

Moxa

Usage:

***Practical and safe, effective
home remedies for health
restoration***

by

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Disclaimer

For educational use only if you choose to follow what I have outlined here, please do so having paid attention to all cautions and follow exactly what is expected.

- *This work is based on my nearly 40 years of being a 'moxa queen' in my acupuncture clinic. (The word for acupuncture in Chinese means 'needles-moxa').*
- *In sharing the use of such an amazing tool with you I do expect you to exercise caution.*
- *Moxa is a profound healing substance.*
- *Used with caution, moxa may be your dream helper.*
- *Please be aware that it is to only be burning a minimum of 3 minutes on the sacral moxa fan – a little is fine - a lot may have undesired consequences.*

Moderation and respect for life in all things.

Cautions . . .

- *Using moxa as well as being a profoundly relaxing and healing tool is also a smoky exercise – be aware of the presence of smoke detectors.*
- *Some may be allergic/sensitive to smoke.*
- *Hence we go outside, or use the smoking moxa stage outdoors.*
- *Thus we may get more cold penetrating - so again - vigilance.*
- *It is burning. Be aware of putting it out properly.*
- *Fires may start if you assume that it is out – it smolders.*
- *It can burn the skin – be mindful always of what you are doing. As an example, a diabetic may not be able to feel their skin and tell you when it feels hot.*
- ***If it does not feel good – don't***
- *This is a home remedies course and is to be used as such.*
- *It can show you found changes and how to achieve them*
- *It is your life. Your body may have other ideas.*
- *Please note - I am not providing medical information: this is all educational. Health education which you use accordingly*
- *All responsibility needs to be taken as you ARE literally playing with fire.*
- *You may also have found that hoping all will get better by itself may not be working for you.*
- *Paying attention to your own body and its needs may completely turn all apparent problems around.*



Home remedies

- *Have stood the test of time*
- *Have been passed down often for millennia*
- *May seem to be unproven' in today's word of academic 'gold standards' – why even the need?*
- *(One paradigm judging another is not logical)*
- *We can't keep waiting for someone to tell us how to think*
- *Use it all and see what good comes of it – or ignore – all up to you.*
- *This is the sum of my last 40 years of work and I know it can help all – try it and see. . .*

Simple Natural Solutions

- *Bodies heal, when give the opportunity.*
- *Health comes from following what your body needs.*
- *You may need to check that any changes you make are in line with the season and what is happening for your body – it will always try to return to the normal settings ('default'/blueprint).*
- *If you choose to use the therapeutic information within, I will not be held responsible for any deviations from the script.*
- *Or any unforeseen occurrences.*

Please find yourself a respected natural health care professional for your individualized face to face needs.

Who is the authority?

- *What the elders knew in all cultures has been usurped by what is now written and apparently found to be 'true' through 'evidence' and various scientific ways – yet – what used to work still does.*
- *You may have been thwarted in your own healing through seeing that (especially when you go asking awkward questions) that most medical work states 'we don't know' and 'more study needed'.*
- *If we go back to when people DID know - at least what to do/not to do and see how much change you can affect in your own lives and health.*
- *By assisting your body to work, all flows again.*
- *If it works – it works.*
- *Who cares how? Placebo? ("I will help")*
- *Better than no-cebo. (opposite to placebo – "I will harm")*

