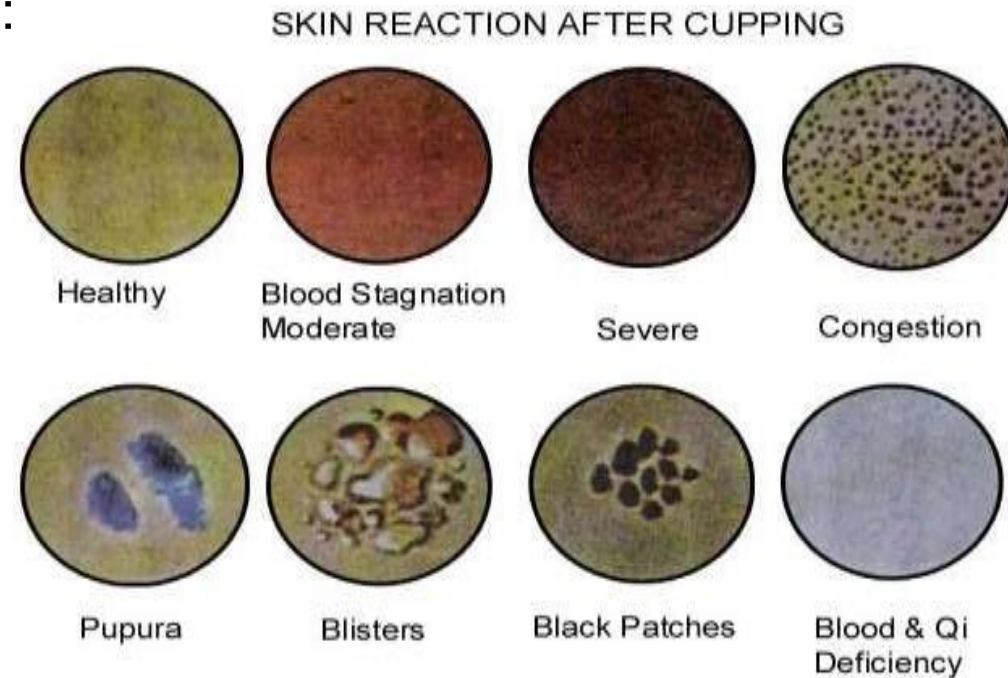


SIDE EFFECTS OF CUPPING THERAPY

Cupping is considered to be relatively safe, especially when performed by trained health professionals.

Potential side effects include:

1. Mild discomfort
2. Burns
3. Bruises
4. Skin infection



The discoloration left by the cups is normally from bruising especially if dragging the cups while suctioned from one place to another to break down muscle fiber. This is usually due to if the practitioner is too aggressive or not using enough lotion.

Different skin reactions to Cupping



New Cupping tools

New silicone therapy cups are claimed to alleviate a lot of the bruising associated with traditional cupping.

The cups are easier to use and are pliable, unlike glass or plastic, allowing for home use.

Because of the lack of bruising and overall comfort, silicone cups are mainly smaller in size and used for small focal cupping.

Proper patient Hydration before and after the therapy and general massage (not deep tissue, think fluid dispersement) can also help reduce the bruising from cupping



The cups may be made of:

- Glass
- Bamboo
- Earthenware
- Silicone
- Horns



1- DRY CUPPING

The cupping procedure commonly involves creating a small area of low air pressure next to the skin.

The cups can be various shapes including balls or bells, and may range in size from 1 to 3 inches (25 to 76 mm) across the opening.

Plastic and glass are the most common materials used today, replacing the horn, bronze and bamboo cups used in earlier times.

The low air pressure required may be created by heating the cup or the air inside it with an open flame, then placing it against the skin. As the air inside the cup cools, it contracts and draws the skin slightly inside.

More recently, vacuum can be created with a mechanical suction pump acting through a valve located at the top of the cup.



Prepping

If the suction site has less subcutaneous fat or it is on the dry skin, you should use a clean warm towel to wipe the surface before cupping to avoid air leakage and scalds of the skin

If the parts affect are dry and hard you should use the disinfected warm and humid towels to macerate (soften) the suction parts before hand, which will relieve the pain and make the cup suction more deeply and thoroughly

If the cupping treatment needs to be applied to hairy areas or some places nearby, you should shave the hair in advance and daub some lotion at suction parts; if the patient is not will to shave or can not be shaved, you could use hot soapy water clean the hair, skin, and then daub appropriate amount of lotion so as not to damage the skin.



Dynamic Cupping in Massage Therapy



Also known as slide or glide cupping, differs from traditional dry, wet and flash cupping. With dynamic cupping, the suction is created by depressing and then releasing a medical grade silicone cup. Then it is pulled over the skin with the use of massage oil.

Dynamic cupping **treats all the same issues** as traditional cupping and has been said to be even more beneficial for lasting myofascial release than its traditional counterpart.

Light moving cupping

Light moving cupping is practiced mainly on patients with relatively full/excessive energy. It is useful and considered the only safe method in the management of lymphatic drainage as well as being the exclusive cupping method in the management of cellulite complaints. During the application, slight pinkish cupping marks appear on the skin, normally following the direction and movement of the cup. At no time should deep, dark red cupping marks be seen. All cupping marks should fade away in a day or two. The whole objective of light cupping is to disperse stasis or stagnation without draining the patient. All moving cupping should require special attention particularly when the skin surface is broken, e.g. scratches, cuts, bruises, open wounds, etc. Avoid cupping over skin moles.

Technique

Various types of Cupping involving different levels of suction, heat and duration.

- Dry Cupping
- Needle Cupping
 - Acupuncture
 - Dry needling
- Gliding
 - Massage cupping

*Cupping is the inverse of massage- cupping draws the skin upwards (massage pushes the muscles downward) which causes a relaxing and relieving sensation.

Water cupping

This is one of the least used and practiced cupping methods. The technique involves filling a glass or bamboo cup one-third full with warm water and employing the cupping process quickly.

