

# Cupping Instructions

## WHAT CUPPING DOES

Cupping, like Acupuncture, increases pelvic blood flow. This helps to reduce pain, encourage thickening of the uterine lining and bring more blood flow to your ovaries where some of your fertility hormones are made.

## WHEN & HOW TO CUP

Cup daily for 20 mins, rotating positions across your lower belly. Do this after your period until ovulation if you're trying to conceive. Only continue after ovulation if you're not possibly pregnant.

Squeeze the bulb, then place the cup on the point and let go. If too tight, pull off and squeeze less. Cupping may leave a purple mark which will fade in a few days.

DO NOT cup if you are on blood thinning medication or possibly pregnant

## CV 4 - REGULATE PELVIC BLOOD FLOW & HORMONES

Day 1 = CV4

Day 2 = St28

Day 3 = St28 on the other side

Day 4 = back to CV4 and repeat

CV4 = 4 fingers below your belly button, in the centre.



## ST 28 - REGULATE PELVIC BLOOD FLOW & PERIODS



Find the side edge of your abdominal muscles. Find half way between that and your belly button. Trace that line down until you're level with CV4 (4 fingers below your belly button in the middle)