

cupping therapy for asthma

Cupping Therapy for Asthma: A Natural Approach to Respiratory Relief

cupping therapy for asthma has garnered increasing attention as a complementary treatment that may help alleviate symptoms and improve breathing for those living with this chronic respiratory condition. Asthma, characterized by inflammation and narrowing of the airways, often leads to wheezing, shortness of breath, and persistent coughing. While conventional medicine primarily relies on inhalers and medications to control these symptoms, many individuals are exploring holistic therapies like cupping to complement their treatment plans.

Understanding how cupping therapy works and its potential benefits specifically for asthma sufferers can offer a fresh perspective on managing this sometimes debilitating disease. Let's dive deeper into the role of cupping therapy, explore its mechanisms, and examine the evidence supporting its use in asthma care.

What Is Cupping Therapy?

Cupping therapy is an ancient form of alternative medicine that involves placing cups on the skin to create suction. This suction is believed to stimulate blood flow, reduce muscle tension, and promote healing within the body. The technique dates back thousands of years, with roots in traditional Chinese medicine, Egyptian, and Middle Eastern cultures.

There are two primary types of cupping:

- **Dry cupping:** Cups are placed on the skin and left for several minutes to create a vacuum effect.
- **Wet cupping:** This involves small incisions on the skin before applying suction, allowing for the

removal of a small amount of blood along with the suction benefits.

For asthma patients, dry cupping is typically the preferred method as it focuses on improving circulation and respiratory function without invasive procedures.

How Cupping Therapy May Help People with Asthma

Asthma is fundamentally a condition where the airways become inflamed and hyperresponsive, leading to difficulty breathing. The question arises: how might cupping therapy influence these respiratory challenges?

Improving Respiratory Function Through Enhanced Blood Flow

One of the key benefits of cupping therapy is its ability to increase local blood circulation. When cups are applied to the back or chest areas, they draw blood to the surface, which can help relax tight muscles around the lungs and chest wall. This relaxation may reduce the constriction that often accompanies asthma attacks, potentially making it easier to breathe.

Reducing Inflammation and Clearing Mucus

Some practitioners believe that cupping helps stimulate the lymphatic system and promotes the removal of toxins and excess mucus from the respiratory passages. Since asthma symptoms often worsen due to mucus buildup and airway inflammation, these effects might provide symptomatic relief.

Balancing the Nervous System

Cupping is also thought to have a calming effect on the nervous system by triggering the release of endorphins, the body's natural painkillers. Stress and anxiety are known triggers for asthma attacks, so reducing emotional tension through cupping may indirectly help reduce asthma flare-ups.

Scientific Evidence on Cupping Therapy for Asthma

While cupping has been practiced for centuries, modern scientific research into its effectiveness specifically for asthma is still emerging. Some clinical studies and patient reports suggest promising results, but more rigorous trials are needed to establish definitive conclusions.

A few small-scale studies have observed improvements in lung function tests and reduced frequency of asthma symptoms after regular cupping sessions. Moreover, some patients report feeling less breathless and experiencing a general sense of relaxation following therapy.

However, it's important to note that cupping should not replace conventional asthma treatments but rather serve as a complementary approach. Always consult with a healthcare provider before starting any alternative therapy to ensure safety and coordinated care.

Safety Considerations and Potential Side Effects

Cupping therapy is generally considered safe when performed by a trained professional. However, there are some precautions to keep in mind, especially for individuals with asthma:

- **Skin irritation:** The suction can cause temporary bruising, redness, or mild discomfort at the cup sites.

- **Infections:** Wet cupping carries a risk of infection if proper hygiene is not maintained, so dry cupping is usually preferred for asthma patients.
- **Exacerbation of symptoms:** Rarely, some people may experience increased coughing or shortness of breath immediately after a session, so it's important to monitor how your body reacts.

Always ensure that your cupping therapist is licensed and follows strict sanitary protocols.

Integrating Cupping Therapy with Conventional Asthma Management

For those interested in exploring cupping therapy for asthma relief, it's crucial to view it as part of a broader, integrative health strategy. Here are some tips on incorporating cupping safely:

1. **Discuss with your doctor:** Review your asthma action plan and medications before trying cupping to avoid any conflicts or risks.
2. **Choose a qualified practitioner:** Look for licensed acupuncturists or traditional medicine experts experienced in cupping therapy.
3. **Start gradually:** Begin with a few sessions and observe how your respiratory symptoms respond.
4. **Combine with breathing exercises:** Practices like diaphragmatic breathing or yoga can enhance lung capacity and complement the effects of cupping.
5. **Maintain regular asthma treatments:** Never discontinue prescribed inhalers or medications

without medical advice.

