

THE ART OF MEDICUPPING™

(aka Massage Cupping™, TheraCupping™ & VacuTherapies™)



All VacuTherapies™ (cupping) seek to

- soften tight muscles
- tone attachments
- loosen adhesions
- lift connective tissues
- bring hydration and blood flow to tissues
- drain excess fluids and toxins by opening lymphatic pathways.

HOW DOES IT WORK?

Glass or plastic cups are placed over the skin and suction is created using a vacuum device for several seconds (sedating) or several minutes (stimulating), as therapeutically necessary. The suction is created by a machine, a suction gun or squeeze bulb. The suction level can range from very light (almost unnoticeable) to very heavy depending on the client's tolerance and the level of tissue needing to be reached.

Example:

- light suction (superficial depth) - cellulite in the skin
- medium suction (midlevel depth) - a lymph node or inflammation
- heavy suction (deepest depth) - tendon attached to bone

We use the MC600 MediCupping™ machine (top pic), manual cups (right pic) and acupressure magnets (next pic) to erase pain & dysfunction; bringing your body back to a natural health state with Lymphatic drainage, deep tissue and fascial release.



HOW DOES IT FEEL?

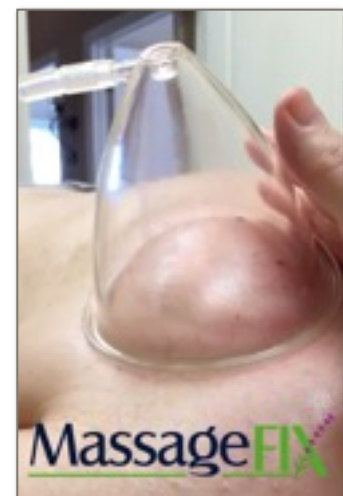


The sensation is truly indescribable, often experienced as deep warmth and a tingling sensation lasting long after the treatment has ended. The action on the nervous system is sedating and people will often descend into a profound state of relaxation. Many people have seen the pictures of Michael Phelps and his big red circle and thought to themselves, "Wow, that looks painful!"

PAIN IS NOT NECESSARY for MediCupping™ to work properly. We often start by heating and gently clearing the closest lymph node to the area we are working on. Then we begin with a gentle suction-release technique to free the "stuck" layers before we raise the suction or glide. Once we reach the level of being able to glide through a section of tissue, we know the layers are free and misplaced "dirty fluid" will be headed out of the body. If we didn't do this you would feel pain or pinching that would have no benefit to you.

WHAT ARE THE BENEFITS?

Cupping is not an irritant to the skin or body. It draws the inflammation out, yet does not add to it. The skin will turn red with strong movements, indicating that circulation fluids have been brought to the surface. Increased local blood supply to the muscles and skin will bring nourishment and allow for toxins to be carried away via the veins. Conditions of chronic and acute pain can be relieved with minimal discomfort, while tense muscles soften quickly and easily. Scar tissue can also be smoothed and lessened in appearance. Other benefits include cellulite reduction, face tightening and lifting. Our magnetic acupressure has shown results in the treatment of dramatic pain reduction with acute pain conditions and neuropathy.



People often report that this type of deep tissue stays with them remarkably longer than most other massage treatments and the speed with which cupping effects change in the tissue is truly amazing. When used in a treatment series, the results are cumulative. Yet even in a single treatment, a long-term physical issue may be resolved!

WHAT CONDITIONS RESPOND TO CUPPING?

- Pain from inflammation, injury & auto-immune disorders
- Pre-surgical prepping
- Post surgical recovery (swelling, scarring)
- Low immune systems (detoxification)
- Digestive disorders (constipation, acid reflux)
- Aging or damaged skin
- Muscular tension.....and many more



IS CUPPING SAFE?

This treatment is used safely on children, adults and the elderly. This is an intense therapy and it's impact on the body systems is significant. Only trained massage therapists should administer this treatment as they are aware of how to operate the equipment in the gentlest and safest way. All clients will be given verbal and written instructions such as:

- avoid exposure to excessive heat or cold for approx. 12 hours
- have sufficient hydration
- avoid exercise until the next day.....etc

WILL I HAVE BRUISES OR RED MARKS?

MediCupping™ with our machine, very rarely ever produces any type of discoloration on the skin. Our manual polycarbonate massage cups are more

likely than our machine to produce marks. If this appears during the treatment, it's just an added bonus indicating the release of intense stagnation (body fluids and toxins) in the area. This is NOT A BRUISE and will dissipate anywhere between a few hours and a few days. Rarely and in the case of severe injury is there seen excessive marks that last longer. It is also unlikely that marks will re-occur in the same area once stagnation is cleared.



OTHER RESOURCES



- [What The Red Marks Mean](#)
- [MediCupping™ on Fascial Adhesions](#)
- [MediCupping™ on the Abdomin](#)
- [Explanation of MediCupping™](#)
- [The History of Cupping](#)
- [MediCupping™ on Scars & Injuries](#)
- [Manual Massage Cupping™](#)