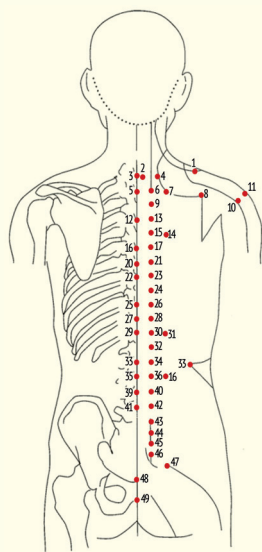


## Cupping set with vacuum pump 24 pcs., Art. nr.: M016

Please read these instructions very carefully and pay attention to the medical indications. If you have any doubt, you should always ask your doctor before using this product.



- |                             |                              |
|-----------------------------|------------------------------|
| 1. healthy shoulder         | 25. Jinsuo                   |
| 2. anti-asthma              | 26. liver acupoint           |
| 3. Dazhui                   | 27. center                   |
| 4. middle shoulder acupoint | 28. gallbladder acupoint     |
| 5. Taodao                   | 29. center of back           |
| 6. Dazhu                    | 30. spleen acupoint          |
| 7. outer shoulder acupoint  | 31. Yishe                    |
| 8. Bingfeng                 | 32. stomach acupoint         |
| 9. air door                 | 33. Xuanshu                  |
| 10. shoulder / joint cavity | 34. Sanjiaoyu                |
| 11. front shoulder          | 35. the door of life         |
| 12. Shenzhu                 | 36. kidney acupoint          |
| 13. lungs acupoint          | 37. Zhishi                   |
| 14. Gaomang                 | 38. Jigmen                   |
| 15. Jueyingu                | 39. Xiajiyu                  |
| 16. Shendao                 | 40. Qihaiyu                  |
| 17. heart acupoint          | 41. Yasyangguan              |
| 18. Tianzhong               | 42. intestin acupoint        |
| 19. Jianzhen                | 43. Guanyuanyu               |
| 20. Lingtai                 | 44. small intestine acupoint |
| 21. Duyu                    | 45. bladder acupoint         |
| 22. Zhiyang                 | 46. Zhibian                  |
| 23. diaphragmatic acupoint  | 47. hip acupoint             |
| 24. lower stomach acupoint  | 48. Changqiang               |

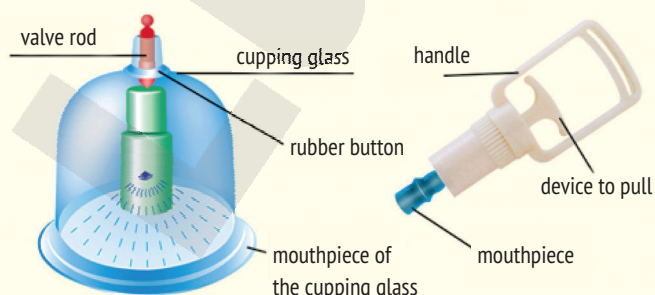
### Introductory overview for the subject "cupping":

Taking into account modern technology and traditional medicine at the same time, you hold a newly developed cupping instrument in your hands which has been designed for an easy use and an attractive price and a lot of and noticeable health effects. The traditional cupping can look back on a long history. It is an effective medical use, mainly applied in the traditional Chinese medicine. An old proverb says that acupuncture and cupping are able to conquer half a disease. But traditional cupping applications also have potential disadvantages in the form of burns (fire cupping) and a limited range of applications.

Our innovative cupping device replaces the traditional applications with fire (fire cupping) by an efficient vacuum technology. Placed on the body, the vacuum ensures that acupuncture points (see above) can be specifically treated because the blood circulation can be stimulated effectively in this way. Further, cupping helps to combat diseases effectively or to relieve symptoms. This cupping device can produce a strong magnetic field and it is very helpful in fighting against pain, swelling, high blood pressure, high blood fat levels and detoxifying the body. Also in terms of cancer and reducing the body fat percentage, beneficial effects of cupping have been observed. This cupping device can be used for different applications and diseases, such as those described concretely below.

