

# Cure Summer Aches and Pains with Therapeutic Massage



It is only natural that we are more active in the summer than in the winter months. The sun is shining, the weather is enjoyable and we are simply more prone to getting out of the house. It is as if our bodies come out of hibernation. It does not mean that you have to run a marathon – if you do, great – but if not, summer activity can mean just simply walking more, golfing or playing softball. However, is your body ready for your summer activity? If not, you most likely will have some aches and pains after your fun. Regular massage therapy will help prepare and heal your body from aches and pains.

**It's in Your Blood** One of the main reasons for soreness after any activity is due to blood flow. When your muscles are overworked, your blood becomes restricted from the area. A massage will loosen your muscle tissue allowing your blood to flow freely to the stressed area. This helps heal your muscles and the tension your muscles hold, helping to eliminate soreness.

Get Rid of Acid Build Up Also when you are exercising more, you may experience muscle cramps, soreness or even muscle weakness. If so, lactic acid may have built up in your muscles. Therapeutic massage after your activity will help to relieve the acid and provide some much needed pain relief.

Relax Your Mind Often when you experience pain, your mind is stressed as well trying to cope with the pain your body is enduring. By treating your aches and pains with therapeutic massage, you'll help relieve stress in your mind. Massage releases endorphins that naturally relieve pain, and without pain, your mind will be at ease.

There are numerous benefits to therapeutic massage, for both mind and body. Getting a regular massage will help increase the amount of nutrients in your muscles and relieve your pain faster. It's summer, who wants to be in pain? Contact your local Elements Massage™ studio to start your regular custom massage sessions. [Find your studio online at www.elementsmassage.com](http://www.elementsmassage.com).

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## **PSA: These are the 7 period symptoms you should be concerned about**

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Dealing with typical [period symptoms](#), such as moodiness, cramps, and headaches, is bad enough. But if you feel like death is coming for you every single time Aunt Flow stops by, that may be cause for concern. So how can you tell if your [period symptoms](#) are normal or something you should talk to your doctor about?

Everyone experiences their period differently, so it's important to differentiate between period symptoms that are "normal" and ones that are not.

As Dr. Nita Landry, OB/GYN and co-host of CBS's [The Doctors](#) (who goes by "Dr. Nita"), tells HelloGiggles, [typical period symptoms include](#) things like breast swelling and tenderness, tension, bloating, mild acne breakouts, and mild leg, back, or stomach cramps. While none of these symptoms could be classified as fun, they're pretty manageable.

But, says Dr. Nita, "If your period symptoms are severe or if they're disrupting your daily life, that could be a sign of

something more serious.”

“For example, severe cramps and pain – sometimes bad enough to cause diarrhea, nausea, or vomiting—could be cause for concern. You should also tell a doctor about heavy bleeding, irregular bleeding, abnormal vaginal discharge and odor, or pain during intercourse.”

If any unusual period symptoms are left untreated, you could potentially be dealing with a much bigger health problem. So here some period symptoms you should be concerned about, according to doctors.

### 1. Extremely painful periods

“Women should be concerned about pain that causes them to miss work or school each month,” Dr. Latasha Murphy, an OB/GYN at [Mercy Medical Center](#), tells HelloGiggles.

Mild cramps are normal. But if your pain requires you to take narcotic medication or causes nausea, vomiting, or diarrhea, you shouldn’t brush it off. As Murphy says, that sort of severe pain may [be a sign of endometriosis](#) or adenomyosis, where cells in the inner-most layer of the uterus grow into the muscle of the uterus.

Painful abdominal cramps can also be a sign of pelvic inflammatory disease (PID). It’s a serious infection of the uterus, ovaries, and/or fallopian tubes that is caused by an untreated sexually transmitted infection, such as chlamydia or gonorrhea. According to Dr. Nita, PID causes stomach cramps that get worse around your period.

