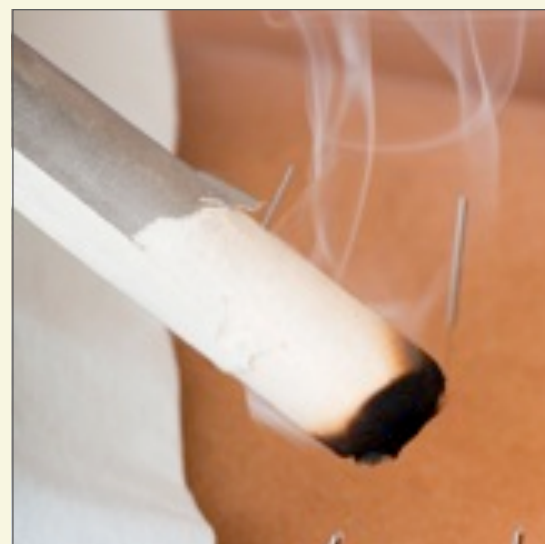




### CUPPING THERAPY

Outside a small group of therapists cupping is almost unknown, yet it was extensively used around the Mediterranean and Eastern Europe up to the Second World War. In China and the Far east Cupping has been used to treat many common ailments (and still is used in hospitals/clinics) for many thousands of years.

If you have heard of cupping it is normally through the tabloid press reporting on “another famous personality” having strange marks on their body to go through another form of detox program. This is just the tip of the iceberg as cupping can do so much more.



### MOXIBUSTION

Medical historians believe that moxibustion predated acupuncture, and needling came to supplement moxa after the 2nd century BC. Different schools of acupuncture/TCM use moxa in varying degrees.

Practitioners consider moxibustion to be especially effective in the treatment of chronic problems, deficient conditions & pain.

Bian Que (fl. circa 500 BC), one of the most famous semi-legendary doctors of Chinese antiquity discussed the benefits of moxa over acupuncture in his classic work. He asserted that moxa could add new energy to the body and could treat both excess and deficient conditions.

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# CUPPING & MOXIBUSTION



ICNM APPROVED

Course Pre-Requisite  
Anmo - Chinese Remedial Massage  
(or equivalent)

or  
Acupuncture for Pain Relief  
& Structural Dysfunction

# Cupping & Moxibustion

## COURSE CONCEPTS

The Cupping & Moxibustion course is a 1 Module (2 days) attendance program designed as a post graduate training for those who have completed the Anmo (Chinese Remedial Massage) course or equivalent Massage Therapists, and even Acupuncturists who wish to progress with their treatments/learning & understanding and can be used as CPD Training.

## COURSE CONTENTS

The program includes:

- Health & Safety in Cupping practice
- Contra-Indications to Cupping
- Understanding Equipment & Apparatus
- Static Cupping Technique
- Flash Cupping Technique
- Clinical Practice of Cupping
- Health & Safety in Moxibustion
- What is Moxa
- Types of Moxa Application and Uses
- Contra-Indications to Moxibustion
- Extinguishing Moxa
- Moxa Box Application
- Moxa Stick
- Indirect Moxa (via Ginger, Salt)
- Clinical Practice of Moxibustion



### TRADITIONAL CHINESE MEDICINE

*In traditional Chinese medicine (TCM) cupping is a method of applying acupressure by creating a vacuum on the patient's skin. The therapy is used to dispel stagnation — stagnant blood and lymph, thereby improving qi flow — to treat respiratory diseases such as the common cold, pneumonia and bronchitis. Cupping also is used on back, neck, shoulder and other musculoskeletal conditions.*



Fire cupping (or simply cupping) is a form of traditional medicine found in many cultures worldwide. It involves placing cups containing reduced air pressure (suction) on the skin.

The earliest record of cupping is in Ebers Papyrus, one of the oldest medical textbooks in the world. It describes in 1,550 B.C. Egyptians used cupping. Archaeologists have found evidence in China of cupping dating back to 1,000 B.C. In ancient Greece, Hippocrates (c. 400 B.C.) used cupping for internal disease and structural problems.

