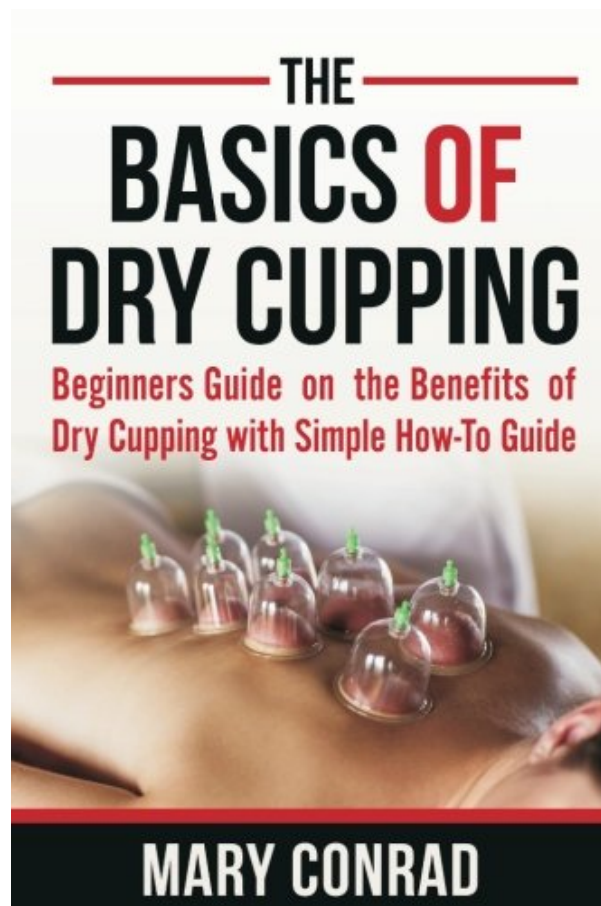


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LEARN MORE ABOUT CUPPING TODAY! Cupping Therapy has been around for quite a long time. It had been used by ancient cultures such as Egyptians, Chinese and other Middle Eastern civilizations. In some parts of Asia, it's termed as Ventosa and considered a low-cost and effective treatment for muscle pains and other conditions. It helps with inflammation, pain and improves blood circulation. Is it really effective? Well, considering that it's being used by Olympic athletes, Hollywood stars and more importantly everyday people. It's hard to dispute since it has been passed around for generations. This book is about giving more information on the art of Cupping. It'll serve as your basic and reliable guide in knowing more about the therapy before trying it out for yourself. This book contains: • 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 • Reasons to Try Cupping Learn more about this effective therapy by going through this book. It's a wonderful, non-invasive procedure that will improve your health and overall well-being. Take a step towards health today!

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The Basics of Dry Cupping

By Larry Million

This was a very interesting book. My first exposure to dry cupping was when I saw Michael Phelps at the Olympics with all of those circles on his body. After reading this book, I have a much better understanding what ventosa or cupping is about. I am not convinced that I will try it. But it was very interesting information, especially the chart that shows where to put the cup for various ailments. I recommend this book for anyone interested in trying dry cupping or at least learning more about it. If traditional treatments are not working, this may help with your chronic pain, inflammation, and rheumatism.

3 of 3 people found the following review helpful.

numerous benefits from an interesting therapy

By Tara Sandborn

When I saw the marks on Michael Phelps' body at the Rio Olympics, I became curious about cupping again. I was only familiar with dry cupping. Little did I know that there is such a thing as wet cupping. Thanks to the information on this book, the questions I had in my mind were answered. The photos included here are

also helpful. I got more interested to go and have a cupping session very soon. For those who are interested to practice this, there are basic instructions laid out here. But I would not go into that. I would rather be at the receiving end.

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It is a short good read for someone wanting to know about cupping and ...

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