The device itself offers several cupping variants which are explained in these instructions. You keep a high quality and health-effective device in your hands which knows how to convince by its visual appearance, high safety standards, a desirable reliability and noticeable health effects. It has a sturdy design with great longevity and offers an excellent value for money.

Therefore, we will try in the future to show you further advantages of the traditional Chinese medicine. We will continue to collect clinical findings and to do everything to ensure that your health can improve a bit more every day.



### 1. Instructions for proper use:

1. Pull on the upper valve rod to make sure that a smooth air flow is given before applying the glass.
2. Attach the vacuum vent opening on the upper side of the glass and pull the pulling device 4 times in the vertical direction to generate a negative pressure.
3. Please pull out the valve rod at the top once the application is completed, drag the glass carefully out to move away the cupping glass from the body.
4. It is advisable to use flour or powder for hairy or less muscular body sites in order to ensure a firm grip and optimal vacuum effect. Only if the cupping glass stays securely on the respective skin place, the vacuum effect can be used.
5. Use a liquid disinfectant for your cupping instrument after the application. Never soak it.

### 2. Maintenance and repair

1. Avoid falls of the glasses and scratches to ensure the necessary tightness.
2. The rubber button in the glass should be kept together with the glass. Fasten it with your hands or with a plier if it should solve.
3. You may disassemble the cupping glass yourself to eliminate dirt or to use a small amount of grease to enable an optimum vacuum.
4. You can remove the airtight loop if the air flow is too low. Then you can use the product.

### 3. Methods of application

1. Please choose an appropriate posture according to your comfort needs or disease-related possibilities and lie down on the side.
2. A cupping application usually takes 10 to 15 minutes. You should treat yourself every day or every 2 days to an application, 7 applications are a period. The next treatment period, you should start looking for a 4-day interval.
3. You choose between the following applications according to your medical condition and the relevant part of the body: (1) recovery cupping (put the cupping glass on the part of the body and leave it there for some time). (2) flash cupping (put the glass on the body and hold it to withdraw it quickly. This method is only recommended if no imprints remain on the respective body area). (3) motion cupping (unplug the cupping glass on the part of the body up and down until the skin underneath is slightly red). (4) point cupping (bloody cupping): With this method, the skin area is disinfected and with a special sharp and also disinfected object easily scratched before the cupping glass is placed on the skin for the generation of vacuum.
4. The cupping device can be used in many ways, such as one glass or several at the same time. Furthermore, you can vary the intensity of the movements with the glass. For children, elderly and debilitated persons it is recommended to use rather less cupping glasses. As well, the time of each application should be shorter.
5. This product is very effective in treating a heatstroke and so called not fixed acupuncture points (at each pressure point of the body).

### 4. Precautions

1. You should refrain from cupping, if you suffer from acute heart problems or bleeding disorders. Pregnant women, cancer patients, women with acute menstrual cycle, patients with fractures or spasms (spasticity) should not use cupping applications generally.
2. The room in which you operate the cupping application should be warm and there should be no threading. It is recommended to drink some warm water after the cupping application and not to wash the treated parts of the body for about 30 minutes.
3. The small spots on the skin (blue, black, pink or red) after a cupping application represent a kind of symptom response. Black dots/ spots represent Feng Han (coldness), red and yellow ones stand for Re (heat). Do not worry, these spots will disappear after 3-5 days. It is also normal if you have small bubbles after a treatment on your skin. If the bubbles should be larger, you can carve them with a disinfected sharp object. Please ensure therefore the highest level of hygiene! Clean the parts of the body carefully and use alcohol (75%) for disinfection to prevent any inflammation.
4. If users notice dizziness, cold sweat or other abnormal sensations during or right after the application, the cupping glass should be removed immediately. Furthermore, you should drink hot water. After a short break, the sensations should have returned to a normal level.
5. As mentioned above, bubbles on the skin after a treatment period are nothing unusual or questionable. In "bad" cases, you should carve in the bubble gently. However, you should ensure a sufficient disinfectant!
6. Make sure that you use a little bit fat if you are using on the cupping glass on your skin. Generally, you can also use massage cream (lotions).

