



# Red Tent

## HEALTH CENTRE

*Safe & Effective Pregnancy Support. Naturally.*

### **Moxibustion for Fatigue**

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 we provide as part of our treatment for fatigue 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/therapies/acupuncture/#moxibustion](http://www.redtent.com.au/therapies/acupuncture/#moxibustion)

#### **You will need:**

- a cigarette lighter or matches and a candle
- an ashtray, or a ceramic bowl or cup
- a screw-top jar
- a moxa stick

#### **Location of ST-36 to moxa for Fatigue:**

One of her hands width down (four fingers) from the inferior border of the patella. This point lies about one thumb's width from the lateral aspect of the crest of the tibia.



**Used for:** To reduce fatigue, improve a low appetite and constipation when the gastric juices are NOT already over-flowing. So if your client has reflux, it's best to avoid this point, but if they don't, it's a winner.

### **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. Blow on the lit end to help this process. This should take a minute or two.

2) Hold the lit end over the point ST-36 (see photo for location), 3-5cm away from the point. The stick should never touch the skin. The distance between the stick and the point should give a gentle warming heat sensation that feels pleasant. When the woman feels a burning sensation the stick is too close to the skin, so move a little further away, until it feels right again. Often the skin becomes a little pinkish. This is fine, however it should not be painful or uncomfortable.

3) Keep holding the stick over both sides for 5 minutes. You can do both at the same time or one after the other, up to you.

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. Re-light the moxa if needed.

6) When treatment has finished, wrap the end of the stick with foil and 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.

Repeat this procedure for 5 days. Have a couple of days off then you may wish to do another round depending on your change in energy levels.

Moxa sticks with instructions can be purchased through Red Tent.