Personal Experiences and Testimonials

Many asthma patients who have tried cupping therapy share stories of relief from tightness in the chest and improved airflow. They often mention feeling more relaxed and less anxious after sessions, which can be invaluable in managing asthma attacks triggered by stress.

While individual experiences vary, these anecdotes highlight the potential for cupping to serve as a valuable adjunct in asthma care, especially for those seeking natural and non-pharmacological options.

Exploring Other Complementary Therapies Alongside Cupping

If you're intrigued by cupping therapy for asthma, you might also consider other complementary treatments that support respiratory health, such as:

- **Acupuncture:** Often used alongside cupping, acupuncture may help modulate immune responses and reduce airway inflammation.
- **Herbal remedies:** Certain herbs traditionally used in Chinese medicine can support lung function and reduce asthma symptoms.
- **Mindfulness and meditation:** These practices help manage stress levels, a common trigger for asthma exacerbations.
- **Aromatherapy:** Essential oils like eucalyptus and peppermint may open airways and ease

breathing when used cautiously.

Combining these approaches with a healthy lifestyle, including regular exercise and avoiding known allergens, can create a holistic asthma management plan tailored to your needs.

As more people seek natural ways to complement their asthma treatment, cupping therapy stands out as an intriguing option worth considering. Whether it's the soothing sensation of suction cups on your back or the ancient wisdom behind the practice, cupping offers a unique path toward respiratory wellness.

Frequently Asked Questions

What is cupping therapy and how is it used for asthma?

Cupping therapy is an ancient alternative medicine technique that involves placing cups on the skin to create suction. For asthma, it is believed to help by improving blood flow, reducing inflammation, and relieving respiratory symptoms, though scientific evidence is limited.

Is cupping therapy effective in treating asthma symptoms?

There is limited scientific evidence supporting the effectiveness of cupping therapy for asthma. Some patients report symptom relief, but more rigorous clinical studies are needed to confirm its benefits and safety for asthma treatment.

Are there any risks or side effects of using cupping therapy for asthma?

Cupping therapy is generally considered safe when performed by trained practitioners. However, it can cause side effects like skin bruising, mild discomfort, and in rare cases, burns or infections. Asthma

patients should consult healthcare providers before trying cupping.

How often should cupping therapy be done for asthma management?

The frequency of cupping therapy for asthma varies depending on individual cases and practitioner recommendations. Typically, sessions might be done weekly or biweekly, but it is essential to follow a healthcare professional's advice tailored to the patient's condition.

Can cupping therapy be used alongside conventional asthma treatments?

Yes, cupping therapy can be used as a complementary treatment alongside conventional asthma medications. However, it should not replace prescribed asthma treatments, and patients should discuss any complementary therapies with their healthcare provider to ensure safety and effectiveness.

What do medical experts say about the use of cupping therapy for asthma?

Most medical experts acknowledge that while cupping therapy may provide symptomatic relief for some individuals, there is insufficient scientific evidence to recommend it as a standalone treatment for asthma. They emphasize the importance of evidence-based treatments and caution against relying solely on alternative therapies.

Additional Resources

Cupping Therapy for Asthma: An Investigative Review on Efficacy and Application

Cupping therapy for asthma has gained increasing attention within complementary and alternative medicine circles as a potential adjunctive treatment for managing respiratory conditions. Rooted in traditional Chinese medicine and other ancient healing practices, cupping therapy involves placing suction cups on the skin to stimulate blood flow and purportedly alleviate symptoms. As asthma

remains a prevalent chronic respiratory disease worldwide, impacting millions with symptoms ranging from wheezing to severe breathing difficulties, exploring all avenues of relief is critical. This article delves into the scientific basis, therapeutic claims, and clinical evidence surrounding cupping therapy for asthma, aiming to provide a balanced and thorough overview for healthcare professionals, patients, and researchers.

Understanding Cupping Therapy and Its Historical Context

Cupping therapy is an age-old treatment modality that dates back thousands of years, traditionally used in Chinese, Middle Eastern, and Egyptian medicine. The technique involves creating suction on the skin using glass, bamboo, or silicone cups, which purportedly mobilizes blood flow, promotes healing, and removes “stagnation” or toxins from the body. There are several variations, including dry cupping, wet cupping (which involves small incisions to draw out blood), and fire cupping.

Historically, cupping has been employed to treat a wide range of ailments, particularly musculoskeletal pain, inflammatory conditions, and respiratory disorders such as bronchitis and asthma. In traditional Chinese medicine, asthma is often seen as a manifestation of imbalances in lung qi (energy), and cupping is thought to restore this balance by stimulating specific acupoints.