# Clinical applications

## Heat stroke (i.e. scratch therapy for heat stroke)

**Symptoms:** listlessness, lack of energy, abdominal pain, nausea, general malaise  
**Selected acupuncture points:** see those with a red line in the chart above.

### 1. Diarrhea, abdominal pain

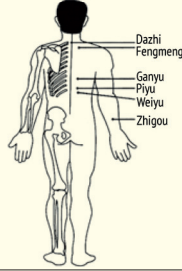
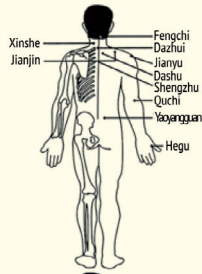
**(1) Diarrhea**  
**Symptoms:** Pain in the lower abdomen, watery excrements, frequent bowel movements.  
**Selected acupuncture points:** Piyu, Dachangyu, Qihizusanli, Guanyan and Shangjuxu.

**(2) Abdominal pain**  
**Symptoms:** Pain in the lower abdomen, angina, distending pain (with cold sweat).  
**Selected acupuncture points:** Zhongwan, Tianshu, Guanyuan, Qihai.

**(3) Liver diseases**  
**Symptoms:** insomnia, dreaminess, urination, restlessness, swollen breast, frequent sighing, reddish tongue and yellowish fur on the tongue.

**Selected acupuncture points:** Ganyu, Quchi, Taichong, Sheamus, Neiguan, Sanyinjiao.

**(4) Warm phlegm and melancholy**  
**Symptoms:** insomnia, heavy head, hypochondriacal behavior tendencies, bitter taste in the mouth, chest pain, malaise, loss of appetite, blurred vision.  
**Selected acupuncture points:** Senmen, Zusanli, Neiguan and Sanyinguan.

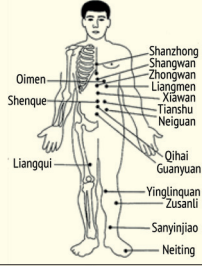


### 2. Headaches

**(1) headache, cold type**  
**Symptoms:** towards the back radiating headache, malaise / susceptibility to wind and cold.  
**Selected acupuncture points:** Fengchi, Fengmen, Taiyang (flash cupping) (2.5 cm from the outer corner of the eye) and Waiguan.

**(2) headache, warm type**  
**Symptoms:** radiating or head jumping pain, fever, sensitivity to cold, red tongue, yellowish fur on the tongue.

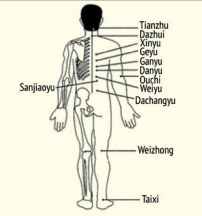
**Selected acupuncture points:** Dazhui, Fengmen, Taiyang (flash cupping), Quchi and Taichong.



### 3. Cerebrovascular diseases

**Symptoms:** hemiplegia, mouth and eyes moved, stiff tongue, decreased tactile sense (haptic sense).  
**Selected acupuncture points for upper limbs:** Dazhu, Jiarliao, Jianyu, Quchi, Shousanli, Waiguan and Hegu.

**Selected acupuncture points for lower limbs:** Huantiao, Fengshi, Futu, Yanglingquan, Zusanli, Xuanzhong, Weizhong, Feng Long, Sanyinjiao and Yinlingquan.



### 4. Arthritis

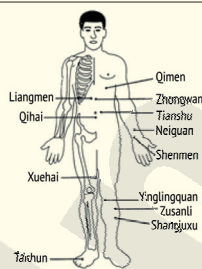
**Symptoms:** sore joints, numbness in joints or even swelling or deformations  
**Selected acupuncture points on the shoulder:** Jianliao, Jianyu, Dazhu, Bingfen, Jianjing and Quchi.

**Selected acupuncture points on the elbow:** Quchi, Hegu, Tianjing, Chize and Chuguan.

**Selected acupuncture points on the knee:** Zusanli, Doudi, Yinlingquan, Yanglingquan, Xuehai, Fengshi and Liangqiu.

**Selected acupuncture points on the ankle:** Xuanzhong, Sanyinjiao, Kunlun, Shangjuxu, Fuyang and Yongquan.

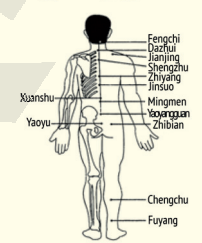
**Selected acupuncture points on pelvis and hip:** Dazhui, Fengchi, Shenzu, Zhiyang, Jinsuo, Xuanshu, Mingmen, Huantiao, Chibian and Yaoyangguan.



