

Moxibustion (Moxa)

Moxibustion, or Moxa, is a simple heat therapy using the herb Mugwort to warm up an area of the body, stimulating circulation, relaxing muscles, and nourishing the blood. Using a moxa stick (similar to a cigar or incense stick) is an Indirect method of moxibustion that does not actually touch the body and is simple to do at home. It has been recommended as an adjunct to your acupuncture treatment. Follow the guidelines suggested by your practitioner for which areas of your body you should apply moxa heat and how long and often it should be applied. Carefully review the instructions outlined below before using the moxa pole.

If you have any questions, please call us at (585) 210-6794.

Using a sustained flame from a kitchen torch, candle, or gas stove, light the moxa stick by holding the end in the flame until the top begins to glow red. It is difficult to light a moxa pole with matches or a lighter, as one needs a steady flame. It may take a moment or two to light the moxa pole. If you blow on the lit end and it glows red, it is lit.

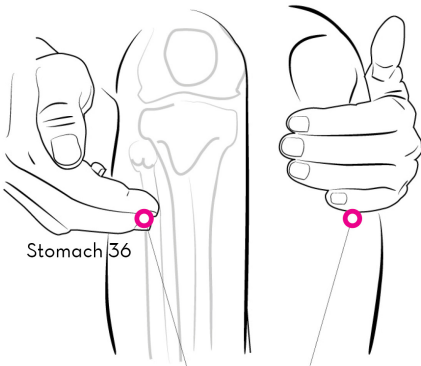
When applying moxibustion heat to the specified area of the body, keep the tip of the pole at least ½-1 inch away from the surface of the skin. If the pole is held too close to the body or for too long a period of time, a blister could form. Blisters should be treated immediately with a burn ointment. While burning the moxa pole, the ash should be tapped off the tip periodically to maintain a sufficient level of heat to penetrate the body. To remove the ash, twist the pole around the edge of an ashtray or tap it on the side.

Heat from moxibustion should be applied to the body until the skin becomes pinker or feels sufficiently warmed, which often takes 5-10 minutes.

To extinguish the moxa pole, place the hot end in a ceramic mug or ashtray that has 1-2 inches of salt poured into it - enough to bury the hot part. Once extinguished, place aluminum foil around the ignited end. If you will be using the pole again, do not place it in water. Be sure the moxa pole has been completely extinguished before leaving it unattended.

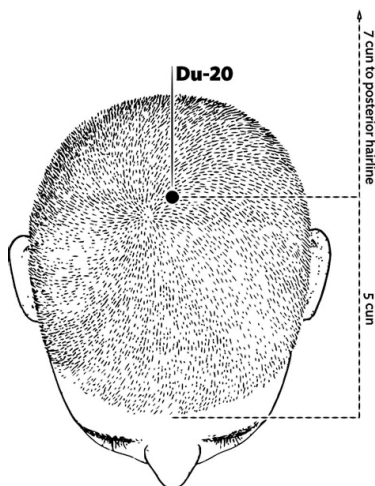
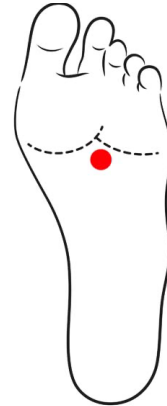
***See back for common points to use Moxibustion.**

Common Points for Moxibustion



Stomach 36: Digestive support, immune and energy boosting,

Kidney 1: Grounding, most Yin point of the body. Pulls energy/Qi/Yang downwards when it is rising (which can manifest as high blood pressure, headaches, tinnitis, anger, anxiety, etc...). Traditional to do in the Springtime to boost immunity.

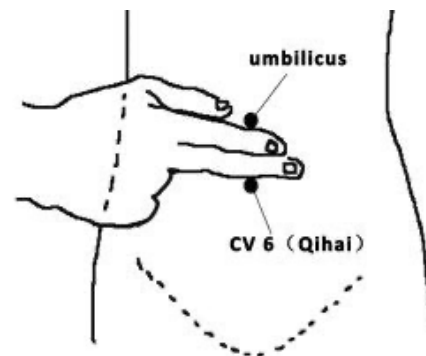


Du/Governing Vessel 20: Raises the Yang, lifts energy. Wakes you up, clears the mind, supports fetus (for threatened miscarriages), calms the Spirit

Ren 8: (umbilicus) - stops diarrhea, warms the body, strengthens the Spleen, boosts Qi

Ren 6: Strengthens and Lifts Qi and Yang, strengthens Kidneys, regulates Qi and Blood

Anywhere it hurts on lower abdomen for menstrual or digestive cramping



Moxa is great first aid also for Bruising, Edema, and healing stages of injuries such as sprains/strains and fractures (not immediately after injury when still hot and swollen. After the first 4-8 hours it can help reduced the swelling)