Hold the cup

close to the patient with one hand, bring it close to the point to be cupped and insert the burning cotton wool, swiftly and simultaneously turning the cup onto the skin. This method is said to disperse energy and resolve phlegm making it very beneficial for asthma, particularly in children. There is usually no mark left with this method.



C

Empty (flash) cupping

Empty cupping is also called flash cupping for its speed during application. This is actually medium to strong cupping applied rapidly i.e. the cups remain in place for a very short period (<30 seconds). It is used to stimulate and move blood and energy in the weak and frail. The short duration is enough to stimulate healing and move blood but not enough to drain the patient. This can be repeated for between 5-10 minutes.

In other words, this form of cupping is used to raise the immune system in the weak and frail. This method is commonly used for treating children. The cups are applied and quickly popped off again.



Herbal cupping

Herbal cupping is employed when stiffness and aching occurs, usually in the neck and shoulders (common cold, asthma and cough), caused by external factors such as Cold, Damp and Wind attacking the body. This method requires bamboo cups, a deep pan, water, metal clamps, fire and herbs in a prescription from a traditional medicine practitioner. The herbs and bamboo cups are immersed in with water in a deep pan, boiled, then simmered for 30 minutes before applying. Cups can be left on for 10-20 minutes.

Precaution: following the boiling process, some steam remains inside the cup, resulting in a pressure build-up which pushes the cup away from the skin. This can be rectified by resting the hot bamboo cups on a dry towel for up to a minute in order to absorb excess water and at the same time reducing the pressure inside the cup.



How often can cupping be applied?

Children under the age of 16 - once a week is considered the acceptable frequency. Adults under the age of 60 - as much as twice a week (with the exception of wet cupping)

Adults over the age of 70 – once a week

However in all age groups when light, empty or light moving cupping is employed, treatment frequency can be increased to as much as once every other day. This is because blood, energy and the lymphatic fluids are gently stimulated rather than forcefully manipulated.

2 Main components to consider

- **Segmental Therapy** - Location of the cup
- **Regulation Therapy** - Extravasates act as stimuli

Both the components affect the source of illness or distress

Cupping- Segmental Therapy

- Stimulates the body's defense (Immune, and Energy)
- Retuning & regulation of disturbed body functions.
- Alleviation of pain & cramping
- Improvement in blood circulation
- Inhibition of inflammation

Segments / Dermatomes

- **Skin surface** is divided into **segments** corresponding to the **entrance & exit** levels of the **spinal roots** of the spinal cord.
- Every **skin segment** at the same time has **neural connections** to **viscera** in the thoracic, abdominal & sacral space.
- Sometimes the diseased organ sends stimuli via the nerves to the corresponding skin areas in the form of tension, swelling, pain, or atrophy.

Viscero-cutaneous reflex path

- Organ – spinal cord - skin connections
- Operate according to the principle of interaction.
- By placing the **cups on the skin** – we **activate** the **receptors in the skin** – improved localized **blood flow** & via the **neural path** more **blood flow** to the **concerned viscera** also.

Effect of Cupping- Anti-Inflammatory

- Site of the suction cups-extravasates are created-ie. **Hematomas (bruises)** - cause **strong irritation**- which **activates** body's own localized & generalized healing powers and therefore has an anti-inflammatory effect
- The cholinergic anti-inflammatory pathway regulates the innate immune response to injury, pathogens, and tissue ischemia. It is the efferent, or motor arm of the inflammatory reflex, the neural circuit that responds to and regulates the inflammatory response.
- Afferent=IN Efferent=OUT
- For example, if a mosquito lands on a person's arm, sensory neurons in the skin send a message to the spinal cord and then the brain, where the message is understood, and a reaction formulated. The brain's response may be to use motor neurons to cause muscle contractions resulting in a slap on the skin where the mosquito landed.

Mode of Action

- **Cups placed on the skin** – have regulating & stimulating effect on the whole body – curative effect on the disease
- Reflex connections between the body's surface and the diseased organ are utilized- the so- called **cutivisceral reflex paths**.

Cupping – Zones – Transitioning into Energy

- (Viscero-cutaneous nerve paths) or Head's Zones – are the basis of Cupping Therapy – treatment at the skin areas that are connected to the diseased viscera via nerve tracts- Segmental Therapy- skin plays the key role
- Head's Zones – Affected areas on the skin (British neurologist, Henry Head)

