



Gwyneth Paltrow's Mystery Therapy 09.07.2004

Gwyneth Paltrow caused a stir at a New York film premiere in a low cut top revealing a back covered in circular bruises.

It was later revealed that they were caused by a form of therapy called 'cupping', which is sometimes performed by traditional acupuncturists.

Mike O'Farrell, CEO of the British Acupuncture Council said: "Although cupping does leave noticeable marks that can look alarming, it is not painful during or after treatment.

"This is a successful method as seen by the thousands of patients who use it. However, as with all medical treatments it is important to seek out a registered practitioner."

What is cupping?

Cupping is a technique used in traditional Chinese medicine to stimulate acupuncture points or larger areas of the body. It is often practiced alongside acupuncture, but can be used as an alternative.

Cupping is most commonly used to treat colds and flu, and to relieve muscle and joint pain. It can also be used to treat digestive and gynecological problems and to draw out toxins from the body.

How does cupping work?

It involves the use of rounded cups generally made of glass but sometimes made of bamboo or plastic. A vacuum is created inside the cup by inserting a flame, removing it, and quickly placing the cup directly onto the body (usually the back) before the vacuum is lost.

The suction then anchors the cup to the body and the area of skin covered is drawn up into the cup a few millimetres. The cup(s) are then left on the body whilst the area beneath is treated and the energy or qi is moved.

Does it work?

Yes, cupping can provide immediate pain relief, and improvement of symptoms.





Does it hurt?

There is a slight sensation during treatment but no pain and the area is not painful afterwards. Mild reddening is common with this technique, this disappears after a few days.

Cost and to find out more

Costs vary from between £25 -£70 with treatment prices being higher in London.

<http://www.acupuncture.org.uk/content/news/news.asp?id=28>



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