



**Authors:** Christine Kätzel

**Title:** Cupping

**Subtitle:** Fascia Treatment, Muscle Massages, and Anti-aging with Modern Cupping

**Short text:**

Cupping refers to a modern form of this alternative healing method, which has been used for almost 5000 years by people from various cultures and for a wide variety of complaints. Modern cupping with light, flexible silicone cups has a three-dimensional effect directly on the myofascial tissue: the cups are pressed together with the fingers and then pressed onto the body region to be treated. The resulting negative pressure releases tissue tension, promotes blood circulation, and stimulates the formation of new fibers and cells. In the part of this book that deals with the basics, the author describes the mode of action of cupping and explains the practical handling of the cups in an understandable, step-by-step manner. In the practical part, typical complaints from sports and everyday life are addressed in detail, including muscle tension, neck pain, and respiratory diseases. Numerous illustrations on the individual treatment steps supplement the text.

**Categories:** Physiotherapy, Guide Health & Medical Science

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