### 2. Heavy bleeding

How much is too much? “If you are soaking through two or more super-absorbency pads or tampons in an hour, that is too heavy,” Dr. [Cindy M.P. Duke](#), medical director at the Nevada Fertility Institute, tells HelloGiggles.

Unusually heavy bleeding may indicate bigger health issues, such as endometriosis, adenomyosis, hyperplasia (overgrowth of the uterine lining), or endometrial polyps.

### 3. An increase or darkening of body hair

Polycystic ovary syndrome, or [PCOS](#), is a common hormonal disorder that's associated with high male hormone levels.

"People with PCOS may experience infrequent or prolonged menstrual periods or symptoms of high male hormone levels (i.e. excess body hair or severe acne)," Dr. Nita says.

The condition is also a leading cause of infertility among women of child-bearing age.

### 4. Prolonged menstrual periods

[Menstruation](#) lasts about two to seven days, on average. Any longer than that can be cause for concern. As Dr. Nita says, prolonged periods may be a sign of uterine fibroids, which are noncancerous growths of the uterus that can affect up to 80% of women at some point in their lives. They can cause heavy and prolonged menstrual periods, as well as intense cramping.

### 5. Severe blood clotting

If you're over 25 and are having severe clotting with your periods, you may need to be checked for benign growths in the uterus called fibroids, says Dr. Marra Francis, chief medical officer at [EverlyWell](#) and board-certified OB/GYN.

She adds, "If a woman is over 40 and is having irregular bleeding, especially bleeding between cycles, and her hormones are balanced, then she may be having benign or cancerous changes in the lining of her uterus and should get a further work-up to determine the cause."

### 6. Abnormal discharge

[Vaginal discharge](#) varies in amount, odor, and color depending on where you are in your menstrual cycle. But according to Dr. Duke, if you notice that your discharge is unusual in the way it smells or looks, you might want to check in with your doctor.

“Sexually transmitted infections can cause pain or formation of abscesses, which can cause fevers or foul-smelling periods and/or vaginal discharge,” she says.

## 7. No bleeding at all

To get the obvious out of the way, if it’s been over 35 days since your last period, take a pregnancy test first. “If the pregnancy test is negative, contact your healthcare provider,” Dr. Duke says.

Besides pregnancy, there are other things that may cause you to have no period at all. According to Dr. Duke, not having a period can indicate thyroid disease, kidney or liver problems, or even [prolactinoma, which is a type of brain tumor](#).

Your period can get pretty bad, and sometimes it can feel like fighting through the pain or ignoring any unusual symptoms is just easier than making an appointment with your doctor. But don’t automatically assume nothing’s wrong.

“If you are experiencing any of these symptoms, do not write them off as just a ‘bad period,’” Dr. Nita says. “Call your doctor and have an honest conversation about all your symptoms. Tell them what is going on so they can take the next steps to diagnose you.”

Chances are, you’ll be thankful you did.

The post [PSA: These are the 7 period symptoms you should be concerned about](#) appeared first on [HelloGiggles](#).

Read more: [hellogiggles.com](http://hellogiggles.com)

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# How to Treat Your Sinusitis Without Medications [Podcast 83]



Sinus infections with pain and pressure are all-too-common this time of the year. Please join Kathy and me as we reveal:

Why your sinus infection may not be an infection at all  
What many doctors (even ENTs) may miss when treating sinusitis  
How to treat your sinus symptoms without using antibiotics  
How sinus pain may be linked to anxiety  
Alternative ways of treating your sinus condition.

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## **7 Massage Oils to Tone and Firm Body**

The easiest way to rejuvenate, refresh and release stress from your mind and body is to get a body massage done. A good body massage will help relieve tension from the muscles, calm and soothe both body and mind, along with tightening and firming up the skin. It also helps tone, firm, moisturize, gets rid of cellulite. You could use either a single oil or a mix of various oils for the body massage process, there's no hard and fast rule when it comes to massage oils.



