



# HealingWithCups

## Outwiththetoxins,inwith the fresh

### Cupping Therapy

#### How it works:

Cupping therapy is the art of using suction, it uses cups or in tradition horns of animals to create a suction on the skin to create a superficial injury which alerts the body's mechanism and encourages an increase in blood flow which is full of fresh oxygenized white-blood cells to heal everything around the superficial injury. In regards to dry cupping the suction promotes circulation to the muscle around the area of suction same as when lifting heavy weight to break down muscle to make new stronger muscles; and with wet cupping also known as hijama it helps with wellness even further by creating small scratches on the skin to allow the old toxic blood (full of unhealthy proteins, metallics and gases from unhealthy diet and airborne gases and junk etc) in the body to seep out and making space for fresh blood to take its place to promote wellness even more; With wet cupping there are different points which are said to promote and target different ailments.

