

# CUPPING AND PURE SALT THERAPY



**Treatment for Minor to Serious Diseases  
Simple Safe Effective for Everyone**

***Complete Step-by-Step Guide  
for Beginner's Home Cupping***

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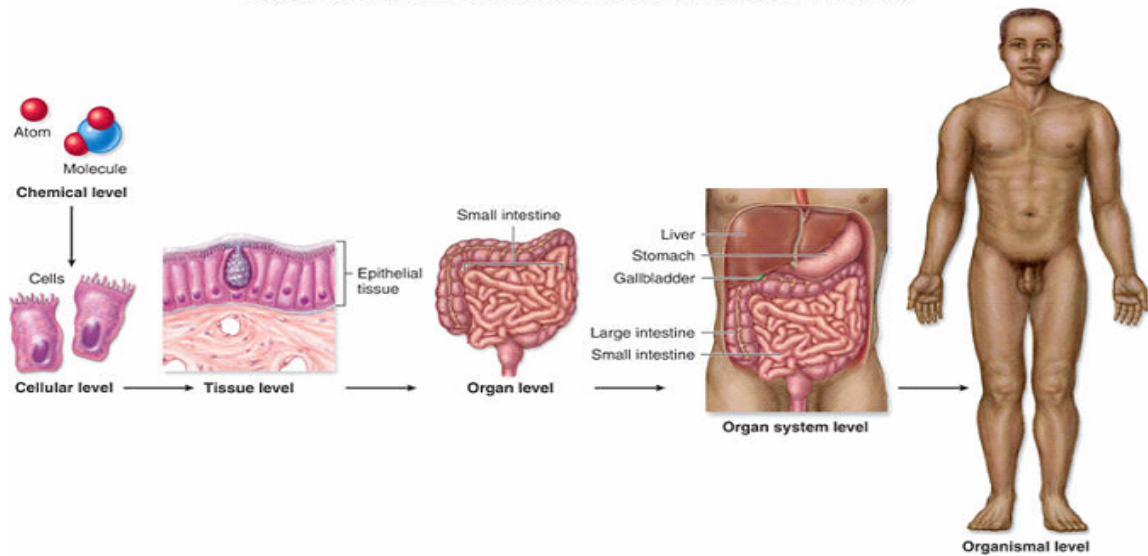
# 1. THE HUMAN BODY

## 1) Body Structure and Function

The human body is a highly complex creation and can be categorised into eleven body systems comprising organs, tissues and cells. It is estimated that an adult body has an estimated 8 to 100 trillion (million million) cells of more than 200 different cell types. These cells are constantly growing and multiplying to replace those cells which die off due to normal wear and tear, trauma and accidents and programmed cell death (apoptosis). Apoptosis was demonstrated in 1965 by Leonard Hayflick whereby normal human cells in a cell culture divide about 52 times before entering the aging phase thus setting limits to our lifespan. Radioisotope studies of the human body shows that 98 % of atoms in the current body did not exist one year ago. For example a new skin is formed every month, a new stomach lining every 5 days, a new liver every 6 weeks and a new skeleton every 3 months. So your physical body of 2008 is different from that of 2007. Without the constant replacement of dead cells we will literally fall apart.

### Major levels of organization in living organisms

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## 2. TREATMENT OF DISEASES

### 1) Advances and Breakthrough in Health

The explosion of knowledge in the last 70 years due to advances in medical science has greatly improved our understanding of body structures (anatomy), body function (physiology), body biochemistry, microbiology, action of drugs on human body (pharmacology), the disease process itself (pathology) and treatment of diseases (clinical medicine). Advances in medical equipment technology such as CT scan, MRI, endoscope, catheter, lab analysis has enhanced our ability to see inside the body and to collect and analyse blood, urine, stools and tissue samples for a better diagnosis and favourable treatment outcome. Other technological breakthrough include artificial ventilator, vital signs monitoring systems, kidney dialysis machine and organ transplant can help to keep us alive which was not possible in the past. The above advances and breakthrough can be very costly, involves risky procedure (e.g. organ transplant) and has side effects. **Ultimately good physical, emotional and spiritual health is only possible when our organ systems are functioning at an optimum level** which require proper nutrition, exercise, avoiding unhealthy lifestyle and reducing stress.

