



Before and After Treatment

The Prophet (pbuh) said: "For every disease there is a remedy and when the remedy is made apparent, and then the disease is cured by the permission of Allah Almighty". **(Muslim)**

Cupping & Complementary Medicine Clinic

Thank you for booking your treatment with **Health Elements**

The advice contained in this letter is general as everybody is unique and has different needs. When seeking any treatment or medicine always remember to pay attention to your body's individual nature and listen to the signs it gives you

WHAT TO EXPECT

Remember that Hijama (cupping) is an easy yet effective way of assisting your body to heal or prevent it from becoming imbalanced and consequently unwell. The Practitioner will show you certain equipment that will be placed either on the area/s of pain or on specific points of your body to promote healing or detoxification. You will undergo one or more of the following treatments:

- Dry** : One or more cups are placed on the body with suction for upto half an hour.
- Massage** : Oil is applied to allow the cup to be moved over the body with suction.
- Wet (blood letting)** : This is the same as Dry Hijama only with small scratches under the cup to extract toxic blood.
- Combination** of the above.

PRECAUTIONS:

Please note that the Blood Letting (wet) Cupping session cannot be performed if you have/suffer from the following conditions:

- Pacemaker or any other battery-operated/electrical implant
- A device placed on/near the heart eg, stent, valves
- Heart problems eg, angina, blood pressure
- Had a Heart By-Pass
- Major heart operation
- Taking any heartbeat regulating medication
- Pregnant/nursing mother
- Organ transplant
- Had organ removed, especially the colon
- Tendency to faint or have blackouts or epilepsy?
- Psychological case of insanity, psychotic episodes, seizures or rage etc...?
- Taking any medication for cases of insanity, psychotic episodes, seizures or rage etc...
- Open wounds or cuts/ wounds/injuries that take a long time to heal or don't heal very well.
- Metal joint implant
- Low blood pressure
- Low pulse rate
- Low blood sugar levels
- Low Body temperature
- Haemophilia
- On blood thinning medication
- On kidney dialysis
- Ruptured ligament
- Swollen knees (water on the knee ie,- *Knee effusion*)
- Fearful of having blood letting treatment done

- Blood Clots
- Hepatitis
- HIV positive
- Infectious disease
- Cancer
- Any kind of disease that will make things worse by having cupping done.

In most of the above cases Dry and Massage cupping can only be performed.

Nutritional advice, remedies and food supplements can also be suggested to prepare the body for cupping treatment and maintain general health & well-being.

PREPARATION BEFORE AND AFTER TREATMENT

Before Hijama :

- Please bring a loose top/ t-shirt or a dressing gown with you when you come.
- Ensure you advise the practitioner of your full medical history.
- You will be given a form to fill in the cupping session
- If you are going to have it done on your arms & legs area, it is advisable to epilate these areas prior to having the procedure.
- You **MUST NOT** eat for at least 2 hours before the procedure so that the body is not occupied with digesting food. So that means No food/drink until the procedure is completed. It is best to eat healthy food 24 hours before and after treatment.
- Prepare for your treatment by doing extra housework, cooking, and work so you can rest later.

After Hijama:

- Drink honey water and eat a solid meal **immediately** after a treatment.
- Apply black seed/olive or coconut oil to incisions if irritation occurs.
- Keep warm; do not allow the areas that have been treated to be exposed to the wind, water or cold.
- **DO NOT** have a shower or bath for 24 hours.
- Drink plenty of fresh fruit juice.
- Rest/sleep; you will feel very sleepy after the procedure, make sure that you do have rest as some people feel very tired and need to take it easy. Others feel energized; but do not exert yourself even if you feel like this. Do not underestimate the treatment and remember to respect the fact that your body needs rest in order to replenish and repair.
- If you are driving to the clinic, it is best advised that you bring another driver to drive you home.
- Avoid eating meat, fizzy drinks and dairy products for the next 24 hours. This is because these items take up 40% of your body's energy to digest, and this energy is needed to rejuvenate your body after having the treatment, you will need the energy for new blood cells to grow and certain food/drinks disturb this process.

FREQUENTLY ASKED QUESTIONS:

Q: Will I faint or be sick?

A: Very few people do. Sometimes this happens to people who do not respond well to seeing blood. It is very rare that people feel sick, but if they do it is important to understand that Hijama is the fastest way to detoxify your body so it may go into a bit of shock. However, it is not dangerous and is not classified as a side effect.

Q: Will I be able to work after my treatment?

A: Listen to your body; if you feel tired then rest. Be sure to rest when you can.
Tip! Get an early night before your treatment.

Q: How many treatments will I need?

A: Remember that everyone is different. There are some factors that will indicate the number of treatments you require; how long you have had your problem; if you have been on medication and for how long. Another factor could be your lifestyle, diet, exercise and even sleeping pattern.

On the day:

1. Please bring your consultation form. If you do not have one then please arrive at least half an hour early so you can fill one out.
2. Please relax and do not worry. If you are tense it will not help your treatment. Deep breathing and having a positive attitude will help you to calm down.
3. Money is not reimbursed once a patient has booked an appointment.

Points to consider:

It may take several hijama sessions before any benefit is seen for certain ailments. However, it is shown that pain relief is almost instant. Nothing is the same for everyone and each person will be assessed and advised accordingly.

Actions are done by intention, so intend to have Hijama to follow the Sunnah and Islamic Sharia.

PRE TREATMENT NOTES FOR THE PATIENT

Whilst Cupping therapy has no major side effects and is a traditional technique that has been used for many centuries, there may be some minor side effects that you should know about and understand.

One should understand and accept the possibility, that there may be marks that will last for a few days including the production of circular bruises or discolorations where the cups were applied, which are, in effect, large 'hickies'.

There may be minimal discomfort due to the method of application of skin cuts to the patient.

Other possible minor side effects are slight light-headedness post cupping therapy; this is similar to the sensation one feels after having had blood taken by a doctor, as cupping therapy encourages blood flow to the cupped region (hyperaemia).

One may therefore feel warmer and hotter as a result of vasodilatation (widening of blood vessel) taking place and slight sweating may occur. There is a sound scientific rationale for this and there is no cause for concern.

CANCELLATION POLICY

As a courtesy to other clients and therapists, appointments must be cancelled 24 hours in advance. No-shows will be charged in full.

If you have any other questions please text/call the relevant number or e-mail

Nottingham Tel : 07706944978

Bradford Tel : 07731806267

E-mail: health.elements@yahoo.com

Thank you for booking your treatment with **Health Elements**