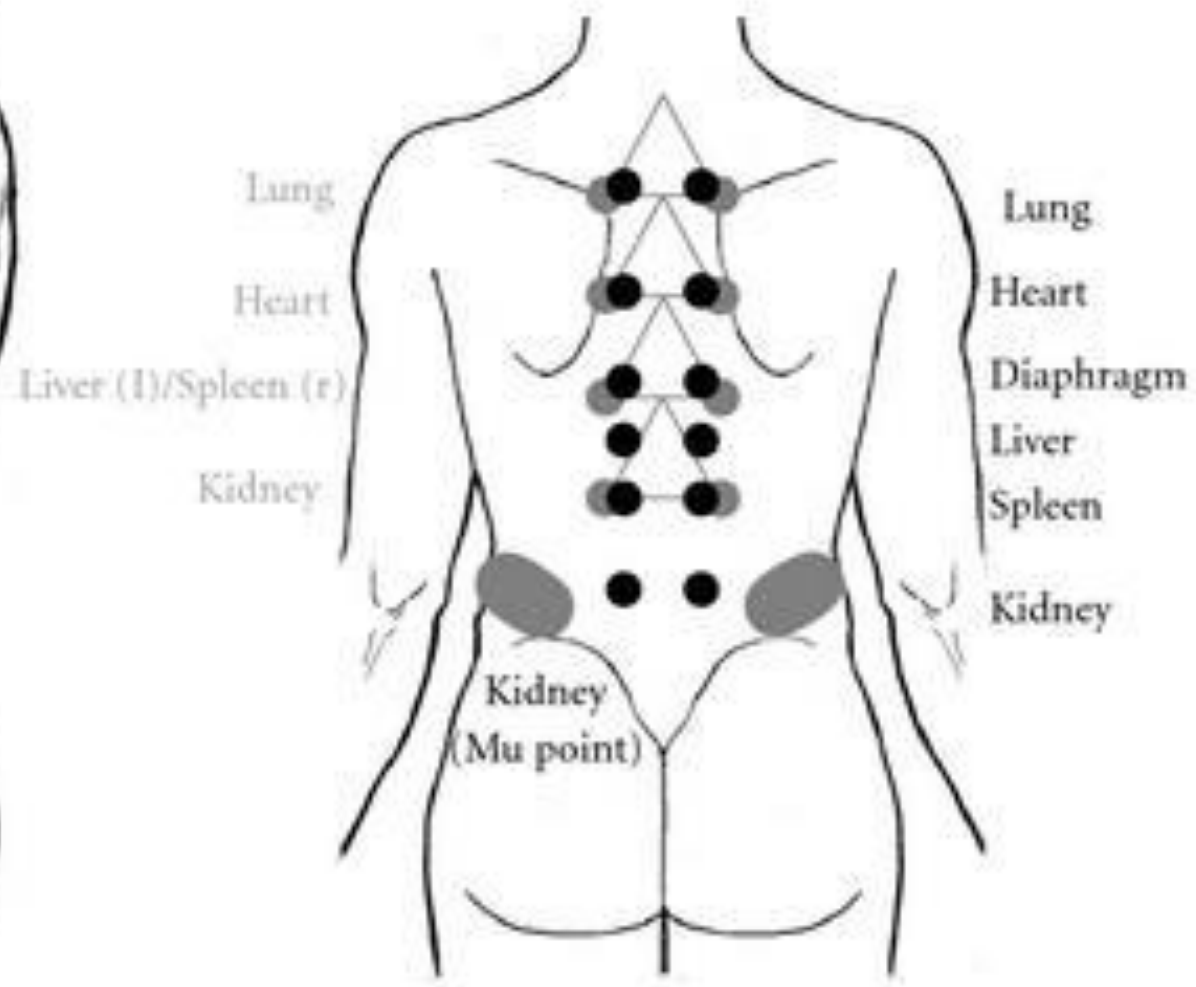
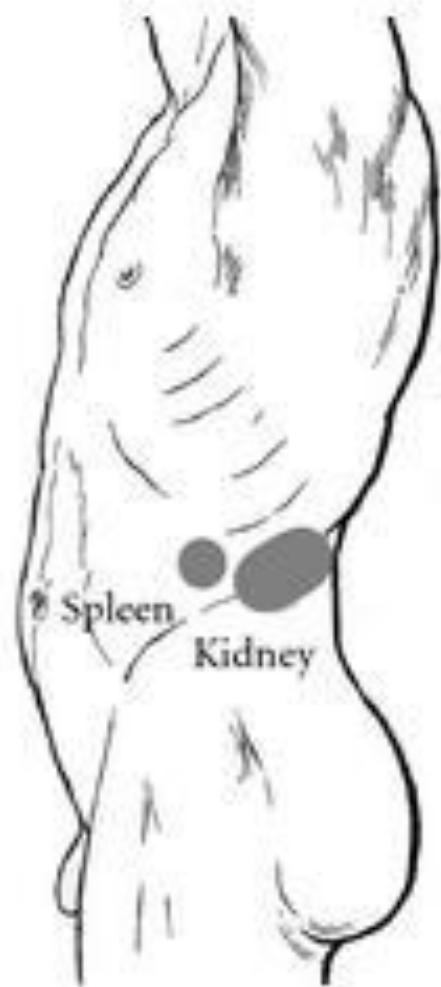
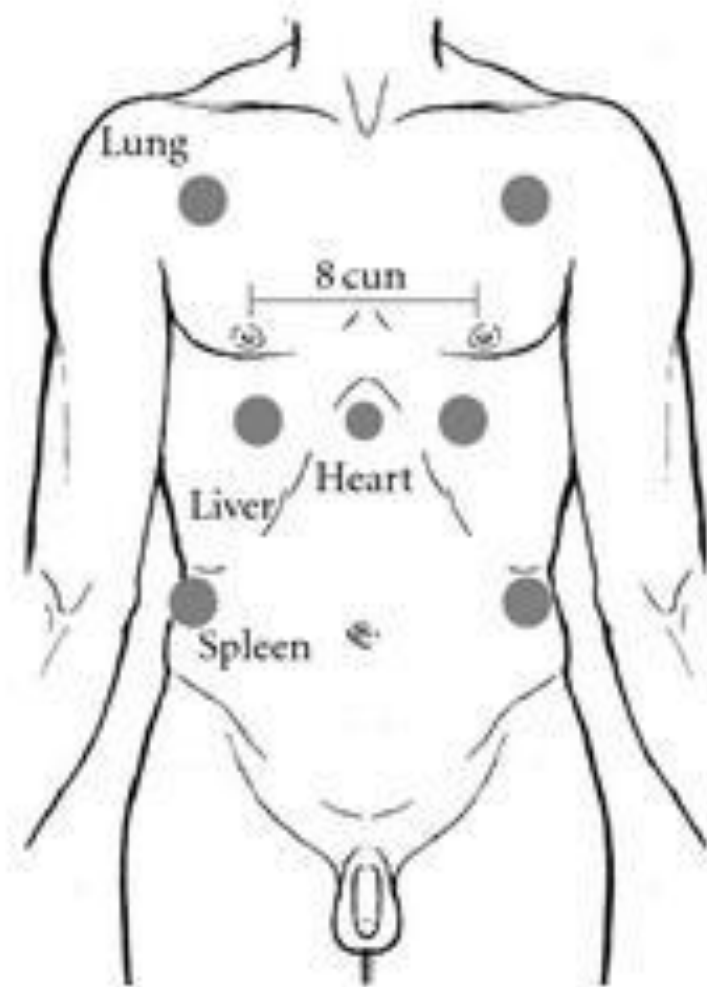
In diseases of certain internal organs, regions of altered sensation appear on the skin at relevant spinal cord segments, named Head's zones after their discoverer (Sir Henry Head, neurologist in England, 1861–1940). They can be used diagnostically and therapeutically to influence the affected organs.

