

The Ages Old Tradition of Cupping

When actress Gwyneth Paltrow stepped out onto the red carpet bearing the marks of an ancient healing technique above the back line of her glamorous evening gown, it caused quite a media frenzy. What were these peculiar circular marks? Had Miss Paltrow been the subject of some barbarous act of torture? For those in the know it was obvious that Gwyneth had had a cupping session – a three thousand year old therapy that is still leaving its mark in the medical world today...

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