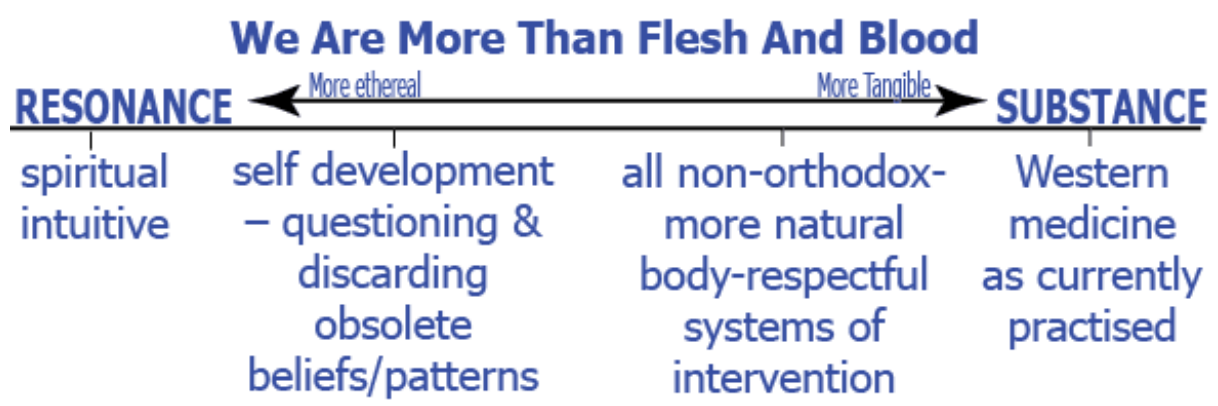
Nature always is there to heal



What do we want?

- Usually freedom from suffering spurs us on.
- You are here possibly as far, as the orthodox world may have not given you answers.
- I suggest that your suspending judgment and seeing what else is out there may give you a very different result than what you have had until now.
- Maybe start with:
 - “What is a person?”
 - “What is health?”
 - “Why does it hurt?”

We might choose to ask questions



*We all know that there is something more than our bodies at work.
Acupuncture theory/energy medicine shows us the relationships all have within*

Definition of health

- *Ability of the body to adapt to change*
- *(On all levels to respond to change, and to keep itself within homeostasis)*

Start at the beginning

What drives the physical – gives it instructions?

Here we go into the energy model of acupuncture to explain how the body works – and how you can assist it heal itself.

- *Yang Qi – digestion, circulation*
- *Support Three Heaters (digestion/circulation of all Qi/ Blood and body fluids)*

Why choose moxa?

- *It has been used for centuries for health improvement.*
- *Moxa relaxes and rejuvenates*
- *A wonderful form of self-help and self-empowerment*
- *Home help: totally safe and effective*
- *It is cheap – a moxa stick lasts forever (only use it for a maximum of 3 minutes each session).*
- *All can feel more useful, strengthening intimacy bonds: allowing all to have faith in being able to heal yourself.*
- *If pre-birth – wondrous preparation for easy later pregnancy and birthing.*
- *For all - In allaying all back and general pain issues.*
- *More than this, you can undo decades of structural stiffness*
- *Also to strengthen the body, digestive and health concerns.*
- *Especially wonderful for improving circulation to the pelvis when applied to the sacrum and carefully tended.*
- *Soothing and calming*

Moxa Use

- “Today it is commonly said that moxibustion strengthens the Qi and Yang, moves the Qi and Blood, warms cold and dries damp” (Willcox 2009)
- “Moxa penetrates to the channel level, promoting Qi and Blood movement, removing stasis, (stagnation) warming cold, elevating yang and drying cold damp” (Abbate, 2006).
- ‘By improving circulation, pain is relieved’. (Flaws, 2005).
- In my extensive near 40 years of using moxa, I have found it often more useful than needling in many depleted exhausted people.
- ‘It provides a penetrating soothing warmth that lingers”. (Heather, 2016)

English usage

Culpepper’s mentions it:

Many uses including a poor man’s tea – it grows by the sides of the road and up to 3 feet tall.

Distinctive silvery purple leaves.



Artemisia garden



European Artemisia



- <https://www.richters.com/show.cgi?page=HerbOfTheYear/2014artemisia.html>
- Most well-known is the culinary French herb tarragon
- Absinthe (French word for wormwood) and vermouth (German word for wormwood) are alcoholic beverages.
- Wormwoods hold aromatic oils.
Used extensively as a vermifuge (hence named)
- All smudging sticks (white sage) are wormwoods

