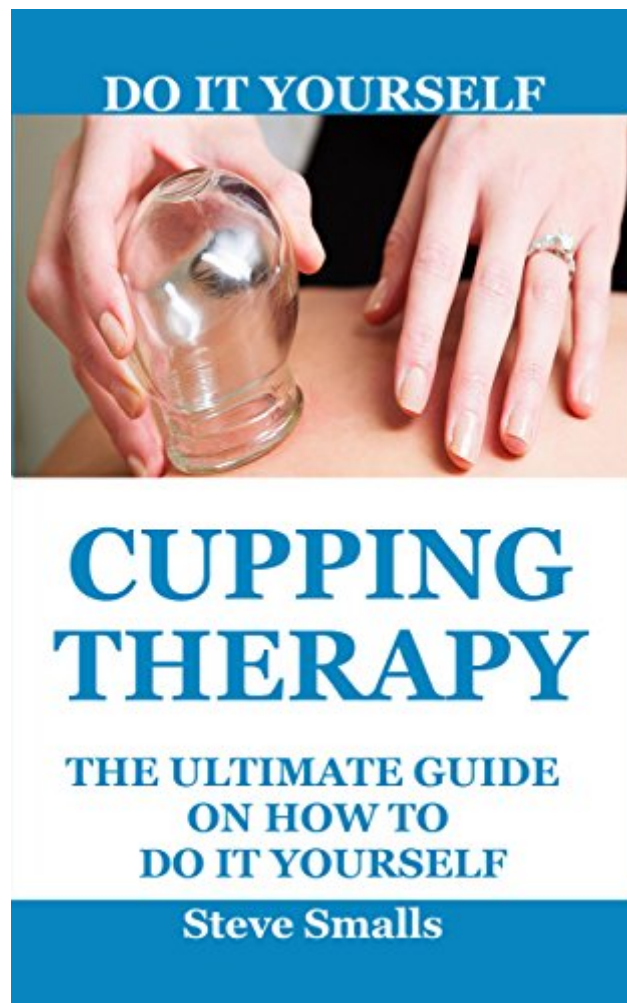


The book was found

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

File Size: 601 KB

Print Length: 19 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 8, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01K18DBM4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #272,587 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24

in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Divination > I Ching #63

in Books > Religion & Spirituality > New Age & Spirituality > Divination > I Ching #80 in Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure

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.

[Download to continue reading...](#)

Cupping Therapy: An Essential Guide to Cupping Therapy, How it Works, and Its Benefits (Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa) Cupping Therapy: The Ultimate Guide On How To Do It Yourself: Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa Traditional Chinese Medicine Cupping Therapy Traditional Chinese Medicine Cupping Therapy, 3e Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants 49 Awesome Chinese Recipes (The Ultimate Chinese Cookbook That Brings an Entire American Chinese Buffet to Your Dinner Table) Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) HAPPY CHINESE NEW YEAR. Kids Coloring Book.: Children Activity Books with 30 Coloring Pages of Chinese Dragons, Red Lanterns, Fireworks, Firecrackers, ... 3-8 to Celebrate Their Fun Chinese New Year! Chinese Hot Pot Cookbook - Your Favorite Chinese Hot Pot Recipe Book: No Other Chinese Cookbook Can Compare Chinese Recipes. Delicious Chinese Recipes For All The Family: Easy & Tasty Chinese Cookbook The Chinese Cookbook: 50 Great Recipes from the

Chinese Kitchen (Chinese Cooking) Chinese Cooking: No Wok Takeout! 80 Amazingly Delicious 3 Steps Or Less Chinese Recipes Revealed (Chinese Cookbook, Cooking For One) (cookbook for beginners, ... meals cookbook, easy meals for one 2) Integrated Chinese: Level 2, Part 1 (Simplified and Traditional Character) Character Workbook (Cheng & Tsui Chinese Language Series) (Chinese Edition) Integrated Chinese: Level 1, Part 2 Workbook (Traditional Character, 3rd Edition) (Cheng & Tsui Chinese Language Series) (Chinese Edition) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) TRADITIONAL BORNEO BLOOD CUPPING AQUUNCTURE: Benefit and advantages of blood cupped acupuncture The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Anti Inflammatory Diet: The Ultimate Guide to Looking 10 Years Younger, Having More Energy and Less Pain (Diet Therapy Diet Therapy Guide, Diabetes 101, Diabetes Guide,) Chinese Technique: An Illustrated Guide to the Fundamental Techniques of Chinese Cooking Living Language Mandarin Chinese, Complete Edition: Beginner through advanced course, including 3 coursebooks, 9 audio CDs, Chinese character guide, and free online learning

[Dmca](#)