

MYMM[®] Cupping Manual

Overview

Cupping, ancient times was the use of fire to make negative pressure, it is named 'fire cupping' also. Cupping therapy is Chinese traditional medicine. People use in China has a long history.

The modern cupping machine uses a mechanical pump, Draw out the air in the cupping, It is makes the skin and superficial muscles congestion, stimulates the human skin, meridians, and acupoint.

Through a natural ecological therapy that eliminates toxins, clears the meridians, promotes qi and blood circulation, helps to strengthen the health, promotes metabolism, and mobilizes the functions of the internal organs to achieve therapeutic effects.

In 1973, a 2200-year-old tomb was found. One of these documents describes cupping. If you are interested, you can find information on this archeological project on Google or Wikipedia. keyword is 'Mawangdui'.

According to news reports, celebrities such as Jessica Chastain, Justin Bieber, Michael Phelps have been using cupping because cupping is indeed curative and safe.

Instruction



1, Before use, the cupping cup should be disinfected with 75% alcohol, and the yellow part should be pulled up to ensure that the air valve is open.

Tips:

This is a U-shaped cupping, which is designed to better fit the raised skin, such as elbows, joints, and neck, etc. The black part is silica gel. Please stay away from high temperature and do not use acid or alkaline cleaners to clean it.

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Tips:

Add water, body oil or any other lubricant to clean skin/area you intend to cup to facilitate better adhesion with skin.

2, Fix the magnetic therapy unit inside the cupping cup.

3, Place cup(s) on your skin/treatment area and use a few pumping motions to create vacuum. Make sure to adjust the suction power correctly, you should not feel pain from cupping. After removing the air pump, Press the yellow air valve down slightly.

4, Leave cup(s) on target area for 3–15 minutes, To remove the cup(s). pull on the yellow air valve to release the pressure. Use 1–3 times a week.



5, It is normal for skin to turn pink or darken. In the unlikely event if blisters appear, remove the cup and sterilize the area with a disinfectant. Skin discoloration or “cupping marks” indicate stagnation, injuries, toxins or other issues and should dissipate between 3 and 10 days.

6, Keep the room warm during cupping, Avoid chills, Avoid bath, Avoid steam, sauna and any other type of body treatments like massage or other body work manipulation for the next 24 hours.

Tips:

Even in summer, do not use fans or air conditioners on the cupping area. Chinese medicine believes that after cupping, the cupping area is like a “door” that can eliminate toxins. In addition to keeping this “door” clean, you also need to be careful not to let cold air through the “door”, otherwise you will easily catch a cold.

When you pull the suction pump, the pink area is in a vacuum state. According to the principle of aerodynamics, the pull rod will not return to the original position quickly, you may need to reset it manually.

Unsuitable crowds

Pregnant women, Menstrual women, Children under 6 years
Heart disease, Hypertension, Hemophilia, Epilepsy.



Cupping Point

Cupping, acupuncture and other meridian treatments are not placebo effect. Because of thousands of years of clinical tests and records, Chinese medicine knows exactly which points can be used to treat the disease. If you just need massage care, you don't need to take the time to refer to the following information. Cupping can be done when you need to relax your muscles or relieve pain. As we said, cupping is safe and you can use it on any part of the human body.

If you want to relieve the symptoms of certain diseases, you can choose your symptoms and find the corresponding number. The acupoint map at the back of the manual will help you find the body part you should cupping.

Disease	Point
Cold, headache, fever	太阳 106、印堂 1、内关 31、足三里 23、翳风 44、合谷 102、风池 92、大椎 89、风门 86、曲池 52、外关 56
Bronchitis, asthma, emphysema	天突 4、中府 40、膻中 5、神阙 30、足三里 23、太溪 19、大椎 89、定喘 88、风门 86、肺俞 85、肾俞 75
Chronic gastroenteritis	中脘 10、天枢 36、气海 29、梁丘 14、足三里 23、胃俞 76、大肠俞 74
Chronic gastritis	中脘 10、气海 29、太乙 16、内关 31、足三里 23、脾俞 77、胃俞 76
Stomach and duodenal ulcer disease	中脘 10、气海 29、内关 31、足三里 23、梁丘 14、肝俞 79、脾俞 77、胃俞 76、
Indigestion	中脘 10、气海 29、天枢 36、足三里 23、脾俞 77、胃俞 76
Stomach pain, vomiting, stomach ptosis	中脘 10、内关 31、梁丘 14、足三里 23、胃俞 76、肾俞 75、脾俞 77
Diarrhea, abdominal pain	中脘 10、天枢 36、关元 28、内关 31、梁丘 14、足三里 23、胃俞 76、肾俞 75、大肠俞 74
Chronic colitis (five more diarrhea)	中脘 10、神阙 30、天枢 36、气海 29、内关 31、足三里 23、脾俞 77、胃俞 76、命门 57、大肠俞 74
Chronic hepatitis	膻中 5、中脘 10、阳陵泉 97、大椎 89、身柱 47、肺俞 85、肝俞 79、胆俞 78、脾俞 77、胃俞 76
Hypertension	肩井 45、血压点 90、足三里 23、三阴交 21、风池 92、大椎 89、身柱 47、肝俞 79、胆俞 78、曲池 52、涌泉 108