Originating Experiences

- *Some of us always were marked for difference.*
- *Even as a small child I wanted to know ‘why?’ more than others seemed to need to know*
- *My focus was always maternity being a new mum when starting Acupuncture College.*
- *Then 38 years working with pregnancy and acupuncture in a specialised urban Brisbane practice.*
- *(Initially discovering that what was published did not touch my own personal maternal experiences or those of my patients).*
- *My recent extensive experience in improving health and maternal outcomes in a closed community of Christian women in NZ (no contraception used - all expecting at least 12 babies each.*
- *As we all would have without contraception accessibility in times past. This has shown me just how astonishingly life renewing the powerful plant moxa is, and following what nature needs can be.*

Acupuncturists have many uses for moxa – here are some:

- *As a standalone entire session in itself (instead of needles)*
- *As well as normal session – maybe also needles*
- *Often as a stick/pole and moved over areas – as the sacral moxa fan shown below.*
- *Held over the points, held on the needles*
- *Through the use of a ‘tiger warmer’*
- *On needles (to enhance the effect): seen below*

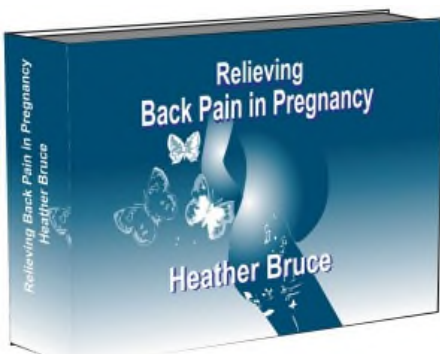
As a small amount on a needle



Evolution of moxa on back pain

- *Having been an active 'moxa queen' for decades, it was an obvious side step for the pre-natal work I was developing.*
- *Before 2004, when training dads to help in birthing, with the massage and deep pressure I was suggesting, hurt.*
- *Using moxa meant the pain in the preparation sessions eased right back – often to none felt.*
- *Side effects? Besides soothing warmth and better sleeps?*
- *Back pain gone, mum relaxed, baby repositioned.*
- *Subsequently, I discovered that anyone with back ache/sciatica was substantially helped.*
- *Just by using the sacral moxa fan (see Moxa Sacral Fan on page 23)*

Back pain so easily remedied...



3 simple steps... Moxa is one of them

How does burning moxa work?

- *The fragrant oils penetrate deeply into the body.*
- *The heat is healing to all tissues.*
- *Healing at the same vibration as sun's IR (infra-red) light*
- ***Do not burn the skin, as it then takes often weeks to heal***
- *Moxa is also used as a direct burn on the skin to heal forever – using herbs to keep the pustulating – please be careful when using the stick and always use your finger as a 'spacer'.*
- *The only herb in the Asian medicinal range that does so.*

Regardless of named 'disease'

You are unwell/ imbalanced and are seeking help.

- *Thus we know something is troubling your system.
We could – reactively treat what you feel is 'wrong' – the bit that pains you*
- *OR – observe why the body has not gotten into healing it itself. Moving blockages to healing.*


Where to start?

- ***Yang Qi*** – *needs to transform and transport – and maintain homeostasis.*

Moxa improves the Yang Qi

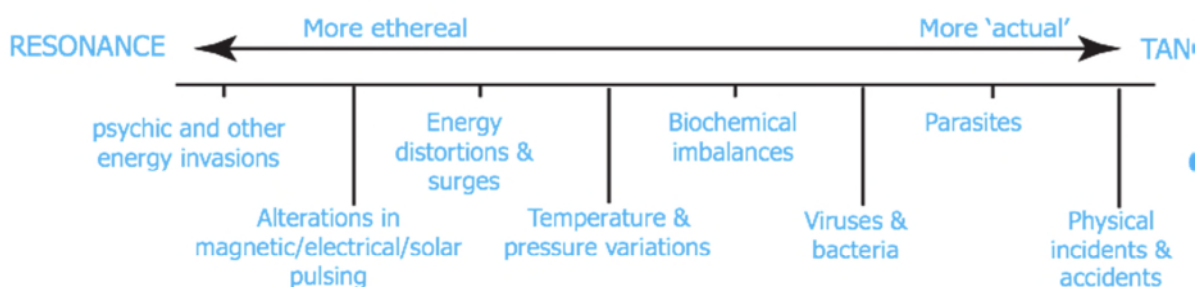
- *What is this?*
- *Asian medical concept, explaining how we function – what drives the physical processes.*
- *A body that has ability to keep within life limits – Yang Qi allows this to happen.*
- *Your gut/food factory is your life support - what keeps you functioning as a person.*
- *Yang Qi allows you to circulate all nutrients and all the appropriate waste removal.*