In intensive care unit (ICU) the serious medical emergencies are associated with the malfunctioning of one or more major organs of the body such as the brain, lungs, heart, kidneys, liver and blood as well as lowered blood pressure breathing, and infection. This shows that we cannot afford to abuse or neglect these important organs and if one organ fail it will cause other organs and body function to deteriorate or fail as well and can lead to death due to multiple organ failure. **In blood cupping the restoration or improving the function of these organs especially the liver and kidneys are necessary to prevent or treat many diseases.**

### 2) Conventional Medicine

When a person is sick he or she goes to see a medical doctor who will then proceed with taking the patient history, carry out physical examination, performing various tests, coming out with a diagnosis and prescribing drugs, X-ray treatment or surgical operation to treat the disease. This approach may yield good, bad or no result as it depends on the **unique body chemistry** of the patient being administered the treatment.

**The fact that more and more people are seeking treatment from complementary and alternative health professionals reflect a failure on the part of conventional medical professional to provide effective, relatively cheap, safe and satisfactory result.** Merit should be given to conventional medicine for the treatment of acute (sudden onset), traumatic and accident cases. However conventional medicine has failed to find a cure for **chronic** diseases such as diabetes, cancer, stroke, hypertension, heart disease, Alzheimer's disease, Parkinson's disease, osteoporosis, arthritis, allergies, emphysema, kidney stones, sinusitis and migraine.



### 3. TYPES OF CUPPING

There are three types of cupping which adopts different approaches to treatment and are explained below.

#### 1) Air Cupping

Air cupping is widely used and easily learned. Normally plastic or glass cups are used which are sold as a cupping set. Vacuum is created in the cups by burning flammable substance or using a hand pump. The preferred method is to use a hand pump (provided with the cupping set) to avoid risk of burns to the skin. Air cupping pulls up the skin, muscles and underlying tissues and in the process enhance blood flow to the cupped area. The cupped area will show up as reddish and sometimes bluish (bleeding under the skin) marks due to blood congestion. The reddish and bluish cupping marks will disappear after 2 to 5 days and 7-10 days respectively. Air cupping has no side effects and can be practised everyday for 5 to 15 minutes at each cupped area. There is no limit to the number of cups that be used for air cupping at any time. Air cupping helps to improve the blood circulation and to remove gases from our body. It is utilised to treat muscle pain, gastrointestinal disorders, lung diseases (especially chronic cough and asthma), and paralysis. Contraindications for air cupping include : areas of skin that are inflamed; cases of high fever, convulsions or cramping, easy bleeding and the abdominal area or lower back during pregnancy. **Do not perform air cupping for more than 15 minutes at each cupped area in which case blisters may form unless you wish to carry out aggressive cupping.** Air Cupping is the least effective of all the cupping techniques. No further details of air cupping techniques will be discussed.



**Air Cupping in progress**

## 4. PATIENT INTERVIEW, HISTORY AND EXAMINATION

### 1) Patient Interview and History Taking

The patient interview is to compile the patient's medical history which is a record of everything that is relevant to his or her health. This shall include details of the current complaint, any previous illnesses, allergies, and the patient's family and social background. Also record the patient's habits or lifestyle like smoking, alcohol intake, drug abuse, sexual orientation, sleep, water intake, exercise, and ten favourite food and drinks.

As a minimum the patient's medical record shall include the name, gender, occupation, date of birth, address, telephone/fax number, e-mail address, weight, height, chief complaint, habits or lifestyles, the location of cupping points and quantity and colour of blood stasis released. Follow-up treatment will be more effective if medical records are complete and readily available.

Attach to the patient's medical record any laboratory test results (blood, urine, sputum, faeces), X-Rays and scans, electrical test (EEG, ECG/EKG), tissue test (biopsy), non-invasive probe (endoscopy), and the diagnosis issued by the preceding medical practitioner or hospital. There is no need to duplicate the tests or conduct further tests to reconfirm the diagnosis.

### 2) Physical Examination and Cupping

The physical examination is the recording of your observations of the patient. These include vital signs like blood pressure, heart rate, breathing rate and body temperature as well as obvious signs and symptoms like pain, swelling, coughing, sneezing, fever, skin problems, abnormal movement, etc. which may help to point out the organs and tissues which are causing discomfort or complaints.

