Cupping

Cupping is a therapeutic method, which has been used for thousands of years, and carried out in various cultures, due to its proven effects.

The effects of this therapy include:

- Stimulation of blood circulation, metabolism, and lymph flow
- Detoxification
- Regulation of energy pathways
- Stimulation of organ reflex zones on the skin
- Strengthening and detoxification of the connective tissue
- Loosening strained and painful muscles

As a result of cupping therapy, blood supply is increased, and old, previously stagnant blood begins to circulate. In this way, toxic waste substances are dissolved, and circulated through the blood, where they can easily be excreted from the body. Considering this, it is important to drink plenty of fluid following the therapy.

Due to improved blood circulation, strained muscles become increasingly supple, reducing muscle tension and pain. Just as diseases related to the inner organs show signs on the skin surface, certain skin stimuli can affect the internal organs in a phenomenon known as cuti-visceral reflex. In this way, cupping therapy can positively affect the internal organs. Following the therapy, some blue flecks may appear on the skin surface and urine may be darker in color. These are all positive signs of healing and detoxifying reactions.

Without a doubt, cupping therapy fulfills the body’s natural desire to maintain and restore health. Due to its reliable and rapid effect, it can also be used as an asset and supplement to other healing methods.

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