Yang Qi shows as:

- Digestive fire – needs to be protected to provide life
-  Thyroid (BBT) and other metabolic issues
- Circulation and eventual degenerative changes if this is damaged.
- (Pain results when movement is obstructed)
- All aspects of holding organs/tissues/blood and babies n place.
- Immune strength
- Reproductive & sexual 'oomph'
- Fluid transformation

Yang Qi function – protection

WHAT WE DEFEND OURSELVES AGAINST



What wastes Yang Qi?

Yang Qi is taken out of normal circulation by **Latent cold**

Yang Qi is then needed to inactivate the cold and keep it from further damaging the organism

- We can see it – maybe tongue/blanching/Reynard's)
- We can feel it – use your hands
- We can ask about it – body remembers – and will tell us if we ask the right questions

We can always assume it is there, and watch all changes (look in a mirror to observe the tongue changes) when the Yang Qi is relieved.

Regardless of what you are distressed about

Cold

Stays in the body until it is released

- *(May not be removed regardless of moxa use)*
- ***Is stored in the uterus, stomach and intestines (Dr John Shen)***

There it quietly wastes Yang - PLUS

- *Cold causes contraction – it congests the Qi, and Blood and circulation*
- *Cold causes hardness in this contraction*
- *Yang Qi is then compromised as it has to continually battle an inner threat at the expense of normal body function*

Cold causes flows to cease



Some possible ways cold gets in

- **Early lives – inconsiderate birthing exposures.**
- **Loss of umbilical blood**, vastly reducing the volume, breathing capacity and warmth
- *Shen travels through the blood – shock issues?*
- *Baby circulation is immature & there is a huge peripheral area that loses heat quickly (Little body mass)*
- **Early lack of appropriate clothing:** parents are warm enough (e.g. All babies in strollers without booties/hats to keep warmth IN)

Life consumes Yang Qi

- *Choice of ingestibles (poss. already internal heat there & self-medicating)*
- **Cold/cool foods**, ice creams/fruit juices/etc especially on an empty stomach
- *Occupational, Hobbies (fishing in NZ is standing in freezing water)*
- *Sleeping – one partner sleeps ‘hotter’ than the other cops continual minute cold increments*
- *Clothing – fashion statements*



How cold arrived 'therapeutically'

- 1 – **Ice** physically placed on everything acute.
- 2 – **Cold blood** replacement/nasal gastric feeding
- 3 – **Vibrational effects of medications** - insulting body with cold = e.g. antibiotics . . .
- 4 – **Air conditioning** far too cold for the weakened, vulnerable, ill and wounded who there for apparent healing and comfort.
- 5 – **Actual cold connection** – in lying on metal, and having metal inside open wounds
- 6 – **Fed and watered with chilled products** . . .
- 7 – **Choosing to eat/drink iced smoothies/food replacements**

Yang Deficiency Shows As:

- * *Metabolism on every level upset/malfunctions*
- * *Circulation lessened – hence more pain felt*
- * *Digestion disturbed*
- * *All levels of protection including immune function down*
- * *Structural integrity especially the ability of holding blood, tissues, organs and pregnancies in place can falter.*
- * *Temperature regulation upset: likely to be feeling cold*
- * *Normal body temperature regulation (think also menopausal hot flushes), so the person feels wrong & lacking 'oomph' on all levels.*
- * *(Sounds like your thyroid not happy?)*
- * *You are right . . .*

Note to all – be gentle on yourself



Add in what is critical for life

- **Water** - pure and lots of it – non chilled
- **Fat** – as the basis of all hormones and sperm
- **Protein** – as the body's building block
- **Mineral and vitamins** –in the form of varied, extensive plants and nuts/seeds
- **Traditionally based diets** – all ate omnivorously and all of the animal - as the bone broths and organ meats hold the keys to human health and vitality.
- Heat to help the body move and flow again
- (Check out the cupping out the cold navel cupping presentations and also the steaming and the iodine ones)

Why is there pain?