Why Body Massage is Important? A good massage oil helps soothe and calm muscle pain. It also helps restore energy and flexibility in the body along with tightening and firming up the skin. Body massages also help relieve tension and relax tight muscles.

How Often Should You get a Massage? If you are in a stressful job, it's a good idea to get massage done once a week. Otherwise, getting massage done once a month is just about okay.

Here's the list of 7 Best Body Massage Oils:

1. Sesame oil: Sesame oil has amazing benefits for skin with its high vitamin E content. It helps to maintain good skin health and detoxifies skin. Sesame oil is widely used in ayurvedic massages for its numerous benefits, it relieves muscular tension and pain and adds glow too, apart from increasing blood circulation. Additionally, it can also be

used for oil pulling and for massaging scalp to promote hair growth.

2. Sweet almond oil: [Sweet almond oil](#) which is extracted from prunus dulcus and it deeply cleanses skin, relieves eczema and psoriasis condition. It also relieves muscle aches, pains, and fatigue. It also firms and tones skin, improving all signs of ageing.

3. Jojoba oil – It's an oil that's suitable for all skin types because of its non-comedogenic properties. It mimics the composition of body's natural oil, so moisturizes and hydrates skin amply. It does not clog or block pores. Regular massage with [jojoba oil](#) minimizes the appearance of fine lines, fades scars and stretch marks too. Additionally, it firms and tones skin.

4. Mustard oil: Mustard oil is widely used in Indian cooking as well as for massaging the skin because. It has anti-microbial and anti-fungal properties along with high vitamin E content which keeps skin healthy and glowing. It also forms a barrier and protects skin from ultraviolet rays. A good massage with mustard oil relieves pain from the joints from diseases such as rheumatism and arthritis.

5. Olive oil: To not include olive oil in the list of body massage oils would be a huge blunder. Olive oil immensely hydrates skin and makes it soft and supple. It also helps to fade scars and blemishes. It is an excellent moisturizer for all skin types, particularly dry skin. Massaging olive oil on elbows and knees would soften up the rough texture. Olive oil tones and firms skin.

6. Coconut oil: Coconut oil is a versatile oil because it can be used in cooking, for cosmetic purposes, as hair oil and also as pre-bath massages and post-bath moisturizer. Coconut oil can help relieves stress and fatigue from the muscles. Also, glowing and supple skin is guaranteed with massage from

hot coconut oil.

7. [Avocado oil](#): Avocado oil has high vitamin E content which also has chlorophyll content, and is rich in nutrients. Avocado oil intensely hydrates skin without making it greasy. It stimulates collagen production in the skin and improves skin's elasticity.

So, these were the 7 best massage oils which you can use individually or mixing two or more oils together.

The post [7 Massage Oils to Tone and Firm Body](#) appeared first on [Makeupandbeauty.com](#).

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## Best Spiky Massage Balls

Spiky massage balls release tension as they get deep into the fascia and soothe achy muscles.

Easy to Use Pro-Tec Spiky Massage Ball



[Pro](#)

### [-Tec Spiky Massage Ball](#)

Best for Beginners. The Pro-Tec Spiky massage Ball comes in one size that is great for all over use. It's simple and easy to use.

What We Liked:

This spiky massage ball from Pro-Tec is great for someone who has never used a massage ball before. It's simple and can be used to help reduce most aches and pains throughout the body.

[Get it here.](#)

Best All AroundPhysix Gear Massage Balls



[Phy](#)

## [six Gear Massage Balls](#)

With two styles, you can specify your massage. These spiky massage balls come in four colors and two styles for you to get exactly what you need.

What We Liked:

Variety is the spice of life and that seems to be a message Physix Gear heard loud and clear. They offer two styles of massage balls- one spiky, the other round. The spiky ball is more for post-workout relief while the other style is for deep tissue massage. These are also made with environmentally-friendly rubber. [Get it now.](#)

Lightest WeightMaster of Muscle Massage Ball



[Mas](#)

### [ter of Muscle Massage Ball](#)

Very lightweight massage ball. It comes in one style that is very lightweight and easy to travel with.

