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## **Connecting and correcting : a case study of Sami healers in Porsanger** Miller, B.H.

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## APPENDIX: A DAY OF CUPPING

The day, Saturday, 24 February 2007: A few days prior, Nils Anders Guttorm, telephoned Sigvald and told that he had been suffering from a headache, pain in his neck and shoulders. Sigvald had regularly treated Nils Anders for these complaints, which Sigvald considered stemmed from Nils Anders work as an electrician. Nils Anders arrived at Sigvald's home in the morning and they immediately proceeded to the cupping session that follows.

### The cupping session



*Diagnosis:  
Sigvald feeling "where there is a blockage."*



*Sigvald is "trying to find the pain", and then decides where to place the cups and how many cups to use.*



*The cup is first moistened to facilitate adhesion and is placed by creating suction. The skin becomes red through the suction and marks the location.*



*The 1<sup>st</sup> and 2<sup>nd</sup> cup are in place. Sigvald will make incisions only within the marked circle.*



*The 4<sup>th</sup> and final cup is being placed.*



*The 1<sup>st</sup> cup was removed, small incisions made, and the cup placed by creating suction. The 2<sup>nd</sup> location is being cut. Sigvald makes many small surface incisions, with a quick hammering motion.*



*The 4<sup>th</sup> location is being cut.*



*All cups are in place and drawing blood.*



*The top two cups are in place and have been drawing blood for about five minutes.*



*The 1<sup>st</sup> cup is removed.*

*Appendix: A day of cupping*



*Sigvald wipes away the blood and will rinse off the blood contained in the cup in a bowl of water.*



*Sigvald cuts the 1<sup>st</sup> location for the 2<sup>nd</sup> time, because the flow of blood was considered to be inadequate.*



*Placing the 1<sup>st</sup> cup for the 2<sup>nd</sup> time. Sigvald uses a pump he ordered from the internet.*



*Removing the 2<sup>nd</sup> cup. This location will be cut a 2<sup>nd</sup> time to increase the blood flow (as was done for the 1<sup>st</sup> location).*



*Placing the 2<sup>nd</sup> cup for the 2<sup>nd</sup> time.*



*All 4 cups in view and releasing the 3<sup>rd</sup> cup. The 3<sup>rd</sup> and 4<sup>th</sup> location received no extra incisions because Sigvald assessed that the flow of blood had been adequate.*



*Sigvald observes the blood.*



*Sigvald rinsing the cup in the bowl of water.*



*The blood in the bowl is observed for its behavior and consistency.*



*In view: paper towels, bowl, razor mounted on a plastic handle, pump, Sigvald and patient's back.*



*The top two cups drawing blood after approximately five minutes of the 2<sup>nd</sup> round of drawing blood.*



*Removing 2<sup>nd</sup> cup. It is rinsed in the bowl of water and replaced for the 3<sup>rd</sup> time.*



*Appendix: A day of cupping*



*The cups have been placed for the 4<sup>th</sup> time and are now drawing a more clear fluid by comparison to the earlier dark red blood. According to Sigvald it is the removal of this fluid that rids the patient of his pain.*



*Removing the 2<sup>nd</sup> cup. The clear fluid is visible on the skin surface.*



*Sigvald's assortment of cups.*



*All cups have been removed for the last time.*



*Sigvald places his hands to close the cuts and give completion to the session.*



*Sigvald's hands on Nils Anders' neck, giving completion.*



*Nils Anders thanks Sigvald.*



*After the cupping session; drinking coffee together in the kitchen.*



*New patient*  
*In the afternoon a new patient arrives, Bjørn, together with her neighbors who had advised her to consult Sigvald. Bjørn has extensive eczema. Coffee is first served for everyone, and after some time Sigvald and Bjørn retreat to a warmed area where Sigvald cups her hands. Afterwards, Sigvald suggested that she assess the results and decide whether to continue monthly cupping.*



*The goat horn cups in Sigvald's possession. Bjørn mentioned that her grandmother from Rolfsøya had cupped with horn cups, and Sigvald showed her those he had.*