

## **CUPPING INFO: BEFORE & AFTER-CARE**

### **PRIOR TO YOUR CUPPING SESSION:**

-Eat a small, easily digestible meal w/in 2 hours of your session: Cupping on an empty stomach can cause dizziness or nausea. Stay hydrated starting the evening before your treatment.

-Know your social schedule: Cupping marks will appear on the areas of the body being cupped and may last anywhere from 1 hour to 3 weeks. You may feel fatigue from the detox that is happening after treatment: Keep your schedule light the rest of the day post treatment.

-Please wear a tank top, sports bra, or easily adjustable shirt for back & neck accessibility.

-Bring clothing that can cover the area where you will be cupped: Exposure should be kept to a bare minimum and the body should stay warm following cupping sessions.

### **WHAT DOES CUPPING TREAT?**

-Anxiety, Back & Neck Pain, Chronic Fatigue, Depression, Detox: Blood/Cellular/Lymph, Digestive Disorders, Emotional Trauma, Fibromyalgia, Headaches & Migraines, High Blood Pressure, Liver & Gallbladder Disorders, Respiratory Ailments: Allergies, Asthma, Common Cold, Rheumatism.

### **DOES CUPPING HURT?**

-It is normal to feel a warm, pulling, stretching sensation from the suction of the cups. This sensation can be strong but can be adjusted to your comfort level by your practitioner. If at any time during the treatment it does become uncomfortable, let your practitioner know right away. There is sometimes a short period of tenderness at the places the cups have been applied after treatment. It's okay to apply arnica gel or a gentle healing balm or massage oil as long as there is no broken skin or strong irritation on the top layer of skin.

### **WHAT DO THE CUPPING MARKS MEAN?**

-The marks left by cupping are not bruises. The marks are the result of having internal unwanted toxins pulled up to the skin. Where there is dead, static blood, lymph, cellular debris, pathogenic factors, and toxins present in the body, cupping can leave marks that indicate that the stagnation or disease has been moved from the deeper tissue layers to the surface where it can be flushed out easier. This is a normal skin reaction. The extent of the mark depends very much on the length of the treatment time and the strength of the suction. The cupping marks can range from a light pink, to a bright red, to a dark purple depending on the amount of stagnation present.

### **HOW LONG WILL THE CUPPING MARKS LAST?**

-Cupping marks can last anywhere from one hour to up to three weeks depending on the severity of toxins released. Very occasionally there can be some bleeding or blistering but this is not something to be alarmed about. Take care to keep the area clean and covered until healed.

### **FOLLOW-UP CARE:**

-Everyone can react to cupping differently, some feel tired, others feel more energetic. It's important to give your body a chance to recuperate after the experience. It's best to rest as much as possible after cupping treatment and try to get to bed early. Eat a wholesome meal (avoid heavy, high-fat meals of excess dairy or meat). Drink plenty of fluids to help flush out any toxins from your system. After a strong cupping treatment, along with toxin release, any long-standing emotions can get stirred-up as well. Some people may feel more emotional in the next few days, this is a normal detox reaction. **REST:** Physically, Mentally & Emotionally after cupping treatment.

-Avoid using any steam rooms, saunas, hot tubs, swimming (indoors or outdoors), or doing any kind of excessive exercise (that can physically over exert you), or sunbathing after cupping treatment. Do not get a draft or a chill for 48 hours after treatment.

-Follow-up or continuing cupping treatment is okay only when the discoloration has cleared up, or is recommended by your acupuncturist.

-Follow-up acupuncture treatments are okay anytime after cupping treatment, or alongside cupping as a lighter adjunct treatment as both can be heavily detoxing for the body.

## **WHY GET CUPPING? WHAT ARE THE BENEFITS?**

Cupping is an ancient therapy used safely in many traditions around the world. Cupping is an extremely effective treatment for easing & removing the symptoms of many different health disorders. The cupping treatment creates a vacuum within the cup placed on specific areas of the body to draw the underlying tissue into the cup. The produced vacuum creates a suction effect that increases blood circulation to the local area to help relax muscle tissues, ease joint stiffness, clear blockage and relieve pain. Cupping helps remove any stagnation in the body and opens the meridians so that the qi can flow freely. It activates meridians and organs that are not functioning at their best.

### **What is happening on a deeper level?**

The cells of the body use oxygen and give off carbon dioxide; when the energy is blocked, the cell waste or carbon dioxide gets blocked. This is called acid or toxin build-up. Physical pain implies a blockage in the flow of energy through a particular area. When toxins or cell waste stagnate in the muscles or joints, it can be very difficult for the body to get rid of this waste, causing further blockage and discomfort. Utilizing cupping techniques, through suction, we can pull the blockage out of the deeper tissue and move it to the skin's surface. Once on the surface, it is much easier for the body to eliminate toxins through the superficial blood supply or capillary system. Cupping helps remove any stagnation (of blood, qi & fluids) in the body, and opens the meridians so that the qi, blood and oxygen can flow freely. Toxins are being released into the bloodstream to be effectively eliminated by the liver, blood, urine and feces. Not only can we pull toxin build-up out of specific areas, but we can also pull fresh new blood into those areas, which revitalizes and restores proper blood flow. Cupping activates the lymphatic system, activates the secretion of synovial fluids (which eases joint stiffness), and promotes tissue repair.

### **What does cupping tell us?**

Cupping is diagnostic as well as therapeutic, and can tell us three basic things. **First, cupping tells us exactly where the problem is.** We usually cup an area slightly larger than the painful region, in order to ensure that the pain is completely covered. Some skin under the cups will color, and some won't. Even on the skin under a single cup, one part may color while the rest may not. These colored areas help us identify the sources of pain and discomfort. **Second, cupping tells us the kind of problem with which we are dealing.** Problems relating to toxin build-up or muscle spasm will cause the skin under the cup to color, whereas issues dealing with nerve or bone will not color at all. **Third, cupping shows us the severity of the problem.** Light or moderate stagnation will cause the skin under a cup to color pink or red, and it can take a day or two for this color to fade. Severe stagnation can cause the skin to color a deep scarlet, purple, or even black; it may take seven to ten days for the darker color to disperse.

### **How long is a cupping session?**

Cups rarely need to be applied for more than ten minutes. If no color appears after a few minutes, cups can be removed and placed elsewhere on the body. Usually your practitioner will do more than one round of cupping depending on how much, and where the color is showing up.

### **How often should cupping be done?**

Your practitioner will recommend a course of treatment based on your specific ailment. For regular detox and to keep your body clean and healthy, you can get cupped approximately four times a year, or just one to two times a year if you are pretty healthy, and your detox system is working well.

### **Are there cautions for cupping?**

Contraindications for cupping: Cupping is not used on inflamed skin, in the case of a high fever, on skin that will easily bruise, areas of severe scarring, or on the abdominal or lower back area during pregnancy.

**--Tips for flushing out toxins at home:** Drink lemon water, make a smoothie of: banana, wild blueberries, orange juice, dulse, cilantro, hawaiian spirulina & wheat or barley grass juice extract.

