



DIY MOXA

a guide to using stick-on moxibustion



WHAT IS MOXABUSTION? (AKA MOXA)

Moxa is a form of processed mugwort, that's used in a variety of ways during an acupuncture treatment to support the bodies healing mechanisms. For the purpose of this text, we will be explaining the use of “stick-on Moxa” for at home care.

How does it work?

Moxa is used to warm the area being treated, bringing fresh blood circulation, carrying oxygen and nutrients to the site of healing. It's typically used to stimulate acupuncture points, with heat instead of a needle, or burned liberally over areas of pain and tension such as aches, sprains, abdominal cramps, tight muscles and fascia.





WHAT IS MOXA?

What are the benefits?

Some studies show that moxa heat emits infra red waves, that can penetrate deeply into tissues, beyond the surface of the skin.

Additionally there have been many studies on its efficacy for boosting immune function, inducing a parasympathetic response in the ANS (rest & digest) and speeding recovery of healing tissues.

What can moxa treat?

Much like stimulating acupuncture points with a needle, stimulating them with moxa can treat a wide variety of concerns. Common conditions: aches, sprains, fractures, muscle tension, stress and anxiety, digestion, fertility, fatigue, menses cramps, immune & autoimmune support and most famously - turning breech babies!





HOW TO:

What you need:

A pack of stick-on Moxa

A small cup or bowl of water for extinguishing

A lighter or candle

How to use:

- make sure the skin of the acupuncture points you want to moxa are clean and dry. (If the skin has considerable body hair you should test the adhesive before lighting.)
- remove the sticker backing from your moxa piece and light the end with a lighter or candle
- stick the Moxa piece on your acupuncture point
- let the moxa burn until you feel an increasing warmth
- enjoy the soothing heat sensation
- remove when the heat becomes uncomfortable by quickly removing the moxa and placing in the cup of water to extinguish
- repeat on each point 2-4 times

How frequent?

Stick on moxa can be administered daily






HOW TO:

Safety

-since you are working with a burning herb there is always a chance of burns. Monitor your stick on moxa closely while it is burning and always extinguish in water. -stick on moxa should not be applied on the face, broken skin or over burns/heat rashes.

Considerations

Moxa produces a considerable amount of smoke. Open a window if possible. The smoke has no adverse health considerations and in fact some studies show, the smoke actually benefits the lungs. However, it will make your clothes, hair, and room smell like the herb.



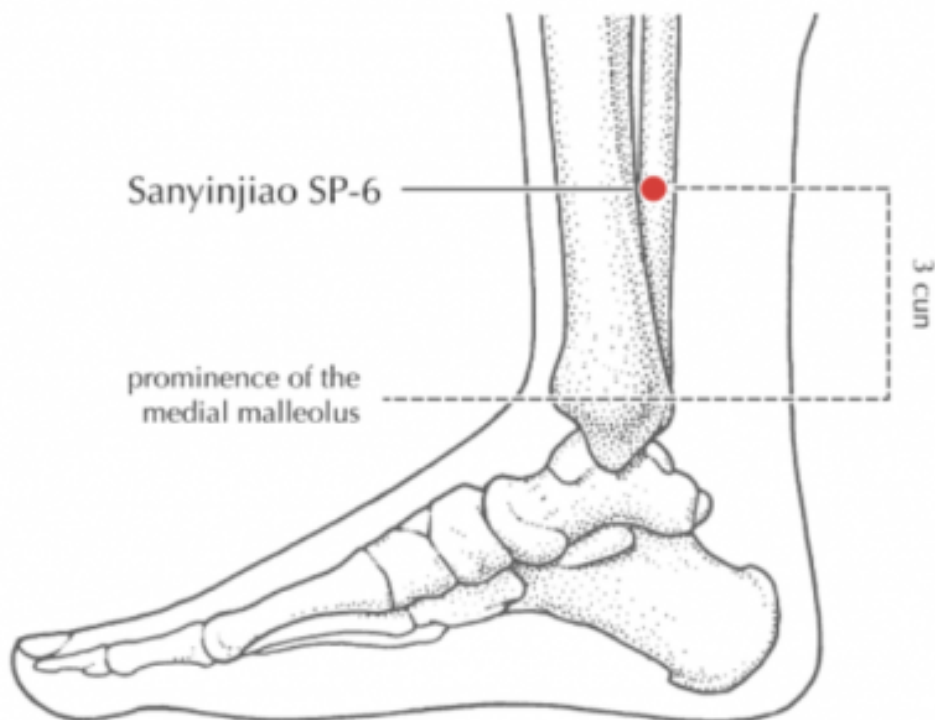
POINTS:

St 36 - The most important point to moxa for overall wellness. It is stated in many classic texts to moxa this point everyday for health and longevity. It's great for energy, any illness, knee problems, digestion issues, poor memory, any stage of pregnancy & fertility.



POINTS:

Sp 6 - A great multifunctional point used to support general health of the spleen, liver and kidney. This is an important point for insomnia, anxiety, menstrual and GYN issues, cramps, anemia, and cervical ripening for labour.

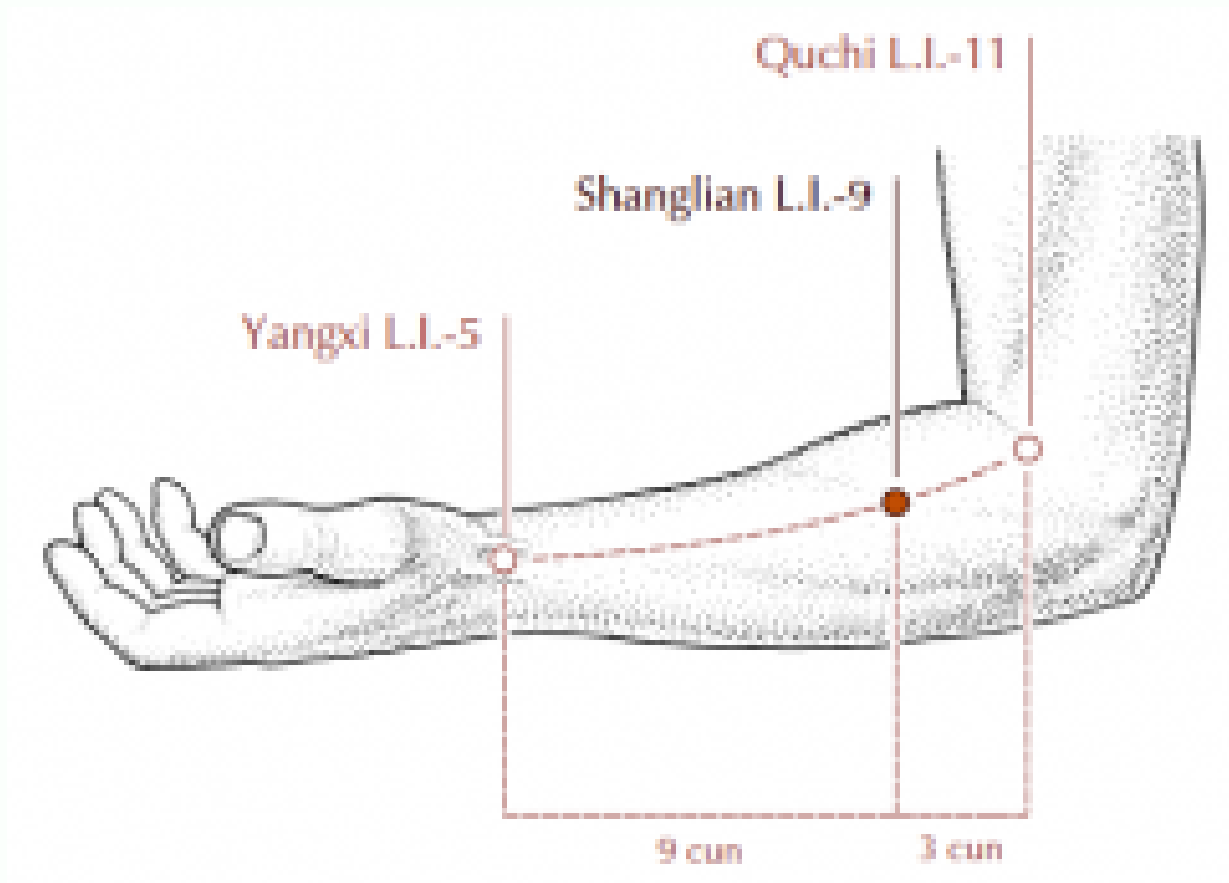


*do not use before 38 weeks in pregnancy



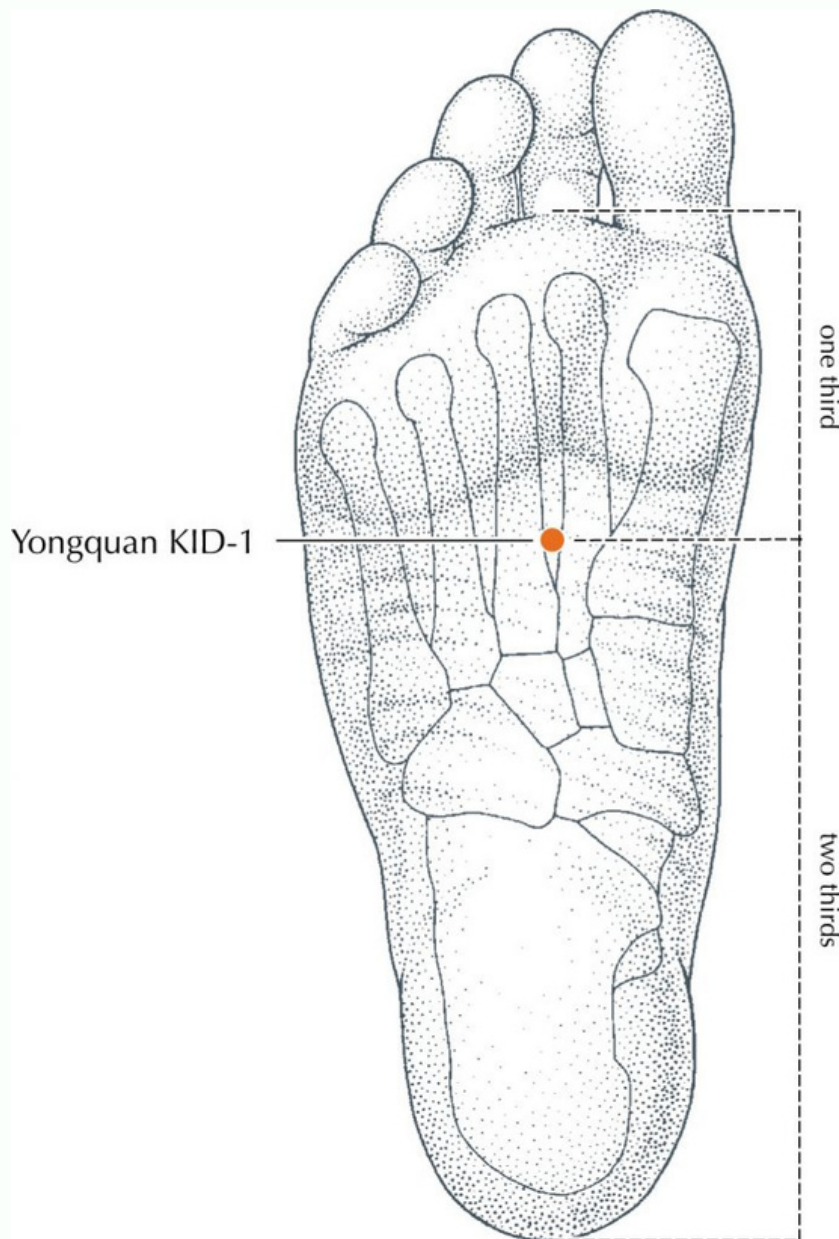
POINTS:

Immune points - Find the tender points between li11 & li9. these are helpful for boosting immune function, allergies, autoimmune, acute illness & prevention.



POINTS:

KD 1 - This point helps strengthen kidney energy, & adrenals. It's grounding, good for anxiety, depression, fear, headaches, dizziness, vertigo, & low back pain,



POINTS:

BL 67 - Famous for turning breech babies. Best practice is to moxa this point on both feet for 20 mins each every day.

