

Using Moxabustion At Home



There are many reasons for using moxa at home: breech baby presentation, immune support, digestive health improvement, placenta previa or prolapse of some kind, chronic fatigue, fertility support, low amniotic fluid, shingles pain and more.

Procedure

- Fill the bottom of a small glass container with sand, salt or rice. You will extinguish the moxa pole in here when done, NOT with water.
- Light one end of the moxa pole with: a candle, a gas flame on the stove, a torch lighter. A standard lighter or match will get too hot, it's takes a few minutes to become fully lit. Occasionally blow on the lit end until the entire end is glowing orange.
- Periodically and gently scrape the ash off the end of the moxa pole on the edge of the glass container.
- Hold the moxa pole close to your skin/the acu point and use a “pecking” motion to be able to tolerate the heat over a period of time.
- Be gentle with your moxa pole, it is brittle in nature and can develop cracks if knocked against something hard. Cracks can result in a small burning chunk of the moxa pole breaking off while using it, and this would be startling and a bummer. A moxa pole cleanly broken in half is fine to use.

Breech Presentation

1-2x/day apply moxa to the outside corner of the baby toes (acu point Bladder 67) for 10-20 minutes at a time. Consider doing gentle inversions prior to using the moxa (www.spinningbabies.com), and squats or hip circles afterwards. Tradition protocol directs to use moxa for 10 days in a row. If the baby turns during that time you could cease using the moxa and tie a sheet or scarf over the top of the belly to help hold baby in position. There is also thought that continued moxa use can help to “secure” the baby into a good position.

Digestive support / Immune support / Chronic fatigue / Fertility support

1-2x/day apply moxa to (acu point Stomach 36) the lateral side of the shin about 1 inch below the knee cap, as well as over the low belly using an “ironing motion”, for 10 minutes at a time.

Placenta previa / Chronic fatigue / Fertility support / Immune support

1-2x/day apply moxa to (acu point Du Mai 20) the top most part of the head, for 10 minutes at a time. Ideally someone else can help you with this, use one hand to hold the hair down and out of the way, the other hand to make pecking motions with the moxa pole.

Low amniotic fluid

1-2x/day apply moxa to (acu point Stomach 36) the lateral side of the shin about 1 inch below the knee cap, for 10 minutes at a time.

Shingles pain

1-2x/day apply moxa to the area of pain, for 10 minutes at a time.

**If you have questions about your at home use of moxabustion:
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