Observe the patient's body part that is cold, darker skin colour, skin with larger pores and sweaty, rigid skin, parts with pimple problems, and parts with a lot of fine hair. All these symptoms indicate poor blood circulation due to accumulation of blood stasis or congested blood. For confirmation use your fingers or hands and press firmly on the patient's body and ask if there is any feeling of pain or numbness.

Perform blood cupping on any of the 51 blood cupping points (refer to section on cupping points) nearest to the painful or numbed areas to get rid of congested blood. **Note that these 51 blood cupping points have been identified based on many years of practical experience as the locations where most of the congested blood tend to accumulate in the body. However it is okay to perform cupping on actual locations where there is pain and numbness other than the 51 blood cupping points.**

After completion of blood cupping session please record the cupping points, number of cups and amount and colour of congested blood released in the patient's medical history form. Maintain records of the subsequent cupping

## 5. PRE-CUPPING KNOWLEDGE

1) Continuously learn about the medical sciences such as anatomy (body structures), physiology (body function), biochemistry (body chemistry), pathology (development of diseases) as well as clinical signs and symptoms of diseases. The knowledge you acquire will help to clarify your understanding of the structure and function of diseased organs and tissues, how the disease develop and will progress, what are the common or classic symptoms and signs of a particular disease and then formulate treatment programme using **Cupping and Pure salt therapy**. Remember there are about 40,000 diseases and it is impossible to list all the effective cupping points that will treat or cure the diseases.

2) The main cause of diseases is due to toxins in blood and blood stasis which block blood circulation in the body. Toxins in blood and blood stasis is formed due to :

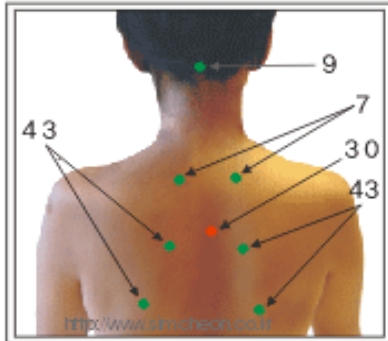
- Poor function of the liver, the main detoxification organ for all kinds of toxins and poisons like drugs, pesticides, environmental and household chemicals, alcohol and narcotics
- Malfunction of the kidney, the major filtration organ that removes the toxic byproduct urea and uric acid
- Accumulation of heavy metals which cannot be expelled from the body
- Trauma due to accidents, physical attacks and lifting or carrying heavy load which cause internal injury and bleeding and dead red blood cells (RBC) and white blood cells (WBC)
- Mental stress produce stress hormones which is not properly eliminated
- RBC (lifespan 120 days), WBC (lifespan about 2 weeks), cholesterol and metabolic waste which are not eliminated

3) Blood stasis and normal blood can be easily differentiated. Blood stasis comes out slowly from the pricked holes while normal blood flows easily. This shows that the blood stasis already exist under the skin and is separate and different from normal blood. When wiped off with tissue paper blood stasis appear as a dark red solid mass that is not easily absorbed while normal blood is bright red easily and absorbed by tissue paper. Please refer to chapter 7 Blood Cupping Practical to view photos of cupped blood.

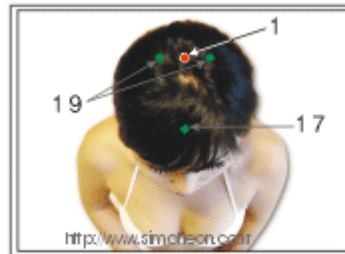
4) **Blood stasis can be considered as dead or useless blood which contains dead RBC, dead WBC, metabolic waste, toxic waste and cholesterol.** The blood circulation comprise the pumping heart and a network of blood vessels comprising main arteries branching into smaller arterioles and subsequently into the very minute capillaries which supply oxygen rich and nutrient laden blood to individual cells, tissues and organs. Blood comprising metabolic waste and carbon dioxide are then returned by the cells, tissues and organs to the blood circulation via the minute venules and larger veins back to the heart. However the capillaries which are very minute in size (6 to 10 micrometre or thousandth of a millimetre) can easily become blocked by the RBC which is about the same size as the capillaries. This effect on the

