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The Basics of Cupping Therapy - Dr. Mee Lain Ling

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Dry Cupping: The most basic technique. Any combustible material (usually a cotton ball soaked in alcohol, but herbs or paper are also sometimes used) is ignited and placed into the cup. Any combustible material (usually a cotton ball soaked in alcohol, but herbs or paper are also sometimes used) is ignited and placed into the cup.

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