“Pain in general is seen as result of a loss of adequate circulation of Qi and Blood, and can be easily remedied by improving the quantity, quality and circulation of both”. (Flaws, 2005)

“Lower back pain is seen as the most common sign that the Kidney Qi/ Yang /Yin and/or Jing is weakened”. (Maciocia, 2005, Flaws, 2005).

Why there is pain (Chinese medicine)

- Chinese medicine has a saying – *bu tong ze tong* (不通則痛), “when there is no movement there is pain.”
- The two Chinese characters for pain recognize this concept.
- First, there is the character *teng* (疼), composed of the outer radical for disease (疒) surrounding the character for winter (冬).
- *Teng*-pain is literally a disease of winter, or rather, a disease that mimics the Yin nature of winter. COLD invasion at any time.




Pain is stagnation of flow

- The second character for pain is *tong* (痛). This character is composed again of the outer radical for disease (疒), now surrounding the character for a corridor or path (甬).
- Notice the same inner character for corridor or path is used to make the word for movement in the phrase above (*tong* 通).
- Pain is the result therefore of stagnation in the literal corridors or pathways of the body – the channels that are stimulated during acupuncture.
- When storage and closing happen too much, or at an inappropriate time or place, pain results.

Clear the stagnation

- Since pain is a disease of stagnation, the treatment should be obvious – *tong ze bu tong* (通則不痛), “create movement and there is no pain.”
- Since movement is Yang, any therapy that has a Yang (active) quality can theoretically treat pain. The topical application of heat is one example.
- In modern times it is not uncommon for people with chronic pain to visit physical therapists only to have them suggest icing the painful body part. (Please look to the cupping presentation)
- Cold may numb and dull pain, and according to nature and thus Chinese medicine, the application of ice, especially in chronic pain conditions, eventually worsens the stagnation.
- This is evident in the fact that after icing most people experience stiffness and constant non-healing from then on.
- All cultures recognise eventual older age arthritis

Common pain triggers

- Past trauma (Stuck Qi and Blood)
- Past  cold invasion – general life or ‘therapeutic’ (esp in modern maternal hospital context)
- Not enough exercise (causing  Stuck Qi)
- Not enough rest/relaxation – compounded in Magnesium and Blood/Yin deficiency
- Lack of Kidney Qi/Yin/Jing to nourish all tissues – this comes from having good  Yang Qi
- (Cold exposure wastes this).

Never ice an injury: you set yourself up for ever more grief

Ways of using moxa

- 1 - As a stick/roll/looks like a cigar
- 2 - On a piece of tissue on salt
- 3 - On a piece of tissue on a slice of ginger
- 4 - Thread moxa (insomnia point) for anxiety

Acupuncturists may also

- As a small amount on a needle
- Many others

A note on ‘smokeless’ moxa

- I do not see it working as well.
- This is after extensive hopeful trials in my clinic as I am allergic to the smoke - but must persist in using it, as it is an essential tool in my practice.
- The smokeless moxa itself is not safe as there are vapors, though possibly undetectable which are also toxic.
- Please do not bother with the smokeless – it is so much more expensive, is a ‘look alike’: it takes ages to it light the pole/stick, and it gives nothing like the results I am suggest:
- It is just not ‘good enough’
- If you have had any results with this – great but it will not be from the penetrating nature of the volatile moxa oil, or the infra-red abilities - as it has next to none.

