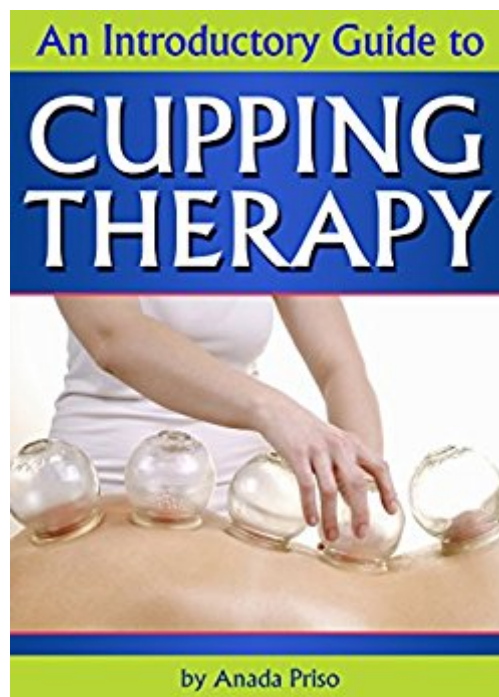


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# Cupping Therapy: An Essential Guide To Cupping Therapy, How It Works, And Its Benefits ( Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa )



## Synopsis

If you want to learn all about cupping therapy, how it works, and the numerous ways it can benefit you, then this book is for you! Read on your PC, Mac, smart phone, tablet, or Kindle device. Traditional Eastern medicine is becoming more mainstream than ever, with Westerners accepting the benefits of healing therapies such as Chinese herbs, acupuncture, and reflexology more and more. Cupping is one such alternative treatment that goes back thousands of years in Egypt, China, and Greece. Cupping therapy involves using a series of cups to create suction on the skin, drawing blood to the surface and thereby relieving various ailments. It is catching interest in North America as contemporary research suggests that the health benefits of cupping are vast and legitimate. In fact, more and more massage centers and spas even offer cupping as a way to de-stress. In this book, you will learn all about cupping therapy, including what to expect during a session, what ailments cupping can help to alleviate, how it is used in conjunction with other alternative procedures, and how to make the most of your cupping experience. Here Is A Preview Of What You'll Learn... The Fundamentals of Cupping How to Prepare for a Session What to Expect from a Dry Session All About Ventosa (Moving or Rubbing Cupping) Cupping and Acupuncture Cupping and Moxibustion Cupping and Gua Sha Cupping and Tuina (Tuina) Wet Cupping An Overview of Chinese Medicine Much, much more! Download your copy today!

## Book Information

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## Customer Reviews

I have NEVER written a bad review because I figured my opinion was just that - an opinion. As such, I've always chosen to keep it to myself. This "book" however is so bad that I just can't hold back. It claims to be 52 pages long. Well, 18 of the 52 pages are blank. Yep, blank. Ten more of the pages have between 12 and 98 words each on them. One page is the copyright page. That leaves 23 pages of "content". The average word count on each of the remaining 23 pages is approximately 175 words. I'm attaching a photo of a random page to give you an idea how few words that is. You may note that if you read the sample page is doesn't give you any relevant information about cupping therapy at all. I seriously question all the reviews this product has received because they simply don't describe it fairly at all. One final note - to give you an visual of how few words are on each page, this complete review contains 200 words! That is more than the average page in the book! Don't waste your money. I have requested a return of my mine.

If you know absolutely nothing about cupping, then this book would be informative. I personally don't see, however, how it would be any better than just doing an internet search about the topic. I read it in about 30 minutes. That's it. It's more like a thick pamphlet. No diagrams. Disappointing.

I purchased this book because I want to incorporate cupping into my massage therapy practice. It took me maybe 30 minutes to read the entire book from start to finish and I didn't learn a single piece of practical knowledge. The only thing this book could be useful for is someone who wants to receive cupping and would like to know what the application process is like. It doesn't even explain what happens scientifically. For me this was a complete waste of money.

I was so shocked at the lack of quality in this book. It is a 52 page "book" that would fit into a 6 or 8 page pamphlet. Large print with lots of space and numerous empty pages. the information has nothing to do with using cupping. It was quite a poor purchase. Very dissatisfied.

If there was a way to leave ZERO stars, I would. This book is useless as a reference, poorly edited, and primarily empty space and white pages. I read the entire thing in less than 5 minutes, and I still felt that I had wasted my time by doing so. Author cites ZERO references in this text despite

referring casually to "studies". Returned it immediately. Photos show ridiculous amounts of blank space that are typical through this book. The entire text is probably no more than 5 pages if it were 12pt font on an 8.5\*11" page.

I didn't really know that cupping therapy involves using a series of cups to create suction on the skin, drawing blood to the surface and thereby relieving various ailments. I thought that this is just one style of massaging the back. After reading this book, I got more info about it and how it works. This book also has some topics that are informative and obviously well researched. It has discussed about Ventosa too, this is a new knowledge for me. And there are still a lot more that you'll surely get learning from too. This is a very smart grab.

Does not show you how to do cupping . Only gives you history and the different types of cupping

This book was able to make me fully understand what Cupping Therapy is and what it entails. I find the book easy to read and comprehend. I think that one will be able to perform this therapy given the chance and this book because it has given some of the essentials needed. Like how to prepare for a session and what to expect from it, particularly a dry session. This book is surely informative and a good read. Several discussions were also made about cupping and other stuff almost related to it. Like Acupuncture, Moxibustion, Gua Sha, and a lot more. This is so informative.

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