



Moxibustion Guide

Moxibustion or Moxa for short is the practice of burning mugwort leaf in order to warm acupoints and facilitate healing. For ease of use the finest part of the mugwort leaf is compressed into a cigar-like roll or stick. The Moxa stick is then lit and held over the acupoint.

Moxa at Home

To begin place a towel under the area being treated and set a small ceramic or glass dish to one side.

Light one end of the Moxa stick with a lighter or if using smokeless Moxa, hold over a gas stove hob.

Hold the stick with the lit end over the acupoint maintaining a distance of about a centimeter so that there is never any direct contact with the skin.

As the point becomes warm, briefly lift the stick away before returning it to the original position. This is known as the Pecking Technique. There should be no uncomfortably hot sensations and definitely no burning!

Any ash that forms on the end of the stick can be gently brushed off into the small dish so that the Moxa stick remains hot.

When treatment has finished, place the Moxa stick in a glass jar with the lid screwed on firmly so that the Moxa stick is deprived of oxygen and cannot continue to burn.

Moxa for Wellbeing

Moxa is a useful way to continue your treatment at home. Your practitioner will provide you with location notes and details to suit the needs of your body. Moxa each point for minimum of 10mins per day if possible or as your practitioner has recommended.

Moxa for Breech Babies



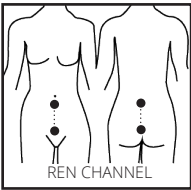
The main therapeutic point used to turn a breech or posterior baby, Zhi Yin, is found on the outside edge of the little toe, by the corner of the nail. Moxa this point for 20 minutes on each foot in the evenings if possible.

Moxa for Induction



San Yin Jiao is located a hand-width up from the top of the ankle bone, this area will often be tender when pushed. Moxa at this point aims to stimulate oxytocin production to help dilate the cervix.

Moxa for Mother Warming



Mother Warming is a treatment best performed 4 days post birth as long as your not suffering from excessive sweating.

Begin by running the Moxa stick along the mid line between the bellybutton and the pubic bone for 5 – 10 minutes or until you feel pleasantly warm. Repeat along the spine, from the bottom of the sacrum to the small of the back, mirroring the front line.

This treatment is used post-birth to replenish energy and Qi, and help the uterus to contract.

Moxa for Breastfeeding



Shao Ze is located on the outside edge of the little finger, by the top corner of the nail. Moxa this point for 5 - 10 mins once a day when needed. This point will increase the blood flow, if lactation is stagnated on the left you would moxa the left hand.