

Auto Injury Chiropractor in Beverly Hills Explains How Cupping Works and Its Benefits

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Jochen Chiropractic & Wellness Center, a holistic and pain-free clinic in Beverly Hills, CA, that offers treatment for auto injuries has recently released a blog post that explains how cupping works and its benefits. Cupping therapy is an ancient technique for treating conditions affecting the mind and body. At Jochen, they may recommend cupping to those who want a safe, effective and non-invasive treatment for a chronic health problem. It has been observed to be a very effective method for patients who don?t want to take prescription drugs or other non-natural treatment methods.

Dr. Stephen Jochen, D.C. says, ?Cupping has been a form of alternative medicine in Egyptian, Chinese, Unani, traditional Korean, and Tibetan cultures since at least 1550 B.C. Cupping therapy is said to balance the yin and yang, or negative and positive elements in the body, in order to achieve whole-body harmony and wellness. We may recommend cupping if you are in need of pain relief, have stiffness or muscle weakness, if you have lost mobility or range of motion in one or more joints, or if you suffer from chronic pain or illness. Cupping has proven to be an incredibly effective treatment method for all of these conditions, and more.?

The primary benefit of cupping for the patient is a overall sense of calm or well-being right after the procedure. Other benefits include: increased blood flow; reduced blood pressure; improved circulation; reduced anxiety and stress; release of toxins; improved respiration; improved digestion; and improved appearance of stretch marks and varicose veins.

During cupping therapy, the Beverly Hills chiropractor or trained treatment provider will put special cups on certain areas of the skin to produce a vacuum effect. The cup may be left in position for around three minutes. The effect of the suction is that the blood vessels in the area will expand, with the result that blood flow and circulation is improved, pain is relieved, and the patient feels a sense of relaxation and well-being.

There are two kinds of cupping: dry and wet. In dry cupping, the treatment provider may move the cup around the body to produce a massaging effect. In wet cupping, the treatment provider will remove the cup and then make small, sterile incisions on the skin. Then a different suction method is used to draw out small amounts of blood.

It should also be noted that they also offer sports therapy, which may be helpful in rehabilitating sports injuries, preventing sports injuries, and optimizing the athlete?s performance. This is typically used for collegiate, high school, and professional athletes but at Jochen Chiropractic and Wellness Center, they may also use it to help weekend warriors. Sports therapy treatments may help with: shin splints; neck pain; lower back pain; tennis elbow; tendonitis and bursitis; sprains and strains; and shoulder impingement.

Launched in 1994, Jochen Chiropractic & Wellness Center is dedicated to helping patients achieve their wellness goals using different kinds of skills and expertise that comprise the full wellness spectrum, such as cupping therapy, massage therapy, chiropractic care, and more. Dr. Stephen Jochen, D.C. leads a group of health practitioners at this holistic chiropractic clinic and wellness center. They come up with a customized holistic path for each patient to enable them to have a pain-free lifestyle without having to take a lot of prescription drugs or having to undergo invasive procedures. With almost 20 years of experience, Dr. Jochen and his team are capable help with a wide range of health issues, from lower back pain to carpal tunnel syndrome, by using different techniques, including chiropractic care, massage, cupping therapy, acupuncture, and more. And they always apply a three-tiered approach to healing:correction and recovery; pain-free treatment strategies; and prevention and wellness.

When requiring the services of a sports chiropractor Beverly Hills residents can check out the Jochen Chiropractic & Wellness Center website or contact them on the phone or through email. They are open from 8:00 am to 7:00pm on Mondays, Wednesdays and Fridays; from 1:00 pm to 7:00 pm on Tuesdays and

Thursdays; and from 9:00 am to 1:00 pm on Saturdays.

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For more information about Jochen Chiropractic & Wellness Center, contact the company here:Jochen Chiropractic & Wellness CenterDr. Stephen Jochen, D.C.310-556-8071jochenmarketing@gmail.com9478 West Olympic Blvd. PenthouseBeverly Hills, California 90212

Jochen Chiropractic & Wellness Center

Located in Beverly Hills, CA, the team of highly trained professionals advocates for a holistic and pain-free lifestyle. From chiropractic care to traditional Chinese medicine, this wellness center offers a variety of services to meet its patients? needs.

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