1# : As a stick/roll/looks like a cigar



Golden Moxa vs Punk



*Showing the difference between the golden moxa and the punk.
A box of moxa rolls and a stick in a holder in the background*

Moxa stick/pole usage

- *Please do not use inside.*
- *It takes a while to light – be patient and use matches (not to burn fingers with a lighter)*
- *Always have the Alfoil or whatever to extinguish at the ready.*
- *Always ensure that the person is not asthmatic/likely to be triggered before you light it*
- *Have water ready and have drink some before use*
- *Always have eaten a little first – this could bring on a low as the body ramps up the digestive system.*

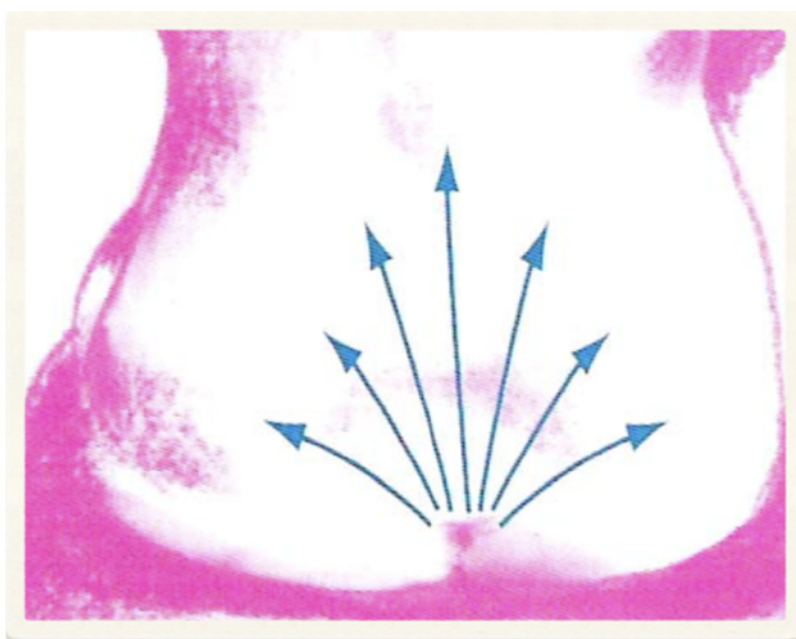
Lighting the stick



<https://vimeo.com/134921682>

- *Here I am walking you through how to moxa with a stick – as a pretend process first*
- *Also what might happen if you are not cautious with the ash that accumulates.*
- *Please note that I am saying 5 minutes - stick to the lesser amount of time as you do not need to be over doing this.*
- *This moxa self-care segment is as well as cupping the cold out of the navel - the whole point of this self-care course.*
- *Do not want to possibly get more cold in!*

Direction of moxa flow



Please make sure the person is safe from extra cold invasion

- *This is a very pervasive smoke that lingers.*
- *Do not use inside – even if you do think that you like the smell.*
- *Besides anything else - smoke alarms!*
- *Outside briefly – and make it so that all involved are safe from further draughts*
- *No cold penetration for the bottom of the feet (point Ki 1 goes up to the belly/back/centre of your being).*
- *Always wear foot coverings.*
- *Have both eaten recently and have a drink before and offer during this process.*
- *Do not attempt to do this by yourself.*

Moxa sacral fan

- *Not a pregnancy only process.*
- *Originally designed to assist with maternal back ache, this quickly took off as the way to encourage all placental flow improvements in pregnancy.*
- *Also all sacral and pelvic normalization as the moxa gets the Yang Qi flowing up the spine and towards the front and down the legs.*
- *Just experience it yourself – wherever you are blocked you will become less so.*
- *This will not only help local problems but will allow relaxation and a return of perfect for your gut as it needs the Yang Qi to function at all.*

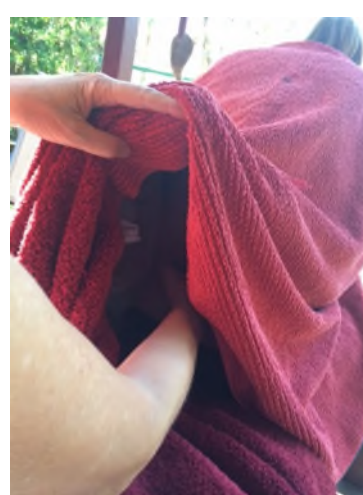
Reminder - stop all cool /cold invasion into your gut.