The Mechanism Behind Cupping Therapy for Asthma

Although cupping therapy’s mechanisms are not fully understood in biomedical terms, several hypotheses attempt to explain its effects on asthma symptoms:

Enhanced Blood Circulation and Immune Modulation

The suction generated by the cups is believed to increase local blood circulation, potentially enhancing

oxygenation and nutrient delivery to tissues, including the respiratory muscles. Some studies suggest that cupping may modulate immune responses by influencing inflammatory cytokines, which are often elevated in asthma, thereby reducing airway inflammation.

Neurological and Pain-Relief Pathways

Cupping may stimulate the nervous system, triggering the release of endorphins and other neurotransmitters that alleviate pain and reduce bronchospasm. This neurophysiological effect might contribute to improved breathing comfort in asthma patients.

Mechanical Effects on Respiratory Function

By applying suction to the back and chest regions, cupping may exert mechanical forces that help loosen mucus and improve airway clearance, potentially facilitating easier respiration.

Clinical Evidence and Research on Cupping Therapy for Asthma

Despite its traditional use, the scientific evidence supporting cupping therapy for asthma remains limited and somewhat mixed. A review of randomized controlled trials (RCTs) and observational studies reveals the following patterns:

- **Symptom Relief:** Some small-scale studies report that cupping therapy can reduce the frequency and severity of asthma attacks, improve peak expiratory flow rates, and enhance overall quality of life.
- **Inflammatory Markers:** Limited research indicates a possible reduction in inflammatory markers

such as immunoglobulin E (IgE) and eosinophil counts after cupping sessions, suggesting a potential anti-inflammatory effect.

- **Comparative Efficacy:** When combined with conventional asthma medications (e.g., inhaled corticosteroids), cupping therapy may provide synergistic benefits, though it is not recommended as a standalone treatment.
- **Methodological Limitations:** Many studies suffer from small sample sizes, lack of blinding, and short follow-up periods, which reduce the reliability and generalizability of results.

A notable 2018 meta-analysis highlighted the need for more rigorous, large-scale clinical trials to conclusively determine cupping's effectiveness and safety profile in asthma management.

Potential Benefits and Risks of Cupping Therapy for Asthma Patients

Benefits

- **Non-invasive and Low-Cost:** Cupping is relatively inexpensive and non-pharmacological, appealing to individuals seeking natural therapies.
- **Adjunctive Symptom Management:** It may complement standard treatments by reducing muscle tension and promoting relaxation, which can indirectly ease breathing difficulties.
- **Improved Blood Flow:** Enhanced circulation could potentially support respiratory muscle function

and tissue repair.

Risks and Considerations

- **Skin Reactions:** Bruising, burns, or skin infections can occur if cupping is performed improperly.
- **Delay in Conventional Treatment:** Overreliance on cupping without medical supervision may lead to inadequate asthma control and exacerbations.
- **Contraindications:** Patients with bleeding disorders, skin ulcers, or certain cardiovascular conditions should avoid cupping therapy.

Integrating Cupping Therapy into Asthma Management: Practical Insights

For healthcare providers and patients considering cupping therapy for asthma, it is crucial to approach it as part of a comprehensive treatment plan rather than a replacement for evidence-based medical care. Collaboration between pulmonologists, allergists, and certified cupping practitioners can ensure safety and optimize outcomes.

Guidelines for Safe Application

1. Obtain a thorough asthma history and assess disease severity before initiating cupping sessions.
2. Use cupping as a complementary measure alongside prescribed inhalers, bronchodilators, and anti-inflammatory medications.
3. Ensure cupping is performed by trained, licensed professionals using sterile equipment to minimize risks.
4. Monitor patients closely for any adverse reactions or worsening respiratory symptoms.
5. Educate patients on realistic expectations and the importance of continued conventional asthma management.

Comparing Cupping Therapy with Other Complementary Treatments for Asthma

Asthma patients often explore various alternative therapies, including acupuncture, herbal medicine, breathing exercises (e.g., Buteyko method), and yoga. Compared to these, cupping therapy is unique in its mechanical and circulatory stimulation approach.

While acupuncture has more substantial clinical evidence demonstrating its efficacy in reducing asthma symptoms and medication usage, cupping remains less studied but potentially beneficial as part of a multimodal approach. Breathing exercises directly target pulmonary function and airway hyperresponsiveness, whereas cupping's benefits may be more systemic and indirect.