### 5. Common cold

**(1) warm type**  
**Symptoms:** fever, sensitivity to cold, runny nose, small voice, headache, aching, limbs, coughing, nasal discharge liquid, pale tongue color.  
**Selected acupuncture points:** Dazhu, Feiyu, Fengmen, Fengchi, Waijian and Taiyang (flash cupping).

**(2) common cold, warm type**  
**Symptoms:** fever, radiating headache, cough, dry mouth, sore throat, thinner and paler tongue fur (cupping device Welmax1)  
**Selected acupuncture points:** Dazhu, Quchi, Taiyang (flash cupping), Fengchi and Tiantu.

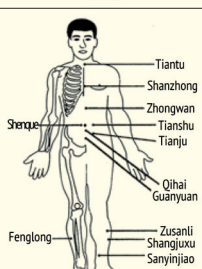


## Orthopedic surgical diseases

### 1. Cervical spondylolysis

**Symptoms:** Neck pain, stiffness, coma, restricted freedom of movement, pain radiating into the arm, general malaise

**Selected acupuncture points:** Fengchi, Quchi, Dazhu, Jianzhongyu, Jianjing, Dazhui, Tianzong, Waiguan and Jianwaiyu.



### 2. Scapulohumeral periarthritis (shoulder)

**Symptoms:** pain/pressure sensation in the shoulder, restricted freedom of movement, stronger pain during the night

**Selected acupuncture points:** Jianzhen, Tianzong, Dazhui, Jianliao, Quchi, Jianyu and Lilegu.



### 3. Chronic back pain

**Symptoms:** persistent pain in the hip region, the sensation of pain will be more intense after a disease (for example after a cold).  
**Selected acupuncture points:** Shengyu, Yaoyangguan, Qihai, Mingmen, Huantiao, Weizhong, Yabingquan, Yongquan and other unfixed acupoints.

### 4. Neck stiffness

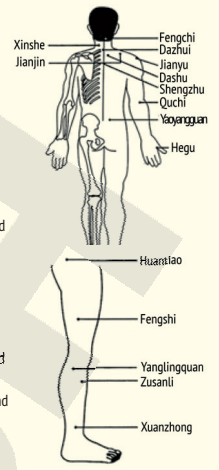
**Symptoms:** neck stiffness causing pain is usually caused a false position when sleeping  
**Selected acupuncture points:** Dazhui, Fengchi, Fengmen, Jianjing, Jianzhongyu, Jianwayu and other non-fixed acupoints.

### 5. Injuries of the soft tissue

**Symptoms:** partial swelling, pain and movement restrictions caused by overstretching of muscles and ligaments etc.  
**Selected acupuncture points in the upper section:** Hegu, Shousanli, Quchi and more unfixed acupoints.

**Selected acupuncture points around the hip:** Yaoyangguan, Weizhong, Dazhui, Yongquan and other unfixed acupoints.

**Selected acupuncture points in the lower part:** Weizhong, Chengshan, Yanglingquan and other acupoints temporarily selected.

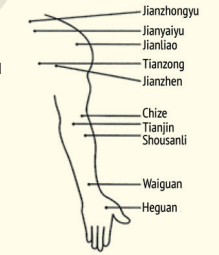


### 6. Pain in the heel

**Symptoms:** heel pain, inability to walk as a result of a trauma, overload or irritation.  
**Selected acupuncture points:** Chengsan, Taixi, Kunlun, Yongquan, Zhaohai and other unfixed acupoints.

### 7. Pain in bone nerves

**Symptoms:** burning and radiating pain in the hip, back of thighs and calves with reduced mobility, pain will be stronger after rest periods or illnesses such as a cold.  
**Selected acupuncture points:** reaction points at the hip, Shengyu, Yaoyangguan, Huantiao, Chibian, Jizhong, Chengsan, Yinmen, Xuanzhong, Fengshi, Yanglingquan.