What We Liked:

This spiky massage ball by Master of Muscle is simple, easy to use, and very lightweight. It only weighs two ounces, which makes it perfect to throw in your gym bag or purse. [Buy it here.](#)

Award Best For Back Pain  
Therapist's Choice Pack of 2 Spiky  
Massage Balls



[The  
rapist's Choice Pack of 2 Spiky Massage Balls](#)

Variety of firmness for relief of back pain. Therapist's Choice Pack comes in a pack of two massage balls- one hard and one soft for ultimate back pain relief.

What We Liked:

This pack of spiky massage balls is made for you if you suffer from back pain. One ball is hard and stiff while the other is softer with some flexibility. The softer one will help over your shoulder blades while the harder one can help with lower back pain to target pressure points. [Get them now.](#)

Best for Foot PainPasnity Foot Massage Roller Spiky Ball



[Pas](#)

### [Pasnity Foot Massage Roller Spiky Ball](#)

Relief for tired achy feet. The Pasnity Foot Massage Roller Spiky Ball set comes with a foot massage roller and two spiky massage balls.

What We Liked:

This set is designed to help with foot and ankle pain. It comes with a foot roller to help the arches of your feet and the massage balls can be used on the tops of your feet as well as your ankles. Say goodbye to tired feet and swollen ankles.

[Buy it here.](#)

Read more: [yogajournal.com](http://yogajournal.com)

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# Club Soda for Stomach Pain and Constipation

<https://www.youtube.com/embed/6QXmZXVQI5c>

Soda Club for stomach pain and constipation

Naturally, sparkling or sparkling water has been a popular drink for thousands of years. The production of carbonated water has been around since a priest dropped water into a beer fermentation barrel for centuries.

It has been thought that carbonated water can relieve gastrointestinal symptoms, including abdominal pain. However, until this study was published, we did not have adequate data.

Twenty-One people suffering from dyspepsia, sensitive, stomach and constipation are divided into two groups at random, as one group drinks, one and a half liters of soda a day and the other tap water for two weeks.

Dyspepsia is defined as pain or discomfort present in the upper abdomen, which includes bloating and nausea.

It turns out that soda water, soothes the symptoms of dyspepsia compared to normal, flowing water and improves constipation. Drink more water, is a common recommendation for constipation, but the real benefits of drinking normal tap

water are not explored. It seems that not only water intake but also fiber intake should be increased and carbonated water obviously helps

Because the study used carbonated mineral water, we can't tell if the effect is due to the bubbles or minerals in the water. There are concerns that carbonated drinks may lead to an increase in heartburn gastroesophageal reflux disease, acid reflux disease, but they are based on research like what compares water to a Pepsi can.

The carbonated water contained in Pepsi can lead to dyspepsia and contribute to the appearance of acids, but the same applies to tea and coffee in people already suffering from heartburn.

However, this may be partly due to cream and sugar, as milk is also a known cause of acids. Carbonated water itself should not be a problem. Likewise, flavored carbonated beverages can damage tooth enamel, but the reason is not the soda, but the added juices and acids

Carbonated water itself is 100 times less erosive than citrus and soda. So carbonated mineral water can handle it successfully with stomach ache and constipation, with no side effects.

unless you are a teenager, trying to open a bottle of champagne with your teeth, especially on a hot day after shaking the bottle. Well, thus risking pneumatic rupture of the esophagus

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# Calcium For Osteoporosis? A Doctor Explains How to Protect Your Bones

“While one should start looking after their bone health as early as when one is in the womb of the mother, it is never too late. It begins with ensuring that the pregnant lady takes care of her bones. However, one can start even in their late 50’s and early 60’s,” says Dr Harish Ghoota, Additional Director, Bone & Joints, Fortis Escorts Hospital Faridabad.

