



Hijama vs. Cupping: No Ijaaza, No Hijama **Understanding and Protecting the Ancient Art of** **Hijama Therapy**

James M. McConnell

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An instructional guide in the ancient art of hijama, also known as wet cupping and fire cupping, from the perspective of the prophetic medicine of Prophet Muhammad(saws), the prophet of Islam. An explanation of the health benefits of this traditional practice and the importance of proper authorization to perform this important Sunnah (example of the Prophet). We also speak to the modern day issues that may effect the practice of the Sunnah and the forces within our environment that effect our overall health.

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