



Safe & Effective Pregnancy Support. Naturally.

Moxibustion for Swelling

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 swelling 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

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



SP-9 (Inner Leg)

Location: This point is found on the medial aspect of the lower leg, in a depression formed by the medial condyle of the tibia and the posterior border of the tibia. Run your finger up the lower edge of the tibia towards the inner knee, it will fall into a depression before you get to the knee and this is often very sore. That's the point.



KI-7 (Just Above Ankle)

Location: First find the depression between the medial ankle and the Achilles tendon, then move 2 cun upwards. It is found on the anterior boarder of the Achilles tendon.

Used for:

Together these points are a powerful combination to help move fluid effectively in the body so it isn't pooling around the lower legs and ankles.

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 points SP-9 and KD-7, 3-5cm away from the point (see photos for locations, do one point at a time by yourself, if you have a partner to help you can do more than one at a time). 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) Hold the stick over each point for 5 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. 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 the changes in swelling symptoms.