## 6. Cupping Points and Diseases Guide

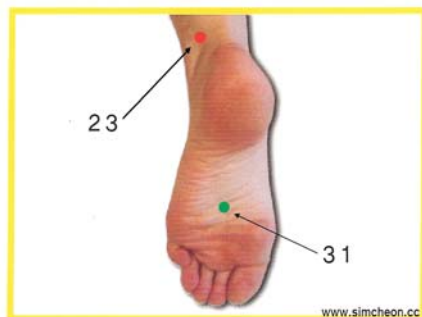
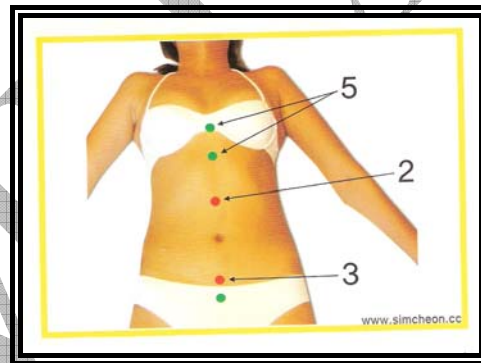
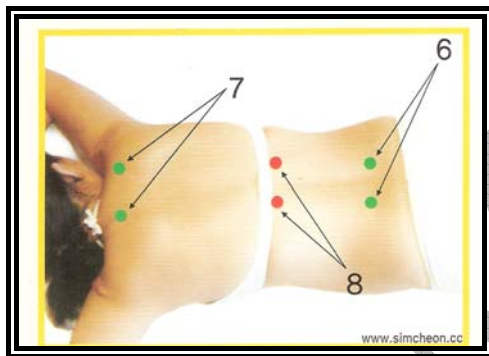
#9 Cupping point is for nerve related paralysis and neck problems. For stroke attack or its prevention cup together # 6, 1, 9 and 31 in this order. For epilepsy cup # 2, 3 first then cup # 6, 1, 9. Stiff neck can be treated by cupping # 7, 9.



30. Keub-che-hyeol



1. Du-tong-hyeol





## 7. BLOOD CUPPING PRACTICAL

**Blood cupping is a very simple technique and can be learned by anyone within a short period. It is a repetitive procedure and with practise you will enhance your practical skill and become more confident.** The skill required to perform cupping on the flat part of your body e.g. your back is not the same as that on your face which has a curved surface. It is highly recommended that you learn about the basic structure of the human body (anatomy), its function (physiology) and its biochemical processes (biochemistry) as well as classic symptoms and signs. A well educated cupping practitioner can better understand the disease, its impact on the human body and decide on the best course of treatment. It is important that the patient seeking cupping treatment relate clearly his/her family, social, occupational, medical and treatment history; provide blood, urine and other lab test report; and the diagnosis by a conventional doctor. If the required history and lab report is unavailable, the cupping practitioner must use his knowledge, skills, experience and best judgment to decide on the most appropriate cupping treatment. The following photos show the step-by-step method to perform blood cupping hygienically, inexpensively and effectively.



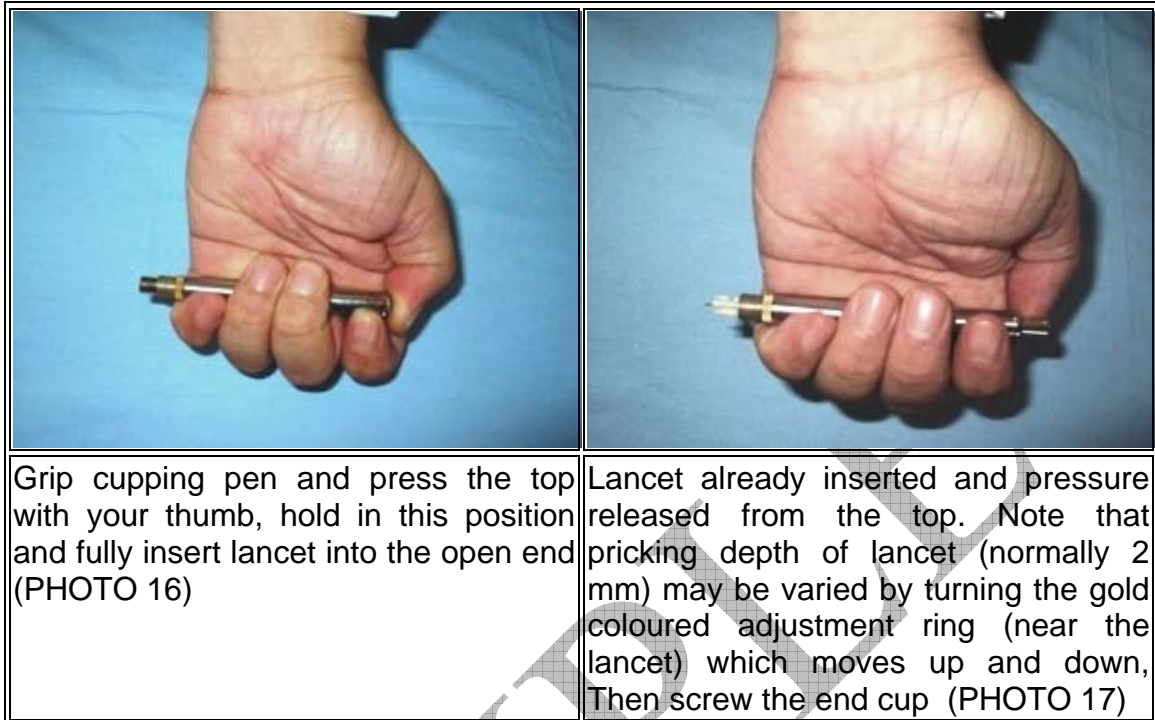
Basic cupping tools - A manual vacuum pump, a set of different size cupping cups, a cupping pen, and lancets (cupping needles) (PHOTO 1)

