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bibliography/cupping-therapy-guide-for-the-natural-healer-by-jade-paige-taylor Cupping therapy, also known as suction cupping therapy, is an ancient healing technique that works to relieve pain, decrease inflammation, and promote healing by using a glass or plastic cup. It is performed by applying suction through the cup to the skin. A practitioner uses a variety of methods to apply suction to a body part, such as with a special tool, with a finger or thumb, or by pulling a rubber band across the skin. General Description Cupping is a technique used in folk medicine, acupuncture, Traditional Chinese Medicine (TCM) and traditional Ayurvedic medicine. It is widely used in China, Japan, Korea, and the United States, among other countries. According to a recent study, cupping therapy is an effective, low-risk treatment that can be used for a wide range of conditions.^{1–6} The goals of cupping are to promote healing, to relieve pain, and to help reduce inflammation and swelling.^{7–9} Cupping can be helpful for almost any condition that causes pain or inflammation. According to a study published in the journal of *Anesth Analg*, cupping therapy increases blood flow in the affected area, which helps the body to heal more quickly.¹ History Cupping therapy is an ancient healing practice that has been in existence for thousands of years. It is often referred to as suction cup therapy. It was originally used as a method for treating many disorders, including sores, wounds, cancer, pain, and muscle and joint pain. It is a form of Traditional Chinese Medicine (TCM), an alternative medicine that is used worldwide. It has been described in the Bible, the Emerald Tablets, the Canon of Medicine, and the Tibetan Medicine Treatise.¹⁰ According to the *Tao Te Ching*, cupping therapy was one of the most important treatments used to treat illness or injury.¹¹ The 2nd-century Chinese physician Ge Hong recorded how to cupping therapy, stating, “when a patient is wounded on the inside, it is first massaged so that the blood and pus are squeezed out, and the

wound is cleaned.”¹² The first step in doing cupping therapy is to apply a cork cup over the affected area. When applying a cup to a patient, one needs to be careful to avoid 2d92ce491b