Future Directions and Research Needs

The current landscape of cupping therapy for asthma underscores the necessity for high-quality research to ascertain its therapeutic value. Future studies should focus on:

- Large-scale randomized controlled trials with standardized cupping protocols.
- Longitudinal assessments of lung function, symptom control, and quality of life indicators.
- Biochemical studies elucidating immunological and inflammatory pathways influenced by cupping.
- Comparative effectiveness research contrasting cupping with other complementary interventions.
- Safety evaluations and identification of patient subgroups who may benefit most or be at risk.

Such evidence would provide clearer guidance for integrating cupping therapy into mainstream asthma management.

As the medical community continues to seek holistic approaches to chronic disease management, cupping therapy for asthma remains a promising yet cautiously approached option. Its traditional appeal, coupled with emerging scientific inquiry, invites ongoing dialogue between conventional and complementary medicine practitioners, ultimately aiming to improve patient outcomes through safe and effective multimodal care.

[Cupping Therapy For Asthma](#)

cupping therapy for asthma: [Does Cupping Therapy Work? The Current Answer of the](#)

Science Yasin Etli, 2020-11-13 Cupping therapy is an ancient treatment method and has been used by many cultures for centuries for healing purposes. It is a matter of wonder whether this treatment method, which has become widespread and popular in recent years, is really effective. This book seeks an answer to this question and is a comprehensive summary of studies on cupping therapy. In these studies, it was investigated whether cupping therapy is effective on various diseases, how it reveals these effects, how long these effects last, and whether the cupping therapy has side effects. The book is an important resource for those who want to learn scientific facts about cupping therapy. Besides, it is a useful guide for cupping therapy practitioners, as it includes methods and application points that have been shown to be useful. With the hope to achieve healing under the leadership of science ...

cupping therapy for asthma: Cupping Therapy for Muscles and Joints Kenneth Choi, 2021-03-23 An important part of Traditional Chinese Medicine for thousands of years, cupping has recently gained widespread acclaim for its many benefits. Though initially intimidating, it's so effective that everyone from professional athletes to famous celebrities are using it to improve their health and well being. In this book, you will discover what cupping is, how it works, and which cupping techniques would be best for you. You will learn the science behind the suction and the many conditions and ailments it can alleviate.

cupping therapy for asthma: Traditional Chinese Medicine Cupping Therapy - E-Book Ilkay Z. Chirali, 2014-06-27 This new edition explores and describes techniques of cupping in the context of TCM theory. It provides a clear and detailed set of practical guidelines to applying this technique for various common conditions, and looks closely at issues of safety, expectation and theoretical principles of action. This new edition includes new scientific research on cupping therapy and the effect on the immune system as well as new material on muscular pain, stress management and cupping therapy and sports medicine. A dedicated website complements the text with video clips showing the eleven methods of cupping therapy. - Explains cupping therapy clearly, allowing the practitioner immediate access to a set of skills for everyday application - Well illustrated to support the guidelines discussed in the text - Includes website containing video clips showing 11 methods of cupping therapy plus picture gallery of more than 150 colour photographs - Gives practical guidelines on the use of cupping in helping to treat more than 30 common conditions - Looks closely at issues of safety, expectation and theoretical principles of action - Text clarified and updated throughout, with an expanded artwork program and improved layout and design - New chapters by specialist contributors cover Cupping's Folk Heritage, Buddhist Medicine, and Thai Lanna Medicine - New chapter on Cosmetic Cupping Techniques - New section addressing Frequently Asked Questions - An expanded discussion about the benefits of cupping therapy, including the treatment of new pathological conditions including myofascial pain - Includes new evidence-based research on the effects of cupping therapy, including a systematic review

cupping therapy for asthma: Cupping Therapy for Asthmatic Children Tamer Shaban, 2019-05-02 The first aim of this small book is to give the reader a brief introduction to the topic which includes: asthma, complementary medicine and cupping. This brief introduction is updated by the recent information regarding this topic. The introduction is not a part of the thesis. Then, It gives a brief summary of the thesis which was discussed in 2010. The summary is organized and mixed with many new illustrations to make the topic easier for understanding. The second aim of this small book is to help and motivate researchers in the field of integrative medicine to conduct new large scale randomized trials to provide scientific evidence regarding the safety and efficacy of cupping. The third aim of this small book is to provide a hope for parents with asthmatic children which should be converted by policymakers to action plans and treatment programs.

