



THE GUIDE TO MODERN CUPPING THERAPY

Your Step-by-Step Source for Vacuum Therapy

WHAT IS CUPPING? In recent years, you've no doubt noticed countless high-profile athletes sporting distinctive circular marks on their bodies. The ancient therapy of cupping is now steadily being adopted as a complementary and alternative treatment. It uses cups that are readily available and easy and safe to use at home. The cups lift the tissue with applied suction and help with pain, inflammation, digestive problems, circulation and stress relief.

An ancient alternative technique that has found its right place in the modern world of healing.

SHANNON GILMARTIN, CMT, is a licensed and nationally certified massage therapist, certified vacutherapies practitioner and educator. In addition to her focus in massage cupping, she has over 15 years of experience in therapeutic bodywork, including: medical massage, myofascial release, neuromuscular, craniosacral, soft tissue injury rehabilitation, Thai massage and visceral manipulation. She has taught all over the United States and abroad and practices in Virginia Beach.

Cupping therapy has applications for many common conditions that range from stress, shoulder and back tension to carpal tunnel syndrome and joint disorders to sinus congestion and even acid reflux. There are even cupping applications that support athletic performance and prenatal care as well as reduce inflammation. With Shannon's guidance, you will learn about the types of cups, applications and techniques of cupping, and how to use cupping therapy at home safely and effectively, among the many extraordinary benefits of this ancient therapy.

\$24.95 USA
\$24.95 CAN

Robert ROSE



PRINTED IN CANADA

Visit us at www.robertrose.ca

Shannon Gilmartin, CMT

THE GUIDE TO MODERN CUPPING THERAPY

Robert ROSE

THE GUIDE TO MODERN CUPPING THERAPY



Your Step-by-Step Source for Vacuum Therapy



Shannon Gilmartin, CMT