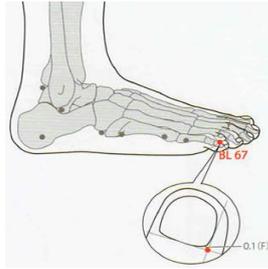


Moxibustion (Moxa) For Breech / Posterior / Transverse Babies



A Moxa stick comprises the wool of the underside of Mugwort leaves. Moxa comes in many different forms, most commonly it is tightly wound to form a cigar-like roll. The word 'Moxa' is a bastardization of the Japanese word *mokusa*, which literally means "burning herb" or "needle moxa"

To Begin You Will Need:

- Moxa sticks
- Ashtray
- Some foil (to wrap around the burning end, as a candle snuffer) or a cup of dry sand/salt (to submerge the burning stick in) or a glass screw-top jar (place the burning stick inside and seal) – for extinguishing the Moxa when you have finished. Never wet it. It will take forever to get it alight for your next session

For Your Session:

1. Locate Zhiyin BL67  ..on the bottom outside corner of your little toenail
2. Light your Moxa stick either with a gas flame or candle – it may take up to a minute to light fully
3. Hold the glowing end of the Moxa stick as close as you can to Zhiyin BL67. We need it to feel 'cozily hot', not just warm. Never so hot that it burns the skin, **there is never any direct contact with the skin**. Find the 'fine line' between 'more than warm' and 'not burning', and maintain the stick at this distance from the skin. Of course the stick will need to be ashed from time to time to ensure none falls on the skin. Focus your minds eye, your full attention on what you are doing

Treatment Duration: Each Acupuncture point should be Moxa'd in this way for 20 minutes for Breech (15 mins for Posterior/Transverse) twice daily. For this reason, because they feel time-challenged, some people prefer to Moxa two points simultaneously, hence the photo above. It is probably preferable however to be passive during these sessions and lying on your side propped comfortably with pillows with a volunteer applying the Moxa for you. Either way, being relaxed is a priority. Most babies seem to change into the correct position when mum is relaxed. Repeat this procedure for up to 10 days (2x p/day) or until bubs position has corrected

Suggestions To Assist Turning Your Baby:

- Delegate. As much as you can. We need your tummy muscles to soften and relax. Rest with your hands on lower belly. Have a conversation with bub about moving into the correct position
- Avoid eating or drinking anything cold from the fridge or freezer, limit raw salad vegetables & limit fruit – for the duration of your treatment
- Use gravity – for **Posterior**: spend 5-10 minutes, 2-3 x per day on your hands & knees, doing movements that rock and roll the pelvis. For **Breech**: spend 20 minutes 2x per day on hands & knees, lower elbows & head to the floors that your pelvis is higher than your shoulders & relax with deep breathing in this position

We would love to hear your results: info@houseoffertilityandhealing.com.au

