



The Art of Cupping

Author : Manz

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Description

Praise for this book:

A welcome addition...[The] author makes her guidance easy to adopt with the aid of numerous photographs of cup placement...excellent.

- The Lantern

For over 5,000 years, cupping has been used across the globe to treat a broad spectrum of health disorders. A safe, comfortable therapy, it requires only simple, inexpensive instruments to achieve highly effective results. This comprehensive guide features all the information practitioners need, including historical facts, step-by-step instructions for application, and treatment of specific health problems.

Highlights:

- Detailed theory of dry and wet cupping
- Practical instructions for 45 different disorders
- Illustrated by real-life photographs from the author's practice
- Compact, user-friendly format for easy reference

Each chapter of the practical section deals with a different area of the body and its disorders. Information is given on the complaint, the correct cupping application, supplementary and alternative therapies, as well as preventive treatment. Practice-oriented and highly detailed, this is an invaluable reference for experienced practitioners and an ideal learning tool for students.