

DIY MOXA

a guide to using stick 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 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 stick of moxa

A small dish for ash

A screw top jar filled 1/2 inch with rice, salt or sand - to extinguish and store the stick when done

A lighter or candle

How to use:

Light one end of the moxa stick with a lighter or candle.

You want the entire diameter of the stick to be sufficiently lit for treatment.

Hold the stick over the point or surface of the area being treated. You want the area to feel warm but not uncomfortable. You can wave the stick (like a magic wand!) making small passes over the area. Or use a pecking motion to move in and out over the point without touching the skin.


While the moxa is lit, make sure to ash the stick regularly to ensure even and optimal heat.

How long?

Stimulate each point with the heat for about 5 minutes.

Moxa should ideally be performed once a day.

If you are using Moxa to turn a breech baby, 20 minutes daily is recommended on each side (pg.11)






HOW TO:

Safety

Never leave a burning moxa stick unattended. Be diligent when extinguishing after use, as the ember can sometimes burn inside the stick when it appears to be out. Store the extinguished stick in a glass mason jar with the lid sealed tightly to prevent re-ignition. De-ash regularly while applying the moxa. If doing moxa over areas with reduced sensation (neuropathy, nerve damage, etc) test the skin temperature with a finger regularly during the application to avoid a burn.

Considerations

Moxa sticks produce 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.



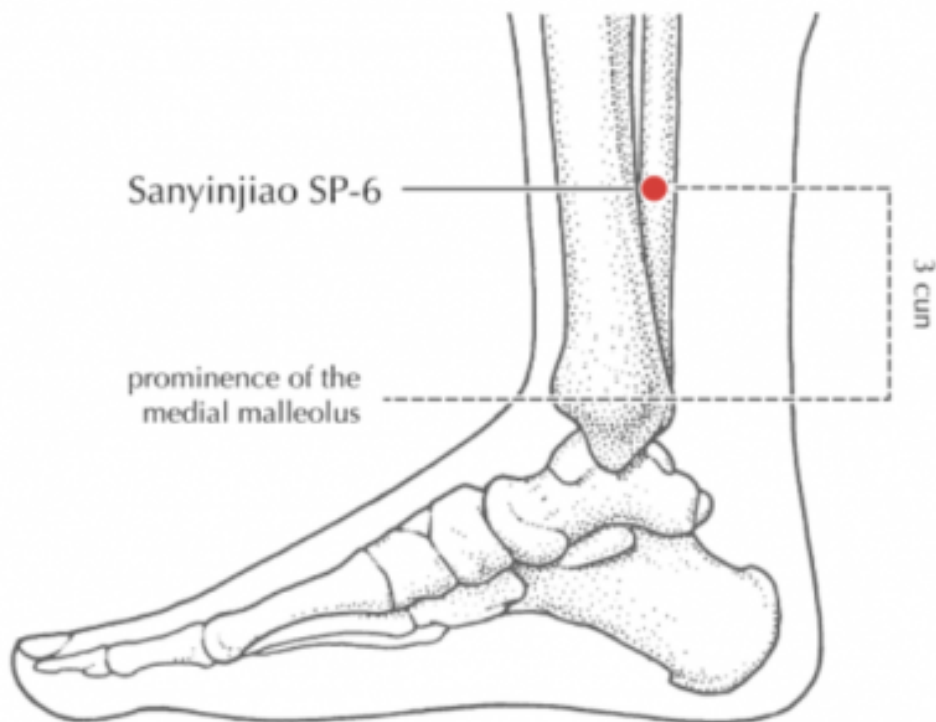
POINTS:

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.