cupping therapy for asthma: A Practical Guide to Cupping Therapy Wu Zhongchao, 2020-01-14 This comprehensive guide to Chinese cupping therapy details this traditional and effective treatment with extensive clinical examples, commentary, and detailed diagrams. Cupping therapy delivers healing effects by improving blood circulation, promoting smoother flow of qi through meridian points and dispelling cold and dampness in the body. It involves local suction on

the skin through vacuum created by heating and subsequent cooling of the air in the cup. Because of its easy application and immediate effects, cupping therapy has been practiced in China since time immemorial and remains to this day as a form of traditional medicine for treating illnesses and enhancing health. With solid grounding in both theory and clinical practice, the author introduces the fundamental principles of cupping therapy and areas that require special attention, which are followed by techniques of cupping for targeted ailments. The book covers nine areas: internal medicine, surgery, ENT and ophthalmology, dermatology, andrology, gynecology, and pediatrics (with 73 common illnesses), as well as sub-health condition and health and complexion enhancement, with cupping options for various target skin areas. A Comprehensive Guide to Cupping Therapy contains: A therapy for healing, enhancing health and improving quality of life through the natural way of traditional Chinese medicine Techniques of cupping that can be quickly mastered to help yourself heal, with easy to follow illustrations Tips from a medical professional on having a better diet and life style to prevent illness and gain a healthy complexion.

cupping therapy for asthma: Integrative Therapies in Lung Health and Sleep Linda Chlan, Marshall I. Hertz, 2012-01-06 Integrative Therapies in Lung Health and Sleep provides an overview of integrative therapies to assist clinicians caring for patients with acute or chronic lung diseases and sleep disorders--emphasizing the scientific bases for these therapies; and their implementation into clinical practice. This volume focuses on complementary and alternative medicine (CAM) treatments, modalities, and practices that are integrated with conventional medical treatment and for which there is some evidence of safety and efficacy. Whole Medical Systems, with a specific focus on Traditional Chinese Medicine , are also addressed. Individual chapters are devoted to specific health conditions or illnesses, addressing the current state of the science in the four organizing CAM domains, including available information regarding benefits, risks, or safety considerations. Unique aspects of this volume are the chapters related to evaluation of the evidence base for integrative therapies; new animal model research with herbal preparations focused on the serious problem of sepsis in the ICU; guidance for counseling patients with chronic lung illnesses who may be desperate for a cure; and palliative and end-of-life care for patients with chronic lung conditions. Clinicians in various health care settings will find Integrative Therapies in Lung Health and Sleep beneficial in their practice, particularly as the use of integrative therapies becomes more widespread.

cupping therapy for asthma: *The Complete Idiot's Guide to Acupuncture & Acupressure* David Sollars, 2000-08-09 You're no idiot, of course. You know that for centuries, acupuncture and acupressure have been among the most effective alternative medical treatments available. Now you've decided to try one of them, but before you volunteer to be a human pincushion, you have just a few questions. So let's get to the point! The Complete Idiot's Guide® to Acupuncture and Acupressure offers a comprehensive look at these effective solutions in their various forms and functions. In this Complete Idiot's Guide®, you get: • An introduction to the tools of the trade, including needles, magnets and exercise • The lowdown on what to expect at your first treatment, and how to relax and enjoy it • Treatments for everything from acne to menopause • Words of wisdom, plus warnings and definitions to make the acu-path easy to follow

cupping therapy for asthma: Cupping Therapy Felicia Dunbar, AI, 2025-03-13 Cupping Therapy explores the ancient practice of cupping, demonstrating its modern applications in health and wellness. It reveals how this therapy can boost circulation, ease muscle tension, and aid in toxin removal, offering a comprehensive look at its methods and uses. Intriguingly, cupping has roots stretching across cultures, from ancient Egypt to China, highlighting its enduring appeal as a holistic treatment. The book systematically progresses from the basic principles of cuppingâcovering various techniques like dry, wet, and massage cuppingâto its physiological effects, such as enhanced blood flow and pain relief. It then delves into specific applications for musculoskeletal pain, respiratory conditions, and even skin disorders. By blending historical context with current research and addressing safety and ethical considerations, it serves as a valuable resource for healthcare professionals and anyone interested in alternative medicine, providing a

balanced view of cupping's potential benefits and limitations in health and fitness.

cupping therapy for asthma: Acumoxa Therapy Paul Zmiewski, 1993 Using his considerable skill as an acupuncturist, phytotherapist and Western physician, Dr Requena explains acupuncture pathologies in detail, including: psychological and characterological type, body type, family history, and observed signs and tendencies. His text also provides a comprehensive description of clinically justified TCM therapeutics.