## Gynecological diseases

### 1. Abnormal Menstruation

**Selected acupuncture points (before the period):** Guanyan, Sanyinjiao, Guilai, Xingjian.  
**Selected acupuncture points (after the period):** Guanyuan, Sanyinjiao, Taichong, Ganyu, Xuehai.

**Selected acupuncture points (stronger bleeding):** Guanyuan, Sanyinjiao, Qihai, Taichong, Shenyu, Ganyu, Zusanli.

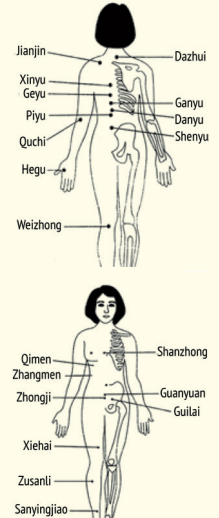
### 2. Painful menstruation

**Symptoms:** abdominal pain that radiates to the hip before the menstrual period. This can also occur during or after the bleeding.  
**Selected acupuncture points:** Guanyuan, Sanyinjiao, Qihai, Taichong, Shenyu, Ganyu and Zusanli.

### 3. Menopausal syndrome

**(1) Yin deficiency**  
**Symptoms:** tingling, dizziness, fever, sweat, vexation, agitation, red cheeks, dry skin, abnormal menstruation, reddish tongue color.  
**Selected acupuncture points:** Guanyan, Xinyu, Sanyinjiao, Shengyu, Yinglingquan, Waiguan and Sanyijiao.

**(2) Kidney Yan deficiency**  
**Symptoms:** lethargic and listless feeling, cold body, watery excrements, bloated face, ample amount of menstrual blood, nocturnal activities, frequent urination, pale or swollen tongue.  
**Selected acupuncture points:** Zhongwan, Qihai, Mingmen, Xinyu, Guanyuan, Neiguan.

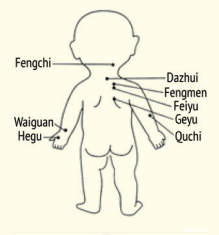


## Childhood diseases

### 1. Pneumonia

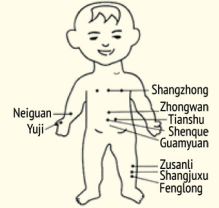
**(1) cold type**  
**Symptoms:** sensitivity to cold, fever, cough, absence of thirst, pale tongue color.  
**Selected acupuncture points:** Dazhui, Fengmen, Fengchi, Feiyu, Waiguan, Hegu, Quchi.

**(2) warm type**  
**Symptoms:** heat sensations, coughing, vexation, agitation, asthma, noises in the lungs, increased thirst, flushed cheeks.  
**Selected acupuncture points:** Dazhui, Feiyu, Fengchi, Fenglong, Geyu, Yuji and Quchi.



### 2. Indigestion

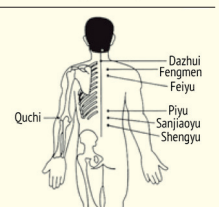
**Symptoms:** acts at the beginning as a common cold, then the child feels weak and listless, after bouts of fever paralysis may occur, muscles and joints can be affected, restricted freedom of movement, reduced temperature in the limbs.  
**Selected acupuncture points (for the lower limb):** Quchi, Fengchi, Zusanli, Yanginguan, Yaoyu, Chibian, Shengyu, Huantiao, Kushua, Taki. In the area of this application field, better results can be achieved with moving cupping methods.



## Skin diseases

### 1. Acne

**Symptoms:** acne refers to a chronic inflammation of the hair follicles and glands, this especially in the face, on the back or chest. This disease is more typical for adulthood.  
**Selected acupuncture points:** Dazhui, Feiyu, Shengyu, Sanjiaoyu, Zusanli, Sanyinjiao (partial movement and puncture cupping).



### 2. Urticaria (hives)

**Symptoms:** extremely itchy wheals characterize the complexion  
**Selected acupuncture points:** Shenque, Dazhui, Feiyu, Dachangyu, Quchi and Xuehai.