Basic consumables - A pair of surgical rubber gloves, a bottle herbal antibiotics to apply on cupped area at the end of cupping, a roll of tissue paper, and alcohol swab to sterilise cupped area when starting to cup (PHOTO 2)

### Caution :

- 1) Ensure that cupping cups and pen are properly sterilised at the end of cupping by washing the cups with warm water and soaking it in a solution of Savlon brand antiseptic liquid mixed with water for 24 hours. Do not use Dettol brand antiseptic liquid as it will turn the water and cups cloudy (look at third cup from the right in photo 1) For more effective sterilisation you can purchase and use a small ultra violet chamber or ozoniser after removing and washing off the cups that were soaked in Savlon antiseptic solution..
- 2) For each cupping session, use only one lancet (very cheap) and dispose it into the waste basket after completion of cupping to avoid cross infection.
- 3) Always wear a pair of surgical rubber gloves and wipe the area to be cupped with alcohol swab before starting to cup to ensure hygiene and avoid infection.

## 7. Blood Cupping Practical



## 7. Blood Cupping Practical



1st cupping cycle : Fold the tissue paper in two or three depending on the size of the cup to be wrapped around (PHOTO 30)



1st cupping cycle : Ready to wrap tissue paper around the cup (PHOTO 31)



1st cupping cycle : Tissue paper wrapped around the cup and cup valve pulled up to release vacuum and the cup (PHOTO 32)



1st cupping cycle : Wiping off blood from cupping point using tissue paper roll (PHOTO 33)

## 8. CATEGORIES AND IMPORTANCE OF SALT

### 1) Categories of Salt

- Table Salt produced from seas and oceans (common worldwide)
- Table Salt mined from deep underground mines (in parts of Europe)
- Table Salt from mountain (also called Himalayan salt)
- Bamboo Salt produced from burning sea salt in bamboo (in Korea)
- Pure Salt produced from heating sea salt to liquid (above 1000 degrees Celcius) in special ovens
- Special salt (Kosher salt)

Note : Most table salt are sea or mined salt that has been processed to clean and dry it and chemicals added to prevent caking (salt absorbing water) and/or iodine added. Original sea or Himalayan salt has more than 80 different minerals which the body cells cannot absorb as it is inorganic form. Our body can only absorb organic minerals from fruits, vegetables, animals i.e. from food. Mineral water cannot provide the minerals needed by our body

### 2) Importance of Salt

- Salt is a strong anti-histamine and can be used to treat asthma.
- Salt is a strong anti-stress element for the body
- Salt can extract excess acidity from inside cells especially brain cells, can be used to prevent or treat Alzheimer's disease
- Salt is vital for kidneys to clear excess acidity and pass the acidity into the urine
- Salt can be used to substitute lithium in the treatment of depression
- Salt can be used to prevent or treat cancer. A well hydrated body and salt expands volume of blood circulation to reach all parts of the body bringing oxygenated blood and immune system cells which kills cancer cells
- Salt help to maintain muscle tone and strength e.g. urinary bladder control
- Salt can help to stabilize irregular heartbeat and regulate blood pressure
- Salt can regulate sleep and stop persistent dry cough.
- Salt helps to balance blood sugar level and is good to treat diabetics
- Salt is vital for generation of hydroelectric energy in all cells
- Salt is needed for communication and processing of nerve cells signals transmission
- Salt is required for absorption of food particles
- Salt clears the lungs of mucus plugs and sticky phlegm in asthma, emphysema and cystic fibrosis sufferers

