



*Safe & Effective Pregnancy Support. Naturally.*

## **Moxa for Breech Presentation**

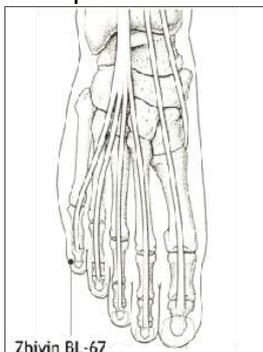
### **You will need:**

- a cigarette lighter
- an ashtray, or a ceramic bowl or cup
- a towel to place under the feet
- a screw-top jar

Moxibustion (moxa) has been a major part of traditional Chinese medical treatments for over 2000 years. The word for acupuncture in Chinese is *zhen jiu*, literally translated as "needle moxa". The moxa sticks you have been given as part of your treatment for Breech Presentation is moxa compressed into a cigarette-like roll that makes it easy to use at home. You can read more about moxa and research on breech on our website: [www.redtent.com.au](http://www.redtent.com.au)

### **How to use your moxa sticks**

- 1) Light the moxa stick with the lighter or hold over a candle flame. Ensure that the whole end of the stick is glowing red evenly. This may take several minutes.
- 2) Hold the lit end over the point known as BL-67, 1-2cm away from the corner of the little pinky toe (see diagram). The stick should never touch the skin. The distance between the stick and the toe should be just at the edge of what is comfortable. When the woman feels a burning sensation the stick is too close to the skin, so move a little further away, until it is just on the edge of being pleasantly warm. Often the skin becomes a little pinkish. This is fine, however don't push too far into any discomfort.



- 3) Keep holding the stick over both sides of the feet for 20 minutes.
- 4) Ash regularly into your ashtray or ceramic bowl or cup.
- 5) If no heat can be felt from the stick, check that it is still lit by holding it a couple of centimetres away from the back of your hand. NEVER touch the end of the stick even if it doesn't appear to be alight. Relight the moxa if needed.

- 6) When treatment has finished, place the moxa stick in a glass jar and firmly screw the lid on. This way, the fire is deprived of oxygen and cannot continue to burn. The moxa stick can then be easily relit for repeated treatments.