cupping therapy for asthma: Bronchial Asthma M. Eric Gershwin, Georges M. Halpern, 2012-12-06 Although the mechanisms and triggers that stimulate and are responsible for the natural history of asthma are steadily being more clearly defined, uncertainties still surround both the genetic basis and the etiology of one of the most common syndromes in the world. In fact, it is of considerable concern and interest that the incidence of asthma today appears to be rising. These statistical increments may only reflect an increasing awareness of the disease, or its earlier and more sophisticated diagnosis. More important, however, asthma mortality appears to be increasing. This increase has occurred despite the continuing expansion of a diagnostic and management information base, and the development of novel and ever more effective therapeutic modalities. Several explanations have been offered for this increase in mortality, including that it may result from a statistical artifact [based on a change in the coding criteria for asthma from the International Classification of Diseases Version 8 (ICD 8) to ICD-9], worsened pollution, delays in seeking medical help, behavioral changes, deficits in the asthma education of both patients and primary care providers, toxicity of beta-agonists, and noncompliance with instructions for the proper use of medications. It should also be emphasized that the increases in both incidence and mortality may be a reflection of accumulating body burdens of environmental toxicants and of increased oxidative damage. There has clearly been a degradation of environmental quality. And although considerable attention has been focused on this possibility in both the scientific and lay press, more research in this area is definitely needed.

cupping therapy for asthma: Asthma: Inducers and triggers Peter J. Barnes, 1997

cupping therapy for asthma: Evidence-based Acupuncture Ping-chung Leung, Tang-yi Liu, 2012-11-29 Acupuncture has been an important branch of Traditional Chinese Medicine for over 3000 years and is the most popular practice among non-Chinese practitioners outside of China. In 1998, the United States National Institutes of Health (NIH) held a consensus conference and endorsed the practice of acupuncture as an effective pain control agent — since then acupuncture has become even more popular. Clinical practice is always an inviting form of research. In the field of acupuncture, research concentrates on the neurological pathways of the meridians and acupoints, the neurological functional changes within the central nervous system, and innovative devices being invented, etc. It appears that there will be a long way before firm explanations can be acquired for the explanation of the physiological effects of acupuncture. The technique of acupuncture is easily acquired although the evidence of efficacy remains subjective. Before the evidence can be sorted out through scientific explorations, confidence on efficacy can rely only on literature search and sharing of expert experiences. This is a user-friendly book for all professionals practicing acupuncture. The contents consist of all the popular areas of clinical application viz. pain control and neuromuscular training. Each chapter is composed of two parts: clinical evidences as previously recorded in literature and personal experiences of the author. Acupuncture practice requires a thorough knowledge of the treatment choices relevant to particular conditions, as well as their modifications. This book offers quick references for this purpose.

cupping therapy for asthma: Cupping Therapy: A Detailed Guide on the Use of Cupping for Beauty and Weight Loss (A Complete Guide on Unveiling the Art to Smooth Skin and Cupping Odyssey to Wellness) Steve James, 101-01-01 Cupping is a new procedure that combines traditional cupping with today's beauty goals to achieve better skin. It addresses the common beauty problems such as saggy/ageing skin, cellulite and can even be used in conjunction with a weight loss program for great results. This procedure only uses light cupping methods to ensure comfort and avoid the unsightly red marks/bruises that results from more intense cupping sessions. The skin is

renewed and rejuvenated after the procedure. It also boosts the collagen production that helps tighten and lift the skin Why learn more about it? Maximizing the use of the silicone cups you purchased is a great way of getting your money's worth. Moreover, the book empowers readers with self-care techniques, demonstrating how cups can be utilized at home for muscle relaxation and recovery, making the benefits of cupping therapy accessible beyond professional sessions. Addressing common misconceptions about cupping therapy, this book dispels any doubts and illuminates the genuine advantages of incorporating this technique into your wellness regimen.

cupping therapy for asthma: Integrative Medicine for Children May Loo, 2009 Many parents today are turning to or seeking information about Complementary and Alternative Medicine (CAM) for their children. Whether you initiate alternative therapies or simply need to respond when asked for information or advice, it's crucial to have the most recent, evidence-based information about alternative therapies and know how to safely and effectively integrate them with conventional treatment. This innovative and reliable reference is the ideal resource to have at hand. This book includes a wide range of complementary and alternative therapies, focusing on those most often used with children: mind/body approaches, manual therapies, lifestyle approaches, alternative systems, energy medicine, and biological agents. Within these main categories, therapies such as acupuncture, chiropractic, massage, homeopathy, herbs, and magnets are covered. Fifty-five common pediatric conditions are comprehensively discussed, with diagnostic and evidence-based treatment information, followed by authoritative information on the major CAM therapies available for treatment of the condition. Whenever possible, an integrative approach that combines conventional and alternative approaches is presented.--BOOK JACKET.

cupping therapy for asthma: Acupuncture and Moxibustion Xiaofei, Jianhua Mu, 2000

cupping therapy for asthma: The Sports Rehabilitation Therapists' Guidebook Konstantinos Papadopoulos, Mark Richardson, 2021-06-30 The Sports Rehabilitation Therapists' Guidebook is a well-equipped, comprehensive, practical, evidence-based guide that seeks to assist both students and graduate sport practitioners. The book is designed to be a quick-reference book during assessment and treatment planning, giving instant access to figures and case scenarios. It introduces evidence-based practice in all principal areas of sport rehabilitation such as anatomy, musculoskeletal assessment, pitch-side care, injury treatment modalities and exercise rehabilitation principles and related areas, and is designed to be more flexible than the usual single-focus books. It is written by a team of expert contributors offering a systematic perspective on core concepts. The book can be used as a guide in each stage of the sport rehabilitation process and it is an asset for sport clinical practitioners such as sport rehabilitators, sport therapists, personal trainers, strength and conditioning coaches, as well as for students on these and related courses in their daily practice on core clinical placements such as a clinic/sporting environment, pitch side and university.

cupping therapy for asthma: Natural Standard Herb & Supplement Guide - E-Book Natural Standard, 2016-07-28 Covering 400 herbs and supplements, Natural Standard Herb & Supplement Guide: An Evidence-Based Reference provides the high-quality, up-to-date, unbiased information you need to advise your patients. No other book can match its expertise and attention to evidence! Each monograph is concise and easy to read, and includes uses, dosage information, safety considerations, and interactions with drugs and other herbs and supplements. At-a-glance research summaries and an alphabetical organization allow for quick lookup in busy settings! - Monographs for the 400 most commonly used and prescribed herbs and supplements — such as arnica, ginseng, lavender, glucosamine, and blue cohosh — provide the information you need for effective clinical decision-making. - A unique, evidence-based A-F grading scale evaluates the efficacy of each herb and supplement. - Unique! Rating scales show at a glance the quality of available evidence. - Updates are peer-reviewed, and include new scientific evidence, dosage recommendations, and more. - Dosing information includes dosages for adults and children, and methods for administering. - Coverage of allergies, side effects/warnings, and pregnancy/breast-feeding promotes safety by indicating when specific herbs and supplements should not be used, or when caution is required. - A review of evidence includes detailed explanations of

clinical trials cited and conclusions drawn, especially as they relate to specific diseases and conditions. - Evidence tables summarize clinical trial data and provide a quick reference for clinical decision-making. - Unique! Cross-referencing by condition and scientific evidence grade provides a convenient decision support tool, making it easy to find the herbs and supplements that may be used for the treatment of particular conditions.

cupping therapy for asthma: Cumulated Index Medicus , 1968

cupping therapy for asthma: Foundations in Neonatal and Pediatric Respiratory Care

Teresa A. Volsko, Sherry Barnhart, 2022-05-25 Advances in respiratory care over the past years have made a significant impact on the health and well-being of infants, children, and their families. Designed to be the primary text for the 'Neonatal and Pediatric' course as part of the respiratory care core curriculum, Foundations in Neonatal and Pediatric Respiratory Care provides students and practitioners alike with a comprehensive yet reader-friendly resource. In this second edition, the authors recognize the importance of sharing the essential elements of care that are unique to children as they grow and develop and provide the clinician with the knowledge needed to effectively communicate recommendations for therapeutic intervention or changes to the plan of care. This text has contributions in each chapter by national experts who are actively practicing in their subject areas, providing the most relevant evidence-based material and content that has a significant and practical application to current practice. Every new print copy includes Navigate Premier Access that unlocks an interactive eBook, the Heart & Lungs Module, an Equipment Simulator, Anatomy & Physiology Module, additional case studies, test prep, and additional flashcards. NEW! Each chapter will feature five review questions per chapter. NEW! Chapter on non-invasive ventilation. Each chapter begins with a list of objectives in the NBRC testing format. Innovative and unique illustrations found throughout the text demonstrate how to properly provide care and use equipment in this specialty area. Following the NBRC matrix, this text is an exceptional reference for credentialed practitioners who are interested in taking the Neonatal Pediatric Special credentialing exam and includes a comprehensive practice exam of 140 new items. Case studies or critical thinking questions conclude every chapter, allowing readers to apply what they have learned. A full suite of flashcards are included in the back of the book as a study tool for students. © 2023 | 750 pages

cupping therapy for asthma: New Medicine David Peters, 2007-02-19 New Medicine offers in-depth advice on using integrated medicine to treat everything from headaches and acne to cancer and heart disease. Integrated medicine is a new and innovative approach to healthcare that is empowering more people to get involved with their own health. New Medicine teaches you how to use complementary and conventional medicine together for safe and effective treatment. Covering over 100 ailments where studies have proven an integrated approach is more effective than either conventional medicine or complementary medicine alone, New Medicine is an indispensable guide to your health.

Related to cupping therapy for asthma

DA Family Support Division - Clark County, NV To accomplish this mission, we locate parents, establish paternity, establish and enforce child support and arrearage orders. The State of Nevada collects and disburses payments

Child Support - DWSS Child Support Enforcement is a family-first program intended to ensure families self-sufficiency by making child support a more reliable source of income

District Attorney Family Support - Family Law Self-Help Center The District Attorney Family Support Division is a great resource for parents who need help with child support. Parents can get help establishing, collecting, and paying child support through

Apply for Child Support Services - Clark County, NV What documents and/or forms do you need to provide to our office? You will need to provide our office with copies of any and all existing orders, birth certificates, proof of health insurance

Child Support Southern Offices - DWSS Offices are open Monday through Friday, excluding

Family Law Self-Help Center This website is intended to provide general information, forms, and resources for people who are representing themselves in a Clark County court without a lawyer

Enforcing a Child Support Order - Clark County, NV In most cases we enforce current child support, family support and spousal support orders only until the child emancipates by law. Our office will take enforcement actions when the non

Child Support Process Overview - Clark County, NV To apply for Child Support services download, print, and complete the Child Support Application and mail, fax or walk into District Attorney Family Support office

Juegos tradicionales - Cuáles son y ejemplos con sus reglas Te explicamos qué son los juegos tradicionales y te contamos cómo se juega a la mancha, al escondite, a la carrera de sacos y muchos más. Los juegos tradicionales se adaptan a las

21 Juegos tradicionales: reglas, instrucciones y cómo se juegan Los juegos tradicionales son actividades recreativas que siguen unas reglas acordadas y que se han transmitido de generación en generación, normalmente mediante el

20 Ejemplos de Juegos Tradicionales Algunos juegos tradicionales incluyen relatos o canciones que recuperan historias antiguas de diversos pueblos. Jugarlos es una forma de conocer y aprender a respetar distintas culturas

25 Juegos Tradicionales Juegos Populares 🇪🇸 **Educapeques** Hasta aquí estos 20 juegos tradicionales y 5 juegos de siempre que hemos elegido, pero seguro que hay muchos más incluso en cada país hay otros que no conocemos

Juegos tradicionales - Wikipedia, la enciclopedia libre Como cualquier tipo de juego, los juegos infantiles tradicionales que se siguen jugando en la actualidad tienen un origen que, según cada caso, puede ser muy antiguo

120 Juegos tradicionales y populares de siempre. Recuperamos gran cantidad de juegos tradicionales y populares de nuestra infancia para que puedan seguir jugándose. Dejemos de lado las pantallas y volvamos a disfrutar de los juegos

Juegos clásicos infantiles que no conocen los niños de hoy Gracias a esta recopilación de juegos tradicionales, los más pequeños pueden conocer y practicar divertidas actividades que forman parte de la cultura lúdica del país

JUEGOS DE ANTES Y DE AHORA PARA NIÑOS IMÁGENES Descubre los mejores juegos tradicionales para niños que combinan diversión y aprendizaje. ¡Recuerda tu infancia y compártela con los pequeños! 1. El juego del pañuelo. Dos equipos se

20 Juegos Tradicionales para Niños que Nunca Pasan de Moda

Te explicamos qué son los juegos tradicionales, con ejemplos clásicos para niños. Ideales para escuelas, familias y actividades culturales

uc##### UC##### 4. ##### UC#####
#####

uc - 00000000 UC 00000000 PC 00000000 UC 4.
000000 UC 000000

UC - 7. UC **UC**

uc UC
UC UC

Related to cupping therapy for asthma

"Cupping has a rich history of treating disease and imbalances in the physical, mental, and emotional human bodies. Since 2008, it has gained a rapid following for receivers and givers alike," says

"Cupping has a rich history of treating disease and imbalances in the physical, mental, and emotional human bodies. Since 2008, it has gained a rapid following for receivers and givers alike," says

Why cupping therapy is so popular among celebs and athletes — and whether it's right for you (Business Insider4y) A check mark. It indicates that the relevant content has been reviewed and verified by an expert Our stories are reviewed by medical professionals to ensure you get the most accurate and useful

7 Incredible Cupping Sets and Machines for Pain Therapy and Lymphatic Detox (Yahoo1y) If you've ever noticed an influencer with large red spots all over their body on their Instagram Stories, chances are they recently indulged in a cupping therapy session. It's a treatment that's

Related Articles

- [Back to Home](#)