

CAMBRIDGE HIJAMA HEALING

“Hijama” literally means “*sucking*” in Arabic and is also known as "Wet Cupping".

Small plastic cups are used to create a vacuum suction. As the cups are gently massaged around the area being treated, this vacuum encourages the flow of blood and energy to the joints, muscles and also stimulates the sensory nerves. Small, incisions/scratches are made on the skin that was being vacuumed. The suction pressure under the cup stimulates the toxic or unhealthy blood to trickle out and cleanse the diseased or inflamed area of the body.

WHY CHOOSE HIJAMA?

Allah (SWT) prescribed hijama to be practiced to promote good health and spiritual wellbeing;

“Jibreel (Angel Gabriel) has informed me that Hijama Cupping is the most useful medication for People.”

Stated by Prophet Muhammad (PBUH), as reported by Abu-Hurayrah (recorded by al-Hakim, verified to be authentic by al-Albani [Sahih ul-Jami # 218]).



TYPES OF HIJAMA:

- Dry / fixed hijama: Cups are placed on the body with suction for a few minutes
- Moving hijama: Oil is applied to allow the cup to be slid over the body with suction to give a deep tissue massage in order to promote blood circulation and relaxation
- Wet (blood) hijama: This treatment includes the dry / fixed hijama but with small scratches under the vacuumed area to extract the toxic blood.
- Combination: this involves all the above types of hijama. This is the most effective treatment.

(Treatment session lasts 45 – 60 minutes including a consultation at first session)

WHICH HEALTH ISSUES CAN HIJAMA HELP?

Hijama therapy is an excellent way to detoxify the body. It can also help improve many health conditions. The following are a list of examples:

Gout

Hypertension

Weight loss

Thyroid issues

Arthritis

IBS

Heart Disease

Headaches/Migraines

Back/Neck pain

Constipation

Diabetes

Menopause issues

Tingling sensations

Depression

Infertility

Irregular periods, etc.

Testimonial:

“I feel more relaxed. The pains and aches in all my body have gone. Also my back acne has reduced”

(this client had aches and pains throughout her body, including headaches. She also suffered from acne)

Testimonial:

“Immediately afterwards there was not much change. But now two days later my shoulder is much, much better and I nearly have the same range of motion as my other arm”

(this client was suffering from frozen shoulder)

Hijama is NOT and SHOULD NOT be painful. It should feel like small scratches.
It is actually a fantastic experience on a physical, emotional, spiritual and mental level.

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Certified by Hijama Nation (accredited by the GRCTT)