

CUPPING AND PURE SALT THERAPY COURSE VIA INTERNET (BASIC LEVEL)

1. Basic Level - Designed for students interested to perform home cupping. Can progress to intermediate level later on for professional cupping of patients
2. Course Objectives : To learn basic knowledge (theory and practical) of mainly blood cupping and pure salt therapy. Also include short introduction to aggressive cupping.
3. Course Outline

Module 1 : Theory (Week 1) : Course Notes

- 1) Introduction to Human Body
- 2) Advances and Breakthrough in Health
- 3) Uniqueness of Human Body
- 4) Importance of Blood and Lymphatic Circulation
- 5) The Human Skin
- 6) Components of Blood
- 7) Conventional versus Alternative Medicine
- 8) Cupping versus Alternative Treatment
- 9a) Cupping Technique – Air Cupping
- 9b) Cupping Technique – Blood Cupping
- 9c) Cupping Technique – Aggressive Cupping
- 10a) Cupping Points – Front View
- 10b) Cupping Points – Back View
- 10c) Cupping Points – Side View
- 11) Cupping Location and Diseases Guide
- 12) Pre-Cupping Knowledge
- 13) Cupping Frequently Asked Questions (FAQ)
- 14) Good Health factors
- 15) Importance of Water
- 16) Category of Water
- 17) Water Intake and Losses

CUPPING AND PURE SALT THERAPY COURSE VIA INTERNET (BASIC LEVEL)

- 18) Importance of Salt
- 19) Category of Salt
- 20) Power of Pure Salt
- 21) Pure salt Application
- 22) Pure Salt FAQ

Module 2 - Practical (Week 2) : Videos

- 1) Cupping Video 1 – Cupping Equipment, Tools and Consumables
- 2) Cupping Video 2 – Electric Pump for Cupping and Pure Salt
- 3) Cupping Video 3 – Blood Cupping Practical
- 4) Cupping Video 4 – Blood Cupping Practical (Continuation)
- 5) Cupping Video 5 – Cleaning and Sterilizing of Cups
- 6) Cupping Video 6 – Disposal of Consumables

Module 3 - Practical (Week 3) : Video

- 1) Introduction to Aggressive Cupping Practical (Short Video)

Students who register for the course will receive via e-mail, www.filetransfer.com or normal air mail as follows :

Week 1 : Module 1 Cupping and Pure Salt Course Notes (send via e-mail)

Week 2 : Module 2 Cupping and Pure Salt Videos (total six videos of more than 800 MB). Can be send to students **EITHER**

- Via www.filetransfer.com, You will need to sign-up with this website for two weeks free trial account and advise your signed-up e-mail address to me as soon as registration complete. The 6 videos will be transferred to each student who will receive notification via e-mail to click a link and download the 6 video files. This is practical if you have a high speed broadband internet connection (about 3 hours or less to download) **OR**

- Via normal air mail in DVD-ROM to your mailing address

Week 3 : Module 3 Aggressive cupping video (via www.filetransfer.com or via normal air mail)

Test Questions will e-mailed to students on week 4 and response to test questions to be returned to hashimstp@yahoo.com in week 5. Also in week 5 each student is also required to submit a video of actual practical cupping performed by him/her to demonstrate competence of cupping. A cupping certificate of completion will be issued to students via e-mail in week 6.