

Cup of Life

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"People feel terrific having cupping done on them" says practitioner Bruce Bentley.

It has been used by everyone from ancient Egyptians, Australian Aborigines & Chinese, to Russians, Pacific Islanders and even Australian Institute of Sport. Yet cupping had its biggest publicity boost when Gwyneth Paltrow wore a strapless dress at a screening on July 7, revealing what looked like circular bruises across her back. "It's not a bruise" says Bruce Bentley, a cupping practitioner who has been providing the suction-like therapy in Melbourne since 1981.

"Cultures understand it as being some type of toxin that's been drawn to the surface. If you don't have anything wrong with you, it leaves no marks."

The art of cupping, explains Bentley, 50, can be used to relieve cold and flu symptoms and muscle soreness. "When you jam your finger in the door, sucking on it makes the condition easier," he says. "When the muscle's feeling really tight, you warm up the cup and place it very softly on the area. When the cupping is performed well, it feels very relieving."