Head's Zones

Each organ is represented in one zone, Eg.

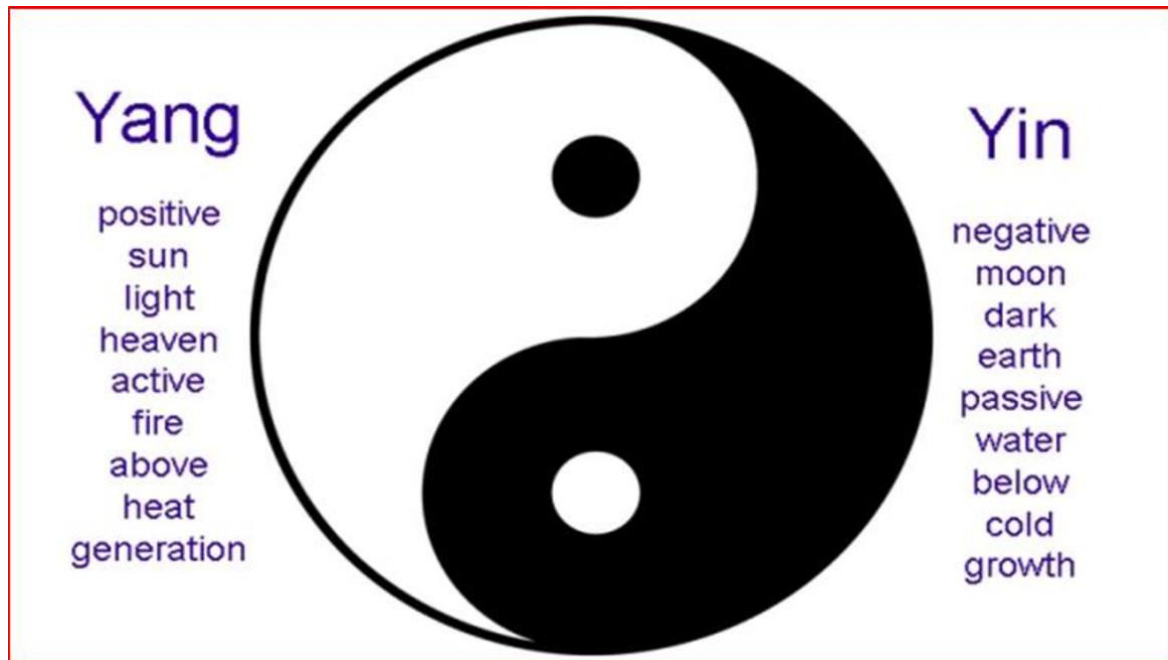
- Heart – C3-T4 Predominantly left
- Stomach-T8-T9 Predominantly left
- Liver/ G.B.- T8-T11 Right
- Spleen- T11 Left
- Kidneys/ Ureters T8-S4 Left/ Right
- Uterus/ ovaries/ testes- T10-L3 Left or Right

Important for segmental therapy & diagnosis



Qi, or Chi

Chi or Qi is that universal energy that permeates us and everything around us. It's that invisible force that most people don't recognize and especially in the human body. Chi is not just energy is the power behind energy and life itself. Everything we do, think and how we breathe is Chi.



The twelve Meridians have lateral and symmetrical distribution on the head, face, trunk and limbs.

The six yin meridians are distributed on the inner side of the limbs and on the chest and abdomen.

The six yang Meridians are distributed on the outer side of the limbs and on the head, face and trunk.

There are three Yang meridians that are used to describe the arms and legs.

Yang Ming (meaning sunlight yang) has an anterior position. Shao Yang (meaning lesser yang) has a middle position. Tai Yang (meaning greater yang) has a posterior position. These three names describe the variation of yang chi and also the variation of sunlight received.

There are three Yin meridians as well. Tai Yin (meaning greater Yin) has anterior position. Jue Yin (meaning absolute Yin) has a middle position. Shao Yin (meaning lesser Yin) has a posterior position. These three meridians are described as a variation of Yin Chi and the amount of darkness of that position.

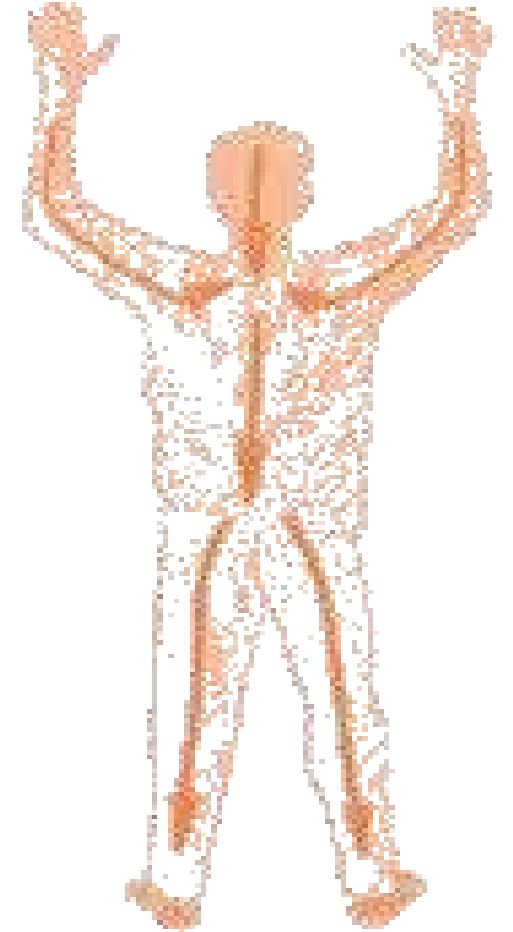
Yin & Yang

- Yin
- Dark, cool, wet
- Earth to heaven
- Female
- Solid organs
- Negative force
- Outward movement
- Towards periphery
- Internal energy



