



The Basics of Dry Cupping: Beginners Guide on the Benefits of Dry Cupping with a Simple How-To Guide

Mary Conrad

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LEARN MORE ABOUT CUPPING TODAY! Cupping Therapy has been around for quite a long time. It had been used by ancient cultures such as Egyptians, Chinese and other Middle Eastern civilizations. In some parts of Asia, it's termed as Ventosa and considered a low-cost and effective treatment for muscle pains and other conditions. It helps with inflammation, pain and improves blood circulation. Is it really effective? Well, considering that it's being used by Olympic athletes, Hollywood stars and more importantly everyday people. It's hard to dispute since it has been passed around for generations. This book is about giving more information on the art of Cupping. It'll serve as your basic and reliable guide in knowing more about the therapy before trying it out for yourself. This book contains: -History of Cupping -The Basics of the therapy -Complementary treatments for Cupping -Cupping Points and their Anatomical Locations -Different Ailments that may be Treated by Cupping -How to Perform Cupping Both the Old and New Methods -Reasons to Try Cupping Learn more about this effective therapy by going through this book. It's a wonderful, non-invasive procedure that will improve your health and overall well-being. Take a step towards health today!

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Date : Published October 22nd 2016 by Createspace Independent Publishing Platform

ISBN : 9781539662556

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Format : Paperback

Genre :

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Easy to read and very informative.
