

So You've been Cupped!

Some things you should know.

Why was it done?

To either reduce muscle tension or help you recover from a cold or flu sooner.

What does it do?

It uses a vacuum to pull up underlying stagnation or tension in the body. On the surface this tension is easier to resolve.

Why does it look so bad?

Actually, the darker the marks, the more effective the treatment was. The bruise acts as a catalyst to help the body deal with a larger issue.

How long will it look like this?

The marks could last from 1-3 weeks.

What will I feel?

You might feel slightly sore, like muscular soreness or tenderness. You might feel tired, or you might feel energized.

Aftercare Instructions:

- Avoid drinking alcohol for 24 hours
- Avoid exposing your cupped area to wind or cold.
- Avoid going in the ocean or swimming
- Avoid Greasy Foods for 24 hours
- Tell your loved ones, show them this handout
- Drink lots of water today

Here is a famous person sporting cupping marks:



Cupping 101

Cupping has been used for thousands of years in Chinese Medicine to deal with many health issues.

Most commonly we use cups to relax very tense muscles or to "pull out" a cold or flu from your body.

There are several kinds of cups; glass, bamboo, plastic, ceramic, and so on. Some require fire to create a vacuum, some use a pump.

Here are what glass cups look like:



If you have any other questions please don't hesitate to call

Joy Acupuncture Health Centre
2602 First Ave., Suite 103
San Diego Ca, 92103
(Northwest Corner of 1st and Maple)
619-322-4492



Jocelyn Joy, MS, L.Ac
Medical Director
Joy Acupuncture Health
Centre