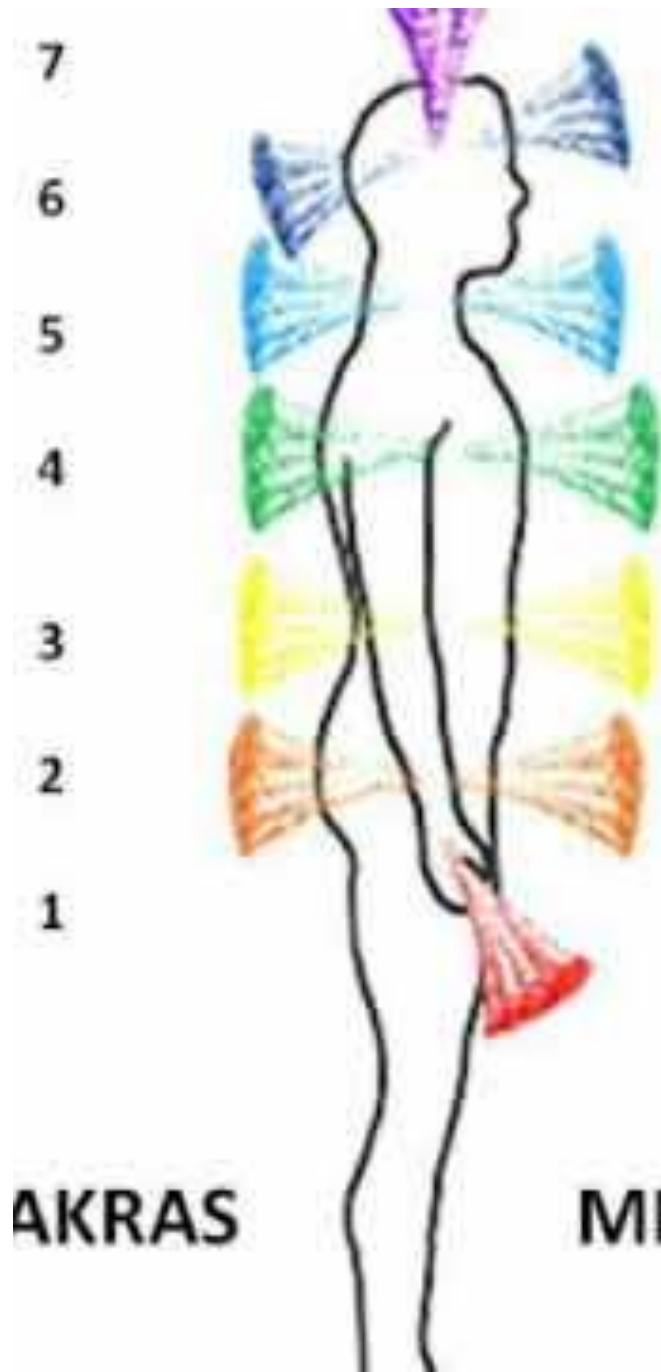
Yang

- Light, warm, dry
- Heaven to Earth
- Male
- Hollow organs
- Positive force
- Inward movement
- Towards center
- Physical body

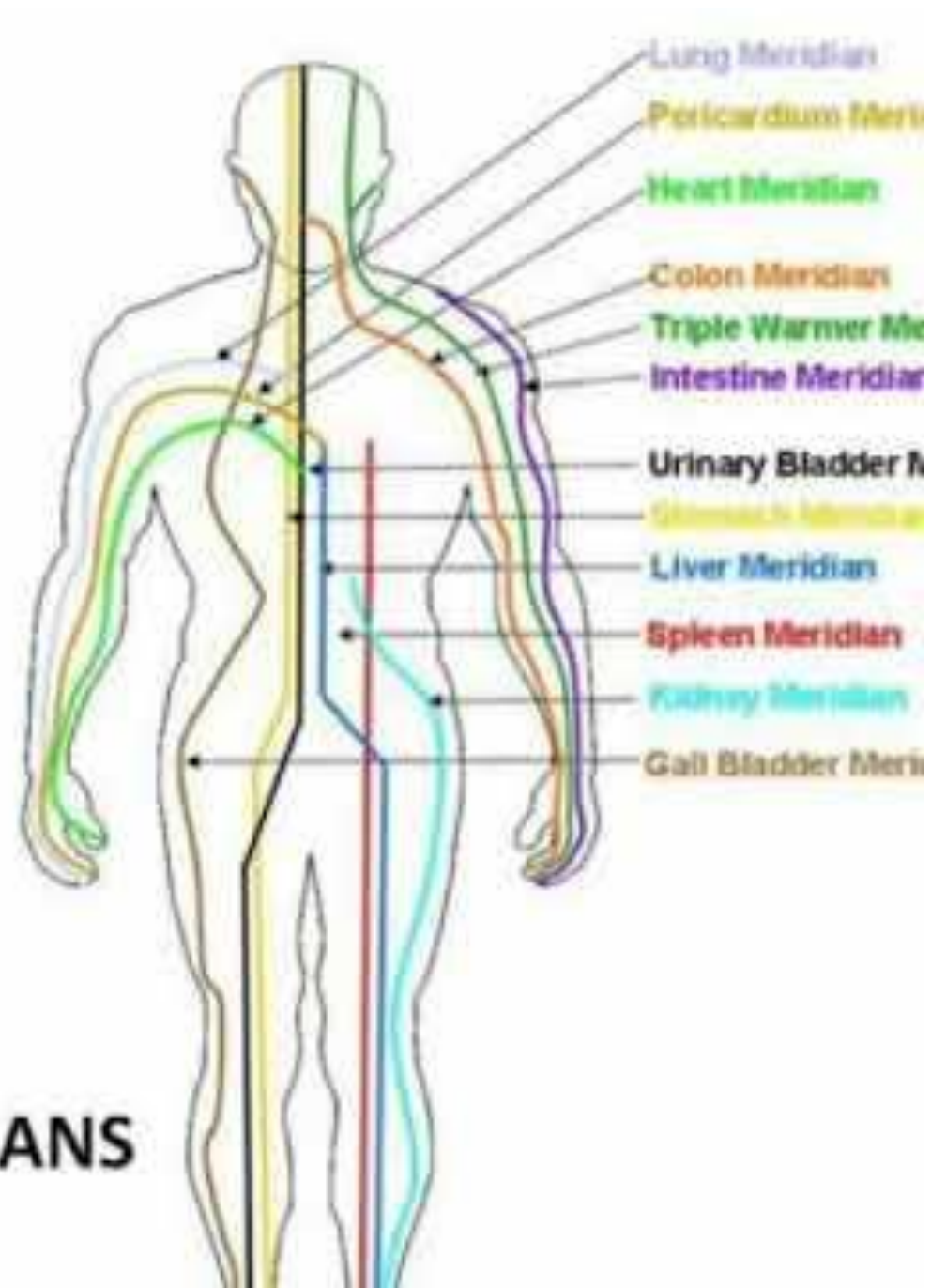


Chakras (Sanskrit word for wheel) are Energy points that vibrate and turn to channel energy into the body and **Meridians**.

Meridian channels follow the same path that the autonomic nervous system does along the spine



CHAKRAS



MERIDIANS

Crown Chakra (Sahasrara)
Connection to the divine



CROWN CHAKRA - The highest Chakra represents our ability to be fully connected spiritually.
Location: The very top of the head.
Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.
Physical association: Pineal gland, brain, nervous system.

Third Eye Chakra (Ajna)
Intuition, sense of purpose and direction in life



THIRD EYE CHAKRA - Our ability to focus on and see the big picture.
Location: Forehead between the eyes. (Also called the Brow Chakra)
Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.
Physical association: Pituitary gland, eyes, sinuses.

Throat Chakra (Vishuddha)
Self-expression



THROAT CHAKRA - Our ability to communicate.
Location: Throat.
Emotional issues: Communication, self-expression of feelings, the truth.
Physical association: Thyroid, respiratory system, teeth, vocal cords.

Heart Chakra (Anahata)
Love, relationships and self-acceptance



HEART CHAKRA - Our ability to love.
Location: Center of chest just above heart.
Emotional issues: Love, joy, inner peace.
Physical association: Heart, thymus, lower lungs, circulatory system, immune system.

Solar Plexus Chakra (Manipura)
Personal power and ability to channel



SOLAR PLEXUS CHAKRA - Our ability to be confident and in-control of our lives.
Location: Upper abdomen in the stomach area.
Emotional issues: Self-worth, self-confidence, self-esteem.
Physical association: Central nervous system, pancreas, liver, digestive tract, skin.

Sacral Chakra (Swadhisthana)
Sexuality and pleasure



SACRAL CHAKRA - Our connection and ability to accept others and new experiences.
Location: Lower abdomen, about 2 inches below the navel and 2 inches in.
Emotional issues: Sense of abundance, well-being, pleasure, sexuality.
Physical association: Reproductive organs, kidneys, bowels, immune system.

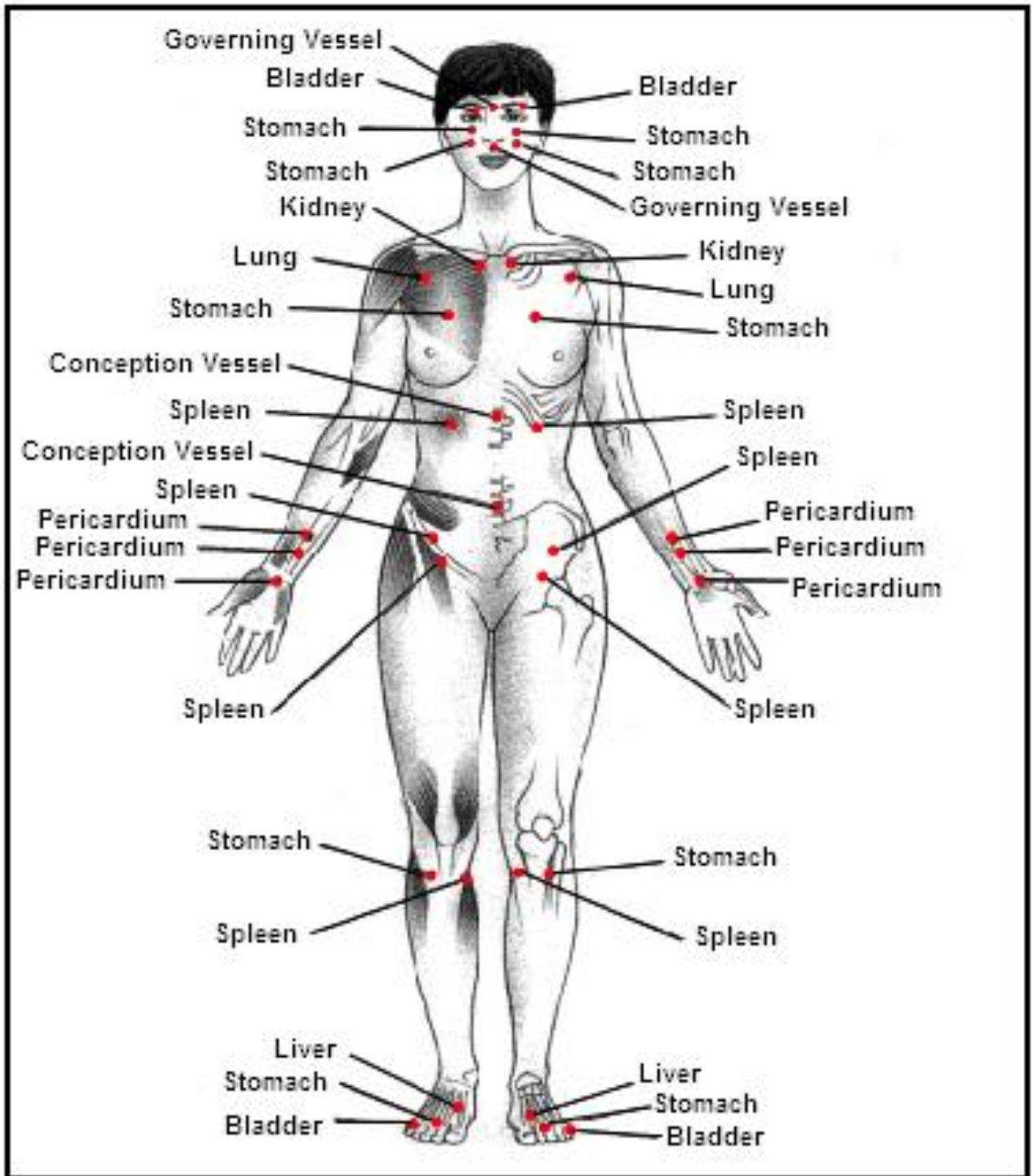
Root Chakra (Muladhara)
Career, money mindset and sense of belonging



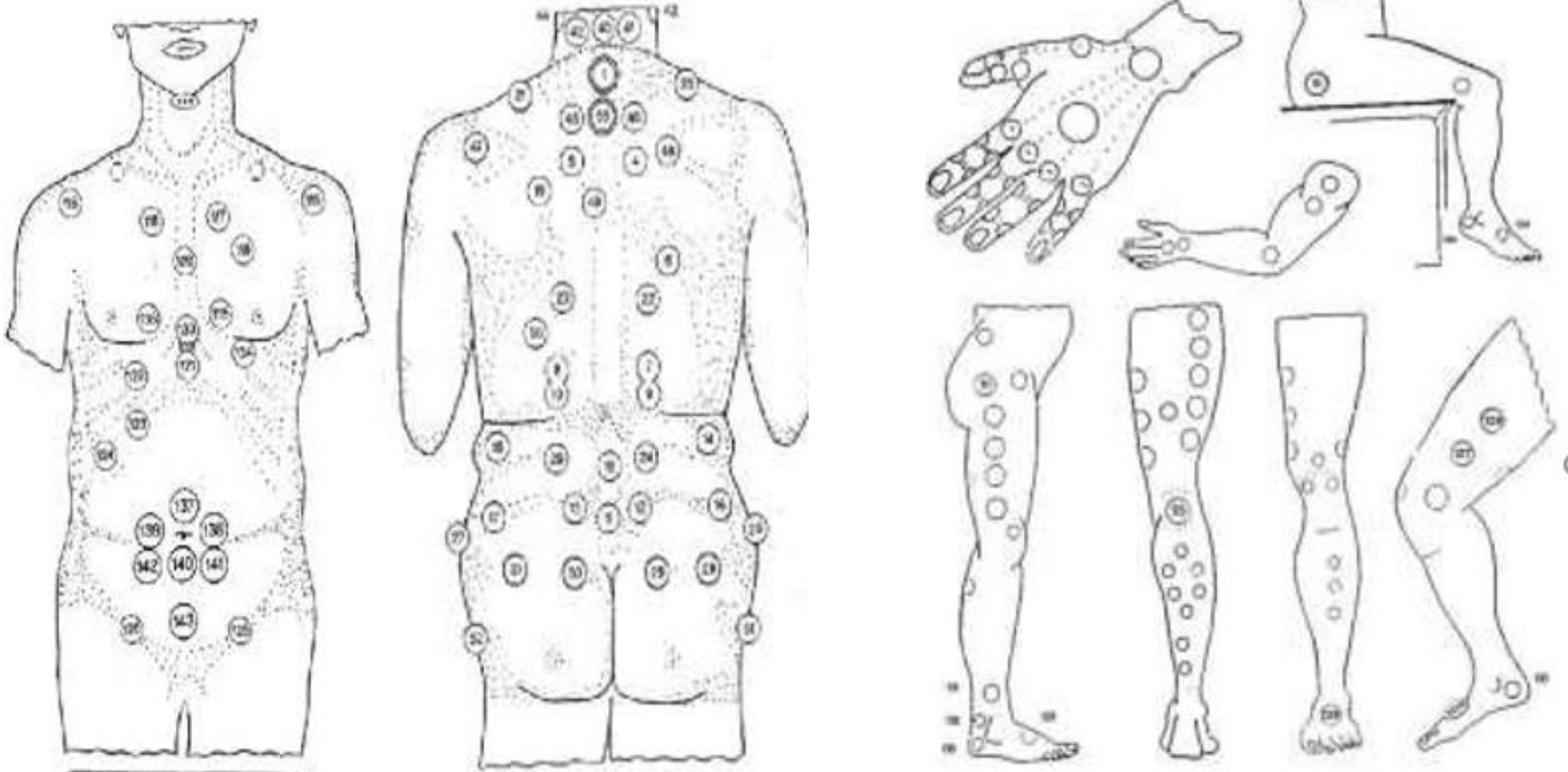
ROOT CHAKRA - Represents our foundation and feeling of being grounded.
Location: Base of spine in tailbone area.
Emotional issues: Survival issues such as financial independence, money, and food.
Physical association: Spine, rectum, legs, arms, circulatory system.

Meridians

- Yin & Yang determine meridians
- Associated with body parts/ organs
- Manipulating meridians has effect on body functions associated with that meridian
- Qi flows through meridians
- Used to balance the 5 elements



Location for Cupping

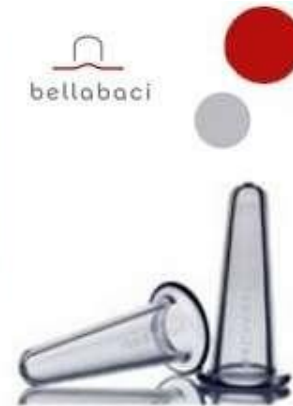


Acupoints

- They are located on the twelve organ meridians and on two of the extraordinary vessels.
- They are areas of potential imbalance, where Qi, which circulates in the meridians, is most likely to become obstructed.
- Western research has shown that approximately 85% of the classical acupoints have a higher electro-magnetic resistance than the immediate surrounding area.
- This implies that they are areas where electro-magnetic current, our "information highway", is most likely to be disrupted.
- The UN (United Nations) has standardized the names of the classical acupoints. They are named for the organ meridian they are on, and the order in which they fall. Besides the classical acupoints, there are hundreds of "extra points", of which approximately 20 are used with frequency



Facial cupping



By creating suction and **NEGATIVE** pressure, the massage will drain excess fluids and toxins, loosen adhesions, lift the connective tissue and bring blood flow to stagnant muscles and skin.



Types Of Facial Cupping Therapy

- ***Vacuum Facial Cupping***

A non-surgical procedure for facial rejuvenation and for revitalizing dull skin without the use of botox injections

- ***Massage Cupping***

loosen and lift connective tissues, increase lymph and blood flow, and release rigid soft tissues. The parasympathetic nervous system is engaged by the pulling action, resulting in deep relaxation that can travel through the entire body



Beauty Benefits of Facial Cupping

- The effects brought about by the cupping can have several aesthetic benefits that work on both, dry and oily skin. Drainage of fluid in the lymph glands results in reduced edema and puffy appearance.
- Blood is brought to the skin helps bring a young glow to the skin. Any beauty products used post-treatment are absorbed better and are more effective.
- The lifting motion reduces the visible fine lines, wrinkles, and scarring because of injuries or acne. The skin also looks plumper. Further, the connecting tissue, collagen under facial skin is stimulated so that it heals and reduces smile and laugh lines.
- Massaging movements help relax tense facial muscles resulting in a softer, younger appearance.

Facial cups are typically smaller and softer. They're used to gently pull the skin away from deeper layers of fascia. This increases blood flow to the area and rejuvenates the skin without leaving cup marks behind.

Therapeutic Benefits

Facial cupping is helpful to patients suffering from a range of ailments related to the head and neck area without the need for more extensive treatments. They are:

- Sinus infections or sinusitis
- Headaches and migraines
- Facial paralysis
- Earaches
- Conditions in which there is jaw pain and movement of the jaw is hampered, also known as TMJ

Facial cupping has also been shown to:

Increase oxygen-rich blood circulation
strengthen skin and connective tissues
stimulate cells responsible for collagen production
relax muscle tension

Because of this, the practice is said to:

- brighten skin
- minimize the appearance of scars, fine lines, and wrinkles
- tone chin, jawline, decrease puffiness
- regulate oil production
- improve nutrient delivery and product absorption

Cupping Therapy for Stretch Marks

- The skin is stretched and leads to dermal and epidermal micro tearing. Stretch marks can also form on breasts, hips, upper-arms, buttocks and thighs.
- Stretch marks start of red to purple in color. They eventually fade into a pearly white color. The red to purple stage, is the most effective window period for making a difference in the outcome before the marks turn white. Once white, the blood circulation supplying the damaged cells are minimal. So strike while the iron's RED!
- Using the **cup** over the stretch marks, It will immediately increase the blood flow. This brings fresh oxygen and nutrients to the area that will help to repair the damage.
- More importantly, post massage stimulation will nudge fibroblast cells into producing new collagen and elastin. This will decrease the width of the stretch mark.
- Incorporate at home regularly massaging every day, in the shower or with a repairing oil such as Jojoba,

Cupping Therapy for Scars

- Cupping therapy is possibly the best form of deep tissue massage therapy. It is known to work on up to four inches of tissues inside the body.
- The suction created by cupping therapy can work to induce the tissues to release the toxins accumulated in them, and also stimulate the lymphatic system. This stimulation helps to clear the released toxins including debris and old blood by carrying them to the surface below the skin. From here, they are naturally expelled by the body.
- , the most exciting factor of cupping therapy is that it can work on older scars as effectively as new ones.



Cupping Therapy for Cellulite

- Cellulite is a very common issue that this is used for. Its ability to promote the exit of toxins, loosen the dimpling, and stimulate circulation are all very helpful in **reducing cellulite**
- The user simply glides these cups across the target area.
- Dry cupping in combo with other forms such as gliding cupping also known as running cupping or massage cupping can also be used.



Cupping Therapy for Treatment of Cellulitis

- Cellulitis is a bacterial inflammatory reaction in the subcutaneous tissues caused mostly **by gram positive bacteria** as staphylococcus aureus and streptococcus.
- multiplication of microorganisms and production of powerful **exotoxins** by gram positive . In case of presence of associated **gram negative** bacteremia, powerful **endotoxins** are released causing endotoxic shock
- Main treatment of cellulitis is **broad spectrum antibiotics**
- antibiotics do not affect bacterial toxins..
- Antibiotic therapy together with **alhijamah** was done on the site of maximum inflammation of cellulitis by applying about superficial cuts where blood was drawn out.
- An immediate clinical improvement was noted in the form of reduction in all signs of inflammation.
- dramatic improvement of cellulitis may be where excretion of interstitial fluids and filtered capillary fluids rich in bacteria and bacterial toxins (CPS) helped in clearing blood from microorganisms and toxins through suction using the negative pressure.
- Based on that, cupping therapy did better than antibiotics

Warts

- Seven patients with warts on the feet and anogenital warts were treated with cupping therapy
- The warts disappeared after a short treatment period and untreated warts also disappeared during treatment.
- The author claimed that activation of the immune system was the cause of the beneficial effect.

Hair Loss

- Performing **dry cupping** on the scalp, the suction can help open the follicles and promote blood circulation to help maintain the hair. This theory only applies to follicles that are still alive.
- Obviously healthy diet and nutrition is vital for the follicle to stay alive and maintain a healthy growth.
- Individuals who wish to perform cupping on their head must shave of their hair for easy suction.



Don't keep putting cups in same place if prolonged series of treatments are prescribed.

<https://www.dailymail.co.uk/news/peoplesdaily/article-3655854/When-cupping-goes-wrong-Man-left-seven-horrific-holes-month-long-botched-therapy.html>



Housekeeping

- Intro to Cupping
- info@drbryanhawley.com
- Breaks/Overall time
- NCBTMB approved provider
#485

