

Benefits of Suction Cupping

by: *Hunter Tam*

Cupping is helpful to relieve muscle spasms, back pain, as well as arthritic and rheumatic problems. While stimulating the skin and underlying muscles, it promotes the release of toxins that have accumulated in the area and increases circulation of blood and lymph vessels.

Cupping also stimulates the organ-related reflex zones in the skin to further improve the function of inner organs, including the stomach, liver, kidneys and intestines.



Cupping can also increase immunity in a particular area since the suction causes the release of a histamine-like substance in the skin which stimulates immune system response.

Detoxify with Suction Cupping

Other detoxification therapies are often used in conjunction to enhance the eliminatory action of cupping. Other therapies combined with cupping can be used to treat chronic pain and discomfort more successfully, even where other therapies have failed. There are very few conditions in which cupping should not be used, such as high fever, skin disease, or if the person tends to bleed easily.

With fire cupping, a vacuum is created by air (heated by fire) in a glass cup placed flush against the patient's skin. As the air cools in the cup, a vacuum forms that pulls up on the skin, stimulating the acupuncture effect. This type of therapy is used in the treatment of respiratory diseases such as the common cold, pneumonia, and bronchitis. It can also be used to treat back, neck, shoulder and other musculoskeletal pain. Cupping may feel uncomfortable, but the patient will not feel pain.

Unblock your Qi with Suction Cupping

Cupping is widely used by Chinese medicine practitioners to treat colds, lung infections, and problems in the internal organs. Cupping can be used on people for whom the injection of acupuncture needles poses a problem or risk. Chinese medicine practitioners begin treatment by diagnosing a patient through interviews, examination of the pulse, tongue, and other parts of the body.

Traditional Chinese Medicine (TCM) strives to balance and improve the flow of qi, or life energy, which travels throughout the body in channels called meridians. Illness is caused when qi does not move properly in the body. Acupuncturists use cupping for

specific problems in the flow of qi. Cupping disperses and moves qi by exerting suction and pressure.

Suction Cupping is used when the qi is blocked at certain points, or when qi needs to be drawn to the surface of the body from deep within. For example, cupping is used to treat colds and lung infections because it is believed that suction disperses and energizes the qi that has become blocked and trapped in the lungs. Cupping can also pull out “wind-cold” that in Chinese medicine is believed to cause lung infections.

In today’s world, suction cupping is becoming a very popular and effective therapy used by both Western and Eastern health care professionals to treat a wide range of problems such as the common cold, chronic pain, and internal organ problems.