No point in leaving the oven door open when trying to cook – or having the temperature less than what the recipe states!

Constructing a draught free 'tent'



Only outside for a few minutes



Filmed in the middle of a Brisbane summer, there is still the need to avoid all small breezes. When in colder climates, all would have an extra windproof layer on top of normal clothes

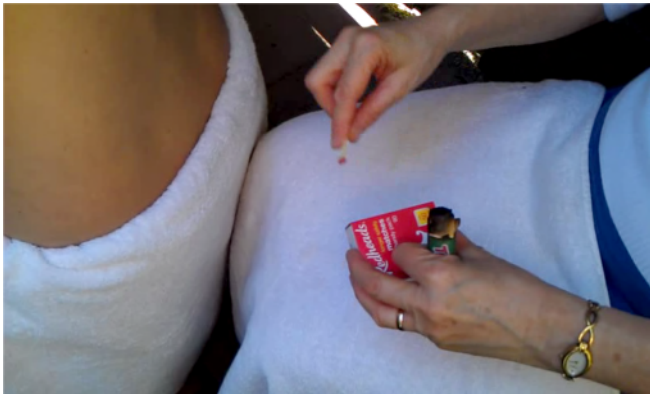
Making sure there is no extra cold added in whilst the moxa opens pores

This is not being 'wussy' but respectful of the body as it allows the heat in – very vulnerable then to invasion for the extra cold as a small draught/breeze may offer

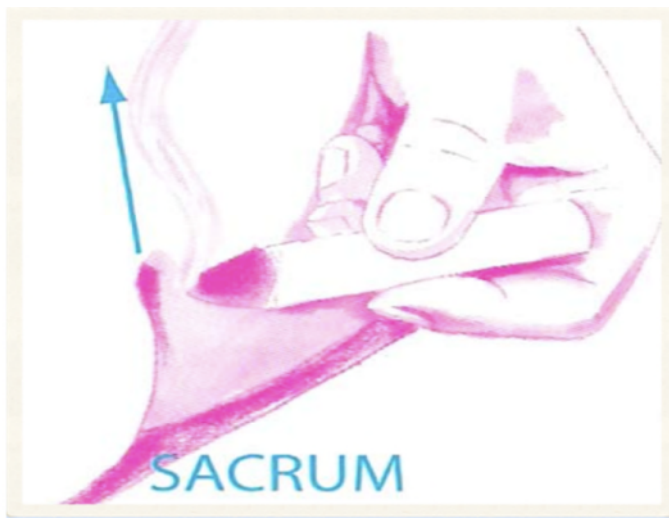
Sacral moxa fan



<https://vimeo.com/78450344>



Holding moxa away from your own Lu 10, 11



How to make an instant difference

- *The focus of this work is the area directly affecting the nerve and blood supply to the pelvis - the sacrum.*
- *A lit pure moxa stick is to be held about 1 - 2 cm away from the skin, moving in an upwards direction and outwards as a sunray pattern, for three to five minutes in total.*
- *Away from a breeze.*

How long?

- *Usually no more than 3 minutes.*
- *Ensure they are not in a draft.*
- *This may mean tenting' towels around them so there are no breezes happen even if it is outside and windy.*
- *Have all hydrated and not hungry to start this as it can 'space' everyone out as the moxa is potent.*
- *How often?*
- *Sometimes a few times a day – if the person is really depleted and feels so much better afterwards.*
- *Maybe before bed each night as it is very settling.*

Make sure

- *You do not burn the person by assuming that you do not need to use your finger as a guide going up the spine or over the point as a 'spacer'.*
- *Always have the person rugged up with just the area to be moxaed exposed – and then only so you can access it – no breezes allowed!*
- *Have something on both people's feet, as the cold can come up and lodge and seem to be a new problem – it is – when using moxa you are more vulnerable.*
- *Always have something to drink as well as having eaten something as it is a very strong process.*
- *Put the moxa stick out. It smoulders, and may burn your house down!*

