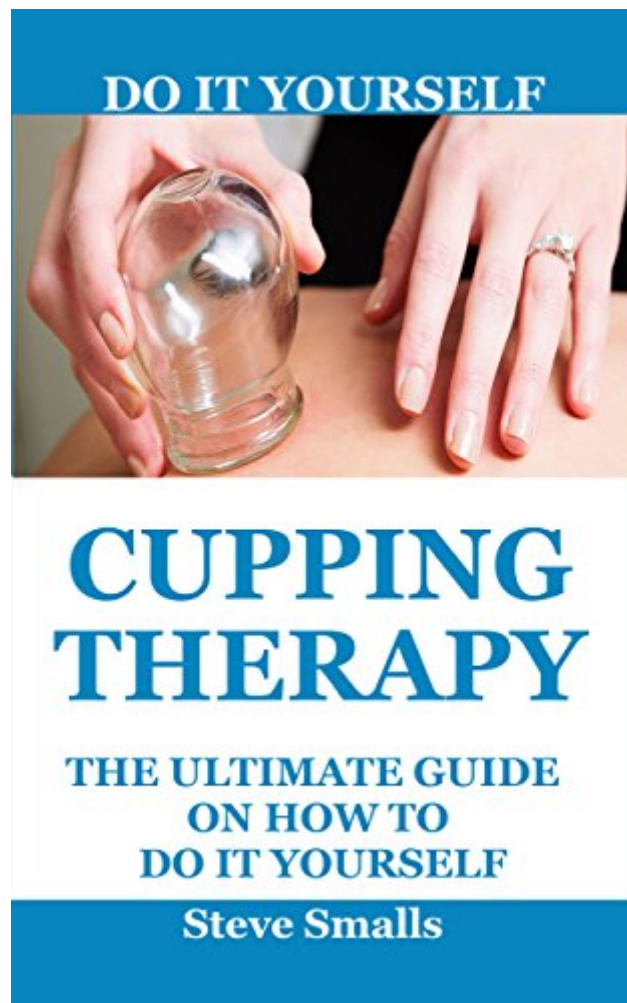


The book was found

# Cupping Therapy: The Ultimate Guide On How To Do It Yourself: Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa



## Synopsis

Cupping is a form of traditional Chinese medicine used to treat chronic pain and other conditions. It can significantly improve blood flow by focusing on the five meridian lines on a person's back. It is also relaxing and stress relieving and helps your body release excess fluids, softens scars and adhesions, and smoothens out cellulite as well. Athletes like Michael Phelps and others who use it swear by it. They use it to naturally improve performance and reduce stiffness, muscle cramps, joint pains and scar tissue caused by injuries. This keeps them injury free and speeds recovery.

Celebrities like Jennifer Aniston, Gwyneth Paltrow, and Victoria Beckham have all been known to practice cupping. However, the costs of cupping treatments at professional spas have increased along with its popularity. Charges for cupping sessions cost anywhere between \$70-\$250 per session! This puts cupping therapy out of the reach of millions. Luckily, you can enjoy the benefits of cupping without paying such exorbitant prices! In this book, we share with you what you need and how to go about performing your own do-it-yourself cupping therapy session! Features of the book:

- Packed with information on the kits you need and how to perform cupping right in the comfort of your own home
- Includes a chapter on how to use cupping to fight cellulite
- Includes chapter on how to use cupping to aid your weight loss program.

## Book Information

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## Customer Reviews

As said by other reviews, this is a pamphlet, not a book. Price is way too much for how little is here. The material presented is also far short of the title's suggestion as well. Avoid. Will do better with you tube vids or other better book

This resembles a pamphlet more than a book. 17 pages of low quality printing( faded ink) but is readable. The information is "OK" however I only found 6 or 7 pages of the pamphlet useful truly practical information. I was shocked and dissapointed by what I had received for the price of \$30.00. The information is not worth the price. I recommend seeking out another source of information on the topic. OR if the price lowers to around \$5.00 -\$7.00 it would be worthwhile to purchase this pamphlet.

While I wouldn't call this the ultimate guide, I thought it did have some informational value. Overall pretty good book.

I wish I would have read the reviews before purchasing because I'm not happy with my purchase.

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