## 9. PURE SALT PRODUCTION, POWER AND FAQ

### 1) Production and Power of Pure Salt

- Initial heating of sea salt up to 804°C cause it to melt and further heating to 1000°C cause salt to become fully liquid
- Heating and maintaining salt at 1000°C expel dissolved gases and impurities (include heavy metals) are separated/removed from pure salt (>99% Sodium Chloride) . The **Pure Salt produced has now the power to absorb dissolved gases and impurities which was removed during its production process.**
- Heating at 1000°C for 15 hr, 30 hr, 50 hr, 200 hr, 500hr and 1000 hrs (Pure Salt), heating for 2 hr (Bath Pure Salt), heating for 96 hr (Ladies Pure Salt) and scrapings from pure salt oven (Cooking Pure Salt). **Effectiveness and price of pure salt increase with number of hours.** Consume the Pure Salt either as a drink or added to cooked food, bathing in Pure Salt and inserting Pure Salt inside a woman's reproductive system.
- Relative Cleaning Power
  - Air 1X
  - Water 10X
  - Pure Salt solution 100X
- Human embryo – inside mother's womb float in amniotic fluid containing 0.9% salt concentration
- Blood, sweat, tears and mucus is 0.9% salt concentration
- Salt is a natural part of human life before and after birth. Therefore no problem of side effects taking pure salt. Most drugs bring risk of mild to serious side effects as we are not born with drugs inside our body



## 11. PURE SALT GUIDE FOR TREATMENT OF DISEASES

1. **Pimples /Face skin problems** : Prepare 0.2 % pure salt solution by dissolving 1 pack (3 g) 30 hr pure salt with 1500 cc (1.5 litres) of distilled water. Pour pure salt solution into a hand sprayer bottle. Wash face with clean water without using soap. Spray salt solution on the face and lie down, leave on face for 30 minutes and wash off with clean water. Repeat every night before sleep and after wakeup in the morning for 1 to 3 weeks or as long as required. Also perform blood cupping on point no. 36 for pimples problem for better result.

2. **Smooth and soft skin** : Peel off skin from a kiwi fruit and mash it using spoon. Then add freshly squeezed lemon juice (1/4 lemon), 1 teaspoon pure honey, 1 teaspoon wheat flour and 1 pack 30 hr salt and mix well. If mixture is too watery add some more wheat flour to make it less watery. Apply mixture on your face (like mask) or other parts of your body, leave it for 30 min and then rinse off with water. Remaining mixture to be kept in the fridge. Apply mixture on your face or other parts of your body every 2 to 3 days.

3. **Discolouration on face** : Before sleep, mix 1 egg with 3 packs (3 x 3 g) 30 hr pure salt and apply on face (mask) for 15 minutes and wash off with water. Then spray 0.2 % pure salt solution (refer to item 1 above) on face and go to sleep. Repeat every 2 to 3 days until you see result.

4. **Slim waist** : Before sleep prepare 30% salt solution by dissolving 5 packs (5 x 3 g) of 50 hr pure salt in 50 cc distilled water and then soak in thin cotton towel. Wrap towel around your waist and cover/hold with plastic sheet and go to sleep. Repeat every day for minimum 2 weeks.

5. **Constipation/Colon cleansing** : Prepare 1% pure salt solution by dissolving 1 pack (3 g) 15 hr pure salt in 1 glass (300 cc) of distilled water and drink 1 glass in 5 minutes. Repeat drinking 1 glass 1% pure salt solution every 6 minutes and drink a total of 5 glasses in 30 minutes. Then use all 10 finger tips and press in horizontally in and vertically down at just above navel (belly button) level for 15 minutes – a form of colon massage to stimulate purging. Normally within 1 to 1-1/2 hr you will rush to toilet and start purging for 15 min. After purging take rest and consume light drink or meal. For chronic case of constipation perform colon cleansing for 3 to 7 days together with blood cupping at points 2 and 3.