Is Cupping Right for Me?

Cupping is an ancient healing technique that has gained a large amount of popularity recently. This is a therapy that involves placing suction cups on specific parts of the body – there are many benefits behind this form of therapy. Celebrities and athletes are well known for cupping, but is it something you should do?

Let's determine if cupping is right for you …

What Can Cupping Help Treat?

To start with, we're going to take a look at what cupping can treat …

- Back pain
- Tight and stiff muscles
- High blood pressure (it calms the nervous system)
- Emotional balance: stress, migraines, anxiety, depression
- Cellulite
- Respiratory conditions: bronchitis, asthma

These are only six conditions cupping can treat – there are so many more.

The Benefits of Cupping

- Detoxifies the body
- Stimulates the body
- Stimulates oxygen and detoxification of blood
- Increases lymphatic drainage
- Promotes circulation
- Breaks up adhesions
- Promotes healing in scar tissue
- Increases range of motion

As you see, there are so many benefits nesting behind cupping therapy – if you'd love to reap these benefits, and you're not afraid to give cupping a try, then it might just be right for you.

Cautions

However, before you give cupping a try, let's take a look at the precautions you should take into account …

Cup Marks – it may take up to a week for the cup marks to fade away. If you have an important event, such as a wedding coming up, you may want to avoid cupping.

Pregnant Women – On pregnant women, it cannot be used on the lower abdomen or low back.

Blood Thinners – If you take blood thinners, cupping should be avoided.

Thin or Damaged Skin – If you have thin or damaged skin, cupping isn't right for you.

Is Cupping Safe?

Overall, after researching this form of therapy, we can honestly say it's a safe and enjoyable treatment. It is an adjunct to massage therapy or acupuncture. Good health isn't one thing you do, it is a combination of many good treatments and habits mixed together.

Is Cupping Right for You?

Basically, if you do not have a special event coming up within the next week or two, if you're not pregnant, if you're not taking blood thinners and if you do not have thin/damaged skin, then you may want to look into cupping therapy. If you have back pain, stress, the need to detoxify your body, would like to promote circulation and increase lymphatic drainage, again, cupping is something you should look into. In the end, you must remember to stay curious, don't be afraid to try something new, and enjoy the benefits …