Coronary heart disease (angina pectoris)	膻中 5、内关 31、足三里 23、三阴交 21、大椎 89、心俞 83、肝俞 79、阙阴俞 82
Rheumatic heart disease	膻中 5、郄门 33、关元 28、内关 31、足三里 23、厥阴俞 82、心俞 83、肾俞 75、关元俞 73
Pulmonary heart disease	膻中 5、曲泽 35、气海 29、关元 28、内关 31、足三里 23、三阴交 21、大椎 89、定喘 88、风门 86、肺俞 85、厥阴俞 82、心俞 83、肾俞 75
Diabetes	中脘 10、气海 29、关元 28、中极 12、足三里 23、三阴交 21、太溪 19、肺俞 85、胰俞 51、肾俞 75、命门 57、涌泉 108
Neurasthenia (loss of vision, dreams)	内关 31、足三里 23、三阴交 21、心俞 83、肾俞 75、谷合 102、涌泉 108、失眠 107
Stroke sequelae	曲泽 35、内关 31、百会 94、大椎 89、肩髃 39、曲池 52、外关 56、合谷 102、膀胱经
Stiff neck	风池 92、肩井 45、大椎 89、外关 56、合谷 102
Cervical spondylosis	印堂 1、曲泽 35、内关 31、风池 92、肩井 45、肩髃 39、大椎 89、肺俞 85、外关 56、曲池 52、合谷 102
Frozen shoulder	缺盆 3、足三里 23、风池 92、大椎 89、天宗 84、曲池 52、外关 56、合谷 102、大杼 91
Acute lumbar sprain, chronic back pain, lumbar muscle strain	承山 64、昆仑 63、肾俞 75、腰眼 59、腰阳关 60、关元俞 73、委中 66
Lumbar disc herniation (hyperplasia) disease	承山 64、昆仑 63、委中 66、殷门 67、承扶 67、关元俞 73、腰眼 59、肾俞 75
Sciatica	肾俞 75、腰眼 59、关元俞 73、承扶 69、殷门 67、委中 66、承山 64、昆仑 63、涌泉 108
Rheumatoid arthritis	曲泽 35、内关 31、膝关节、督脉、膀胱经、肘关节、外关 56、合谷 102、承山 64
Knee pain	梁丘 14、膝眼 24、阴陵泉 18、足三里 23、委中 66、阳陵泉 97、承山 64
Ankylosing spondylitis	肩井 45、大椎 89、膀胱、委中 66
Varicose veins	足三里 23、三阴交 21、涌泉 108、承山 64
Femoral head necrosis	阿是穴、肾俞 75、承扶 69、殷门 67、委中 66、承山 64
Dysmenorrhea, irregular menstruation	天枢 36、气海 29、关元 28、中极 12、足三里 23、次髎 31、三阴交 21、大椎 89、肾俞 75、关元俞 73
Menopausal Syndrome	中脘 10、气海 29、内关 31、关元 28、足三里 23、三阴交 21、太溪 19、大椎 89、膀胱经、合谷 102
Eyes red and swollen dizziness	大椎 89、身柱 47、肝俞 79、胆俞 78、百会 94、太阳 106、风池 92、印堂 1、三阴交 21、能泉 108
Chronic rhinitis	印堂 1、迎香 43、百会 94、风池 92、大椎 89、风门 86、肺俞 85、曲池 52、合谷 102
tonsillitis	人迎 2、天突 4、曲泽 35、孔最 32、太溪 19、大椎 89、曲池 52、肾俞 75、合谷 102
Chronic pharyngitis	人迎 2、天突 4、曲泽 35、缺盆 3、大椎 89、风门 86、曲池 52、合谷 102
eczema	血海 15、神阙 30、足三里 23、三阴交 21、大椎 89、肝俞 85、曲池 52
Urticaria	血海 15、足三里 23、三阴交 21、大椎 89、风门 86、肝俞 79、曲池 52
Chronic nephritis	中脘 10、水分 38、气海 29、关元 28、中极 12、足三里 23、三阴交 21、太溪 19、肝俞 79、脾俞 77、肾俞 75、命门 57







