

# Natural Path to Health: Cupping

By Dr. Carole McIntyre

There is an ancient tradition in Chinese medicine that is called cupping. You may have seen it recently on the Olympic Games. This tradition has been around for over 3,000 years. It arose in the Hun Dynasty. The purpose of cupping is to extract the body of pathogens - both acute and systemic.

In the past cupping was used to extract pathogens from the body in instances of boils/infection. Ultimately cupping is used to increase circulation and move Qi and blood. It can be useful in ridding the body of toxins and

extracting illness. In Chinese medicine it is said that acupuncture and cupping can relieve half of a disease. This is from the extraction cupping offers.

Cupping is done by creating a vacuum via suction. In my office I do fire cupping which creates a vacuum using flame. The process is to create a flame with an alcohol saturated cotton ball and fire. Then the cotton ball is placed inside a cup to create a vacuum which creates suction on the patient's skin. Once applied this vacuum 'sucks' out the toxins.

This technique can pull toxins out of one's skin/body. If there is an

acute infection this can be helpful. It is also helpful if there is stagnation in a part of the body which needs attention. The Olympians, for example, have stagnation in different parts of their body related to overworked areas. Cupping allows for increased circulation - increased Qi and blood flow. This is the focus of the treatment. The increase in Qi and blood flow allows for the immune system to address the stagnation and resolve the issue.

If there is pain, this is a great way to relieve it in conjunction with acupuncture. Many of the Olympic athletes had this done to improve their performance. The markings you see on their bodies are the result of treatment. It shows the stagnation being pinpointed and resolved.

Cupping can be an integral part of treatment for many individuals, not just athletes. It helps relieve muscle tension and pain resulting in better overall performance. I use this in my practice regularly as do some

of the massage therapists in town. To experience the effect, try it out.

If you think cupping could help relieve your muscle pains inquire at the office. I have many patients who receive it regularly and it is effective as pain relief and restoring mobility.

In a follow up for super lice - be diligent in checking your children daily. The policy at the school is dictated from the state which says that if a child has nits/eggs they may come to school. Only a child with live bugs may not attend. In order to rid a child completely of nits you must check every day for 10 days after an outbreak- even if you think you are clear. It is best to check every day. The entire house must be treated and recurrence is very possible. Please check your child regularly and be sure to treat all members of your family. We most recently had a recurrence and believe me it is not fun to revisit. Again, ask for help and be diligent.

Thanks for joining me. Be Well~

## What's Happening at the Vernonia Library

**Membership Passes**  
The library has two membership cards to the Oregon Historical Society (Portland, OR). They can be reserved and checked out at the library. Each membership card allows the bearer free admission to the society's museum exhibits and research library. Membership is available through a donation to the community by Vernonia Hands on Art.

In addition, the library has an OMSI pass available for checkout, purchased by the Friends of the Vernonia Library. The OMSI pass allows 4 children and 2 adults free admission. For questions or to reserve the pass, contact the library.

**Upcoming Programs**  
**Author Visit: Warren Easley**  
Thursday, September 22, 6:30 pm  
Warren Easley is an Oregon author of the Cal Claxton mysteries. Most recent title in the series is *Not Dead Enough*, available for checkout at the library. Reading, Q & A, and book signing.

**K-5 Library Time: Picture Frame Fun**  
Thursday, September 15, 4 - 5pm  
DIY picture frames. Free snack provided. For children K - 5 and parents.

**Movie Nights**  
Tuesday, September 20, 6 pm  
Thursday, September 29, 6 pm (Family Movie Night)  
Relax and enjoy a movie and popcorn at the library. Call or visit the library for movie titles.

**Writer's Group**  
September 15  
3<sup>rd</sup> Thursday of every month, 6 - 7:30 pm. For writers with all levels of experience.

**Book Discussion Group**  
September 26  
Last Monday of every month, 5:30 pm  
Selection for September: TBA  
Contact the library to reserve a book for the discussion.

**Storytimes**  
**Baby and Toddler Time**  
Mondays, 10:30 - 11:15 am  
Songs, rhymes, books, toys, and bubbles! For ages 0 - 3. Older siblings welcome.

**Preschool Storytime**  
Fridays, 10:30 - 11:15 am  
Stories and a craft/activity for children up through age 5.

**Library Closures**  
Monday, September 5 for Labor Day

**Library Hours & Contact**  
**Monday, Wednesday, Friday: 10 - 5**  
**Tuesday, Thursday: 1 - 7**  
**Saturday: 10 - 4**  
**Closed Sundays**  
**Phone: (503) 429-1818**  
**E-mail: library@vernonia-or.gov**



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## Public Notice Call for Weatherization Contractors Request for Proposals

Community Action Team's Weatherization Program is now accepting applications to establish qualified contractors to provide services for income-eligible homes in Clatsop, Columbia, & Tillamook Counties.

**Scope of Projects**

- To reduce structural heat loss and reduce energy consumption by installing weatherization measures & related repairs which improve the thermal efficiency of the dwelling unit.
- To provide the health and safety of the customer by utilizing the available advanced diagnostic testing equipment to test every unit.
- To provide incidental plumbing, electrical and/or heating equipment service/repair within the scope of project.

Contractors for installation of weatherization measures and readiness repairs will be asked to submit bids per job and will be awarded through a competitive selection process. Applicants must be bonded, registered with the Construction Contractors Board, Certified Lead Based Paint Renovator (LBPR), USDOE Lead Safe Weatherization trained, along with additional required insurance coverage and preferred training/certifications.


- Contractors for Residential Energy Auditor/Inspector to complete residential energy audits & quality control inspections (QCI) including all health and safety tests utilizing blower door, duct blaster and other weatherization tools. Contractor must be REAP and/or BPI certified, REM Design & QCI certified by standards required by the State of Oregon's Weatherization Assistance Program.
- Contractors for Electrical inspections/readiness repairs, HVAC inspections/replacements and Plumbing repairs. Applicants must be bonded, registered with the Construction Contractors Board, along with required insurance coverage & preferred training/certifications. Professional Service contractors (electricians, plumbers, HVAC) will submit price list, hourly billing rate and travel charge information as part of the Request for Proposal.
- Qualified vendors for the installation of new energy efficient refrigerators & stoves, and appliance repairs. Applicants must carry general liability, vehicle insurance and meet program insurance requirements. Follow established recycling standards set forth by EPA and USDOE. Qualified vendors will be required to complete the required bid packet and agree to contractual terms.

Contractor must adhere to all ORS statutes pertaining to employer/employee relations and also comply with Equal Opportunity Employer requirements. Minority and women owned contractors are encouraged to respond.

For further information please contact the Weatherization Program at (503) 366-6587 by 5:00 pm on September 30, 2016.

## TOO BUSY?

### Call your LOCAL bookkeeper



**Edi Sheldon 503-429-1819**  
[edisheldon@gmail.com](mailto:edisheldon@gmail.com)

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RTRP #P00448199 - designated as a registered tax return preparer by the Internal Revenue Service  
The IRS does not endorse any particular individual tax return preparer. For more information on tax return preparers, go to www.IRS.gov.