Dr Ghoota adds that the bone is a wonderful tissue that one can work on and strengthen even when it is 80 years of age. The quality of the bones can be improved upon by dietary intake, exercise, and even certain medicines and supplements. “So start now, no matter what your age,” he says.

Calcium, phosphorous, and proteins make up the bones in our body. To make sure our bones remain strong and healthy, we all need to consume adequate amounts of all of these minerals daily.

 Dr Harish Ghoota

While this is necessary, there exist other ways of strengthening our bones.

In this article, Dr Ghoota explains to us ways in which we can help our bones stay healthy.

## 1. Incorporating Calcium and Vitamin D

This is one of the most well known ways for boosting bone health. “The amount of calcium that one needs depends on the

age group of the person. If I were to give you a rough estimate, I would say for adults it is about 1 gram of calcium a day, which translates into 250 ml of milk or milk products between two to three times a day," informs Dr Ghoota. Other sources of calcium include – green leafy vegetables, nuts, and even tofu and soya products.

Speaking about Vitamin D and its importance for good bone health, Dr Ghoota says, "Vitamin D is unfortunately not found in any dietary sources and can only be found through direct exposure to sunlight." To get a good dose of Vitamin D, we must spend 10 to 15 minutes outdoors twice or thrice a week.

Another source of Vitamin D is food. So consume food that has been fortified with vitamins to increase its nutritional value. Examples of such food are fortified milk and cereals, tuna, shrimp and even oysters.

2. Exercise Regularly and Consistently  Exercise to avoid aches and pains.

Doctors world over recommend for a minimum of 30 minutes a day for overall good health. Adding to this Dr Ghoota says, "Exercising regularly will help in converting the dietary sources into calcium and that in turn helps in strengthening our bones."

When asked what kind of exercise one should follow, he shares, "According to studies, we tell our patients that 30 minutes of exercise five days a week is good for an average individual." Whether it is weight training or cardio, be consistent in following a schedule.

3. Do not Overindulge in Alcohol or Tobacco Consumption

"Restrict alcohol consumption to the bare minimum and do not indulge in smoking at all. Both these things are one of the reasons why you might suffer from osteoporosis, which is basically weakening of the bones." When asked if there is a

permissible limit of alcohol consumption, Dr Ghoota informs that roughly 180 ml of alcohol is advisable for a week's consumption.

#### 4. Get Periodic Dexa (bone density) Tests Done

Representational image

Dr Ghoota recommends that everyone above the age of 50 get a basic bone mineral density test done called the Dexa test which is an X-Ray test. This test, he says, determines the bone health and quality and enables doctors to prescribe medicines or corrective measures accordingly. "This test helps in determining whether one's bone mineral density is within the normal limits or falls under the abnormal limit bracket. Any follow up medical intervention is based on the results of this test. So do opt for it annually."

The test costs between Rs 1,500 to Rs 2,000. "The entire treatment is based on the readings of this test," reiterates Dr Ghoota. In India, many women in the 40s and the 50s do not even realise when osteoporosis sets in until a seemingly small fall leads to a fracture. Therefore it is imperative that these tests are done periodically.

While we have taken utmost care in putting this article together, please do check with your medical practitioner before undergoing any test or taking any supplements.

Also Read: [Major Fake Medicine Racket Busted in UP: 6 Ways to Check Authenticity at Home](#)

(Edited by Saiqua Sultan)

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# 10 Home Remedies for Sunburn Relief

Summers are almost upon us and it's the season when venturing outside without a good sunscreen is like inviting dark spots, age spots, hyperpigmentation, and of course sunburns on your skin. A broad-spectrum sunscreen with both UVA/UVB protection is a must during all seasons, especially during summers because the sun rays are the harshest and can cause [sunburns](#) that can leave the skin red, inflamed, tender, peeling, with fluid-filled blisters with rashes. There are many over-the-counter ointments available to treat sunburns; however, home remedies work the best and in this post, we have listed out 10 home remedies that work like magic on sunburns caused by UV rays. Here are some of the home remedies and tips to get rid of sunburn.



The first tip to treat sunburn is not cover the affected area with a cloth or cry over it for hours. Instead, just rush to the bathroom and soak the affected area in water. Remember the water shouldn't be very cold, just lukewarm.

1. Make a paste out of [oatmeal](#) and apply this paste on to the affected area. You can also use products with oatmeal in them, like Aveeno Dermexa Cream, Nourish Oat Moisturizing Lotion, FabIndia Honey Oatmeal Lotion, or Aveeno Daily Moisturizing Lotion. You can also mix oatmeal powder with egg white and apply the paste over the area for immediate relief.

2. Brew green tea in water and dip in a piece of clean cloth after the tea cools down. Now, apply the cloth over the blistered area. Green tea would help to reduce the inflammation caused by overexposure to harsh UV rays.

3. Tannic acid is great for soothing sunburns. Make yourself a strong tea using around five tea bags, cool it down and soak a

few tissues in this tea. Apply the soaked tissues on the sunburnt areas. You can also spray the tea on the burns. You can also rub the tea bags on the affected areas or even put these used tea bags into your bath bucket to have a refreshing bath.

4. Pour in a few drops of peppermint oil into your bath bucket. It would help soothe inflamed, red skin and provide effective relief from sunburns.

5. If the sunburn is excruciatingly painful, rub affected area with a cucumber or potato slice. Cucumber and potato would help to reduce swelling and inflammation by a great deal.

6. Acetic acid is one of the main ingredient in vinegar. The itching, swelling and pain caused due to sunburn can be brought down by using vinegar. Soak a clean cloth or some tissue papers in vinegar and apply it on the affected area. Leave them on till the cloth/tissues go dry. You can even dilute some vinegar in your bath tub and take a bath with this water. Make sure that the water is cold. You can also use apple cider vinegar to get effective relief. Soak some rose petals in vinegar and apply this solution to the affected area as well.

7. Make a paste by mixing a teaspoonful of baking soda and a few drops of apple cider vinegar, and apply this thick paste on to the sunburned area. You can leave this paste overnight for quick recovery.

8. Yogurt can treat almost all skin problems and it's no different with painful sunburns. Apply some fresh yogurt to the affected area directly and see the inflammation and rashes on the skin come down within a few hours.

9. Sprinkle a little bit of cornstarch all over your bed and sleep on it if you have sunburns all over your body, and this will reduce the chafing.

10. Nothing can be as effective as fresh aloe vera gel on sunburns. Apply fresh and pure aloe vera gel on the affected area and leave it overnight to clear inflammation and rashes.

11. Egg whites are great for treating skin burns. You can apply egg white directly on affected area to bring down the inflammation.

12. Massage some mustard oil on the skin. Even lavender and peppermint oil are also great for soothing sunburns.

13. [Honey](#) can be applied directly on the affected area, but it works well when mixed with raw milk.

14. Mix 1/4th cup of tomato juice with 1 and half cup of buttermilk and apply this mixture on the affected area.

These were some of the tested and tried home remedies for sunburns. Remember, wearing a sunscreen is a must when you step outside during summers.

The post [10 Home Remedies for Sunburn Relief](#) appeared first on [Makeupandbeauty.com](#).

Read more: [makeupandbeauty.com](#)

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## Home Remedies for Instant Sensitive Teeth Pain Relief

Do you suffer from sensitive teeth?

Tooth sensitivity affects a lot of people. Eating an ice-cream or drinking a hot coffee becomes a big problem: it hurts a

lot!

It happens when the tooth enamel loses its mineralization, leaving it weak and worn out.

Besides that, acid beverages and foods, cavities, and other things can worsen even more the situation, leaving your teeth sensitive.

When the enamel gets eroded and dentin is exposed, things get uncomfortable.

It is necessary to diagnose the cause to know what the best treatment is for your case.

But, until you can go to your dentist, you can have some special care and do these 3 natural treatments at home to make things better.

Besides these tips, these natural medicines can also be used to treat tooth sensitivity, or any kind of toothache.

Clove essential oil

Mint tea rinse

Turmeric toothpaste

Did you know any of these natural medicines for sensitive teeth?

Do a test and share your opinions with us.

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For more information and references, check the article on our blog:

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## What is Cupping Therapy?



Recently, Elements Massage introduced cupping therapy as a brand-new service. Most people know what cupping looks like (think of those red rings everyone was freaking out about on Michael Phelps' body during the 2016 Summer Olympics), but they don't know much else. Let's break it down.

### What is Cupping?

Although it wasn't popular in the mainstream until recently, cupping therapy is actually an ancient form of medicine that involves a therapist applying suction to certain parts of the

body using “cups.” Originating in China, cupping was first performed with cross sections of bamboo or cattle horns. Now, we use silicone.

The idea is to produce a vacuum effect that loosens tight muscles and improves blood flow through the body, particularly in the areas to which the cups are applied. Cupping gets fluids that have been stagnant in the body moving, which has numerous benefits.

What are the Benefits of Cupping Therapy?

### 1. Pain and Inflammation Relief

Cupping therapy has been proven to reduce lower back pain, making it a great option to naturally relieve aches and inflammation. That’s why elite athletes use it—to help their bodies heal after strenuous training sessions.

Of course, you don’t have to be an Olympic swimmer to reap its pain-relieving benefits. It’s awesome for aches caused by exercise as well as chronic pain conditions alike.

### 2. Relaxation

Much like massage therapy itself, cupping is a deeply relaxing process. As the blood flow through your body increases, you may notice a warming sensation as your stress melts away.

### 3. Tight, Healthy Skin

Cupping has incredible effects on the body’s skin. Scars, stretch marks, cellulite and uneven skin tones have all been reported to diminish with the help of regular cupping therapy.

### 4. Improved Circulation

As mentioned earlier, the main purpose of cupping is to stimulate circulation. Having a healthy level of circulation is great for cell growth, blood pressure, your immune system

and even helps reduce the risk of diabetic health complications.

## 5. Works Alongside Massage

When your muscles are loosened and pliable from cupping, it's easier for a licensed massage therapist to perform their job. Cupping gets started relieving the tension you carry in your body, and massage therapy does the rest.

## Common Cupping Questions

### Does it Hurt?

The first few minutes of a cupping session may be uncomfortable. After all, your skin, muscle and fascia are being pulled upwards all at once. Your massage therapist will check in with you to ensure pressure from the cups stays within your body's tolerance.

After taking a few minutes to get used to it, most people report that cupping feels like a massage. If you've ever received a massage, you know that if your licensed massage therapist hits a particularly tense area, you might feel a slight "good" pain, like the kind you feel during a deep tissue massage.

### Doesn't it Leave Bruises?

Technically, no. Some (but not all!) people have red circles on their skin after cupping, but they're not actually bruises.

Bruising occurs when blood vessels in the skin are injured and break. Cupping doesn't injure your blood vessels, but it does temporarily expand them. Those large, red circles are simply blood flowing close to the surface of the skin, which is a sign that your circulation is doing well.

They don't hurt either, and they typically vanish entirely between three days and one week.

Would Any Conditions Prevent Me from Receiving Cupping Therapy?

There are a few things that may prevent you from receiving cupping therapy, including:

Inflamed skin prior to cupping  
Fever  
Hemophilia  
Pregnancy and menstruation (in some cases)  
Heart disease  
Kidney disease or failure  
Slipped discs

As always, we recommend consulting with your primary care provider to make sure cupping is safe for you.

We look forward to serving our clients with this brand-new healing practice!

Read more: [elementsmassage.com](http://elementsmassage.com)