

MOXIBUSTION

For thousands of years Moxibustion has been used in Asia to promote healing. It reduces pain and inflammation, warms the body and strengthens the immune system. Moxa is made out of the herb, Chinese Mugwort. It is the combination of the properties of the herb itself, plus the action of the heat that promotes healing. There are many forms of moxa. The easiest is the smokeless stick.

You can get them [HERE](#) at my [Favorites-MOXA](#) or at other retailers.



The stick is lit and held over various parts of the body., we will use the smokeless moxa stick on ourselves and others. Here are some good sites for more information:

<https://northseaforme.com/resources/UsingMoxa2.pdf>

<https://www.takingcharge.csh.umn.edu/explore-healing-practices/moxibustion>

Turning a breech baby: <http://ajoyfuldoula.com/guidelines-for-using-moxa>

1. Moxa releases blockages by warming & gently moving the Qi. The body heals itself as the flow of Qi is restored. You may use it on acupressure points to do specific functions. See acupressure class notes, or look online for acupressure points for the condition you want to treat.
2. You will need a heat resistant bowl or plate (like an ashtray), a candle, a lighter or matches and either a sand filled small jar, or a 8x8 inch piece of aluminum foil to extinguish it.
3. Light a candle and light one end of the stick. It doesn't matter which end, just use the same side each time. It may take up to 5 minutes to fully light it. Blow on it gently every so often to increase the embers. It should be glowing red all over the end when it's ready.
4. Go over and above the skin where you want to focus on. It should feel warm but not hot. Adjust how far away you are or how much you move it to create the right temperature. Do it about 10 -15 minutes, as often as you like. Tap on the end frequently to keep it hot, and to prevent the ashes from falling off. Use the ashtray for that.
5. Do not moxa on open wounds, or on anyone not able to feel the heat. Do not moxa the abdomen of pregnant women. Don't use it if you are worse with heat.

1. **Pain reduction:** Use moxa where ever there is pain. Always go above and/or below the painful areas, and on both sides. You may moxa Large Intestine 4 to increase pain reduction regardless of the area that's affected It is especially helpful on hands & feet for arthritis & neuropathy.
2. **Digestive system balancing:** Moxa around the whole abdomen, starting at the belly button. It should feel good. Also moxa Stomach 36 and Spleen 6 and Liver 3.
3. **Immune System balancing:** The protocol listed above for digestion balancing is also great for the immune system & energy.
4. **Scar treatment:** Use on the scar about 10 minutes each day to improve heal the scar & increase circulation in the whole body.
5. **Turn a breech baby:** Consult your midwife or Dr. before doing anything! But this is a powerful and fast way to prevent a breech birth! Moxa Urinary Bladder 67 for 10 minutes twice a day until the baby has turned. This is done between 35 & 40 weeks.