Putting it out: shut off oxygen supply

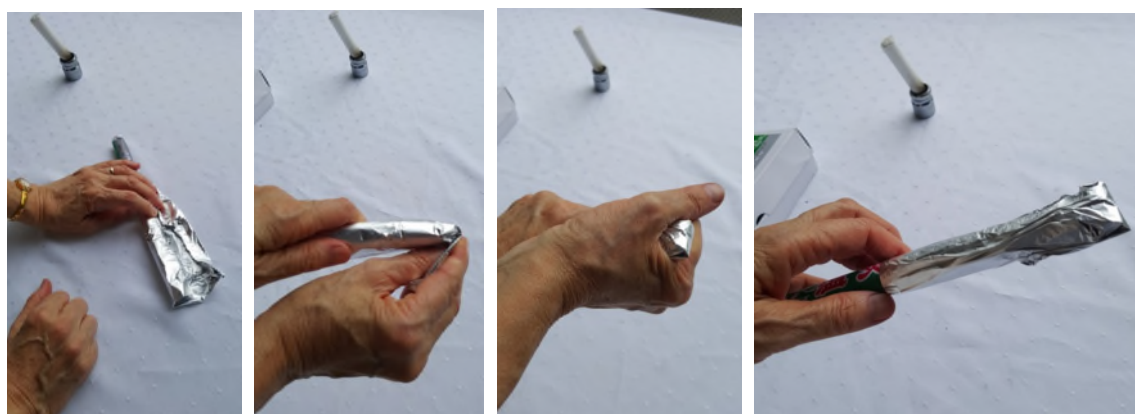


Putting it out at home

Use Alfoil to extinguish a lit stick. Roll it up and then squeeze it shut so the oxygen flow is cut off



Anything that will smother without moisture will do – Alfoil is easy



Ready for next time!

May then do the pelvic opening massage



2#: Moxa burning (outside to rid yourself of the smoke) and return

- *If you do not have access to raw ginger (not out of a fridge/freezer ever – do not despair).*
- *Salt can be used twice – 2 applications.*
- *Need not sea salt or wet salt – and remember that it is hygroscopic – it absorbs moisture so keep the salt that you are using airtight as damp salt is giving more cold into the person we are rescuing.*
- *Also can use this if the person is super sensitive ginger.*

The No ginger option

You will need salt, moxa, tissue and matches

If you have no access to raw ginger, you can use just salt on the tissue twice – see next slides.

Be more careful as this is so easy to pour out hot salt everywhere.

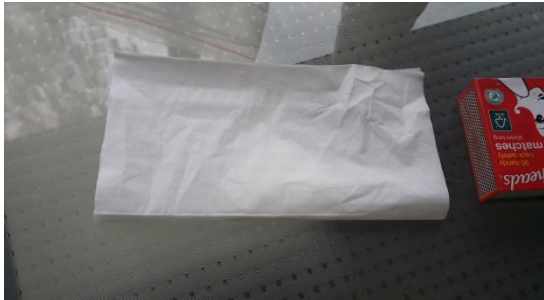
It will also feel much hotter



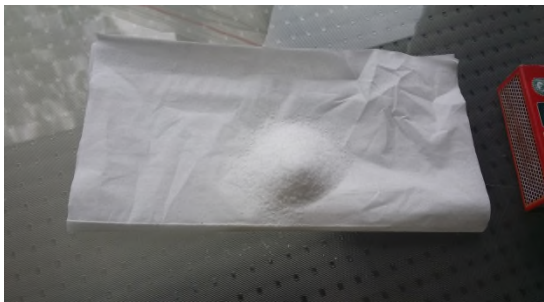
Salt on tissue



Fold over



Add another small pile of salt above



Get the moxa ready to place on this



Lit and gone out (no more smoke)



Sometimes it is just too hot without the ginger - so be prepