In recent years, you’ve no doubt noticed countless high-profile athletes and celebrities sporting distinctive circular welts on their bodies — the back and shoulder area being most common. Dating back thousands of years, cupping is a form of alternative medicine. The cups create suction that helps with pain, inflammation and blood flow and can provide relief for many conditions, including sciatica, constipation and sinus congestion.

Modern Cupping Therapy is a modified version of cupping therapy that creates suction and negative pressure through the use of both stationary and moving cups. These cups can be found on pharmacy shelves, and they do not use heat, making them entirely safe and easy for home use.

Shannon Gilmartin teaches domestically and abroad, and has witnessed the positive outcomes in her patients. She now shares all her extraordinary professional experience within these pages so that everyone can experience the positive benefits of cupping. More than 200 photos and full-color pages make it easy to follow Shannon’s instructions.

SHANNON GILMARTIN, CMT, is a licensed and nationally certified massage therapist, and a certified vacuum therapies practitioner and educator. She has 15+ years experience in therapeutic bodywork, including aromatherapy, body–mind integration, craniosacral, deep tissue and medical massage, myofascial, neuromuscular and orthopedic massage, soft tissue injury rehabilitation, sports massage, Thai massage and Eastern theory, vacuum therapies and visceral manipulation. Shannon resides in Virginia.

If you are interested in an excerpt and author interview, please contact:
Martine Quibell, Publicity Manager, Robert Rose Inc. www.robertrose.ca
120 Eglinton Avenue East, Suite 800, Toronto, ON M4P 1E2
416-322-6552 x 3133 / mquibell@robertrose.ca

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