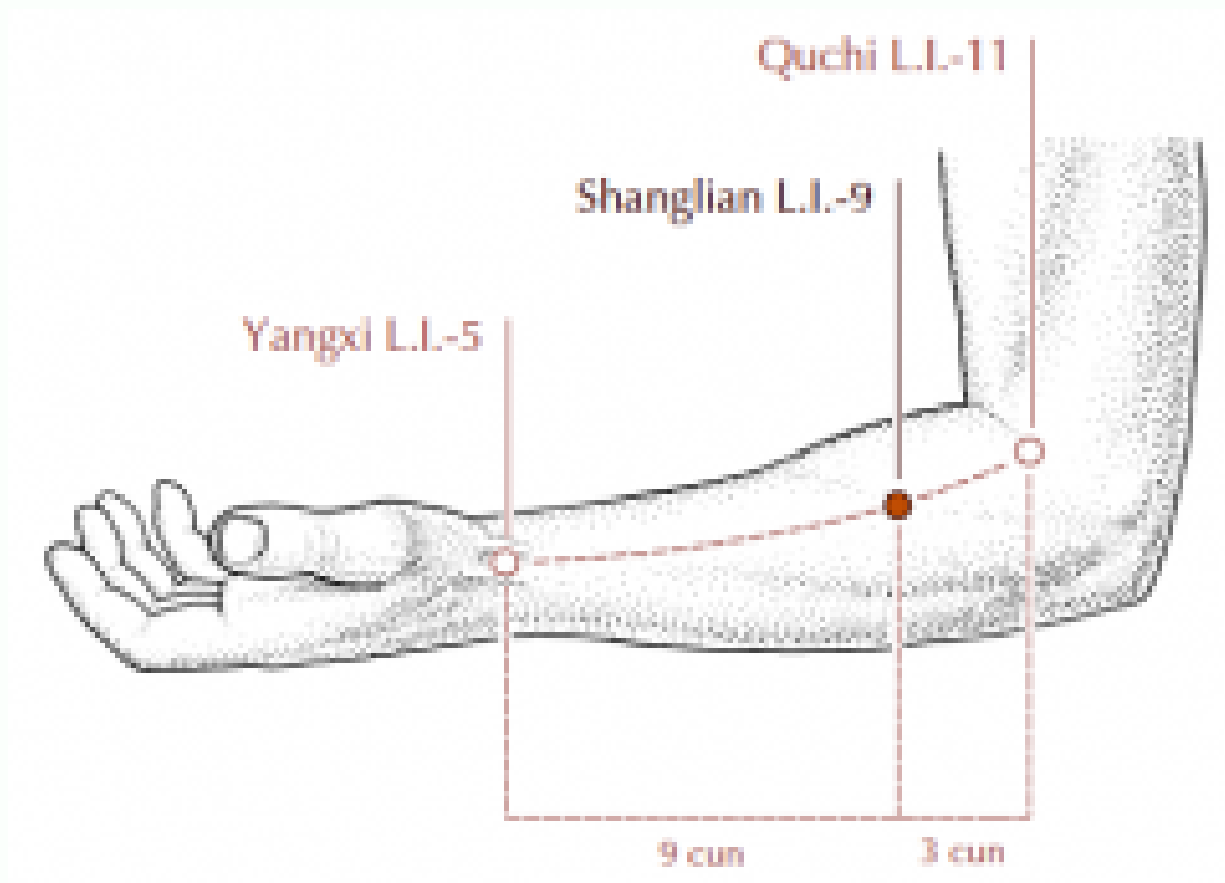
POINTS:

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.



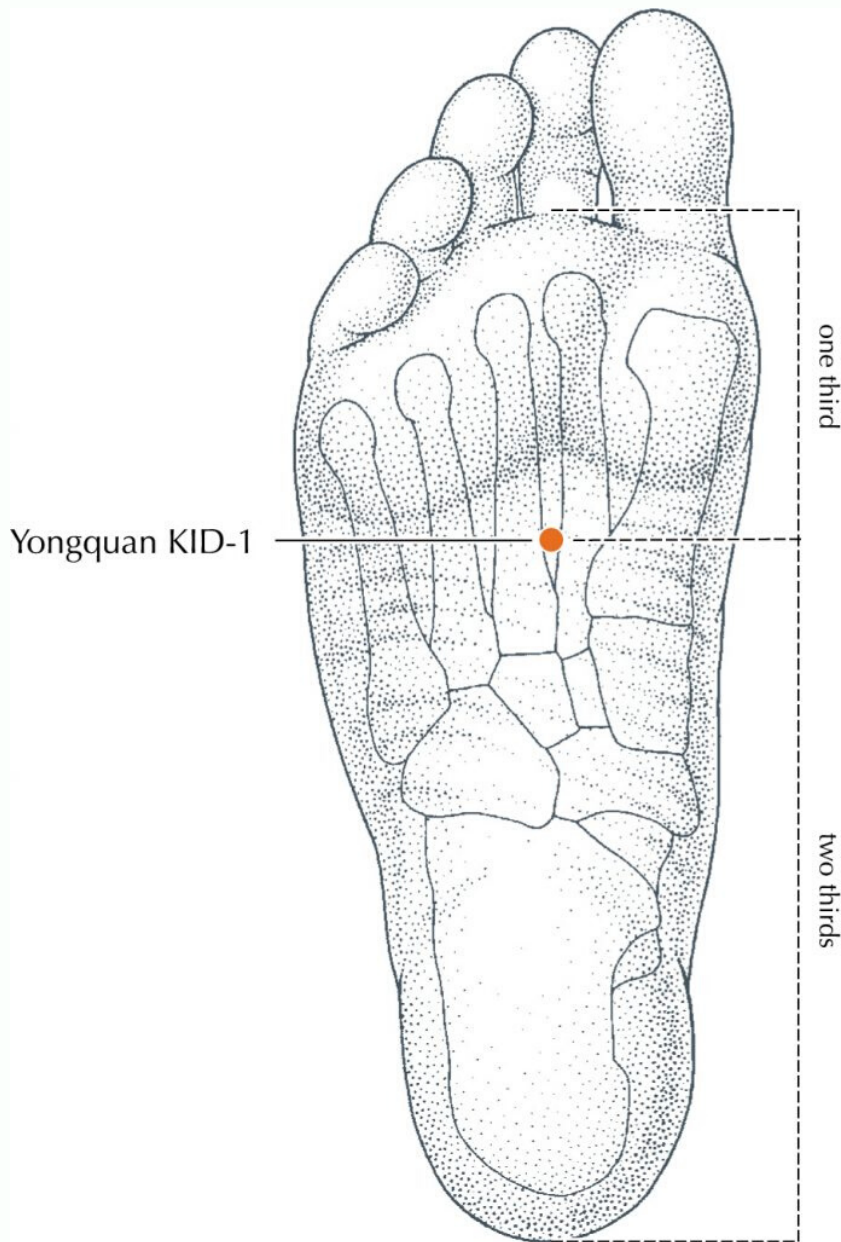
POINTS:

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.

