



# The Art of Cupping (Complementary Medicine (Thieme Paperback))

*Hedwig Manz*

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**Praise for this book:***A welcome addition...[The] author makes her guidance easy to adopt with the aid of numerous photographs of cup placement...excellent. - The Lantern*

For over 5,000 years, cupping has been used across the globe to treat a broad spectrum of health disorders. A safe, comfortable therapy, it requires only simple, inexpensive instruments to achieve highly effective results. This comprehensive guide features all the information practitioners need, including historical facts, step-by-step instructions for application, and treatment of specific health problems.

## Highlights:

- Detailed theory of dry and wet cupping
- Practical instructions for 45 different disorders
- Illustrated by real-life photographs from the author's practice
- Compact, user-friendly format for easy reference

Each chapter of the practical section deals with a different area of the body and its disorders. Information is given on the complaint, the correct cupping application, supplementary and alternative therapies, as well as preventive treatment. Practice-oriented and highly detailed, this is an invaluable reference for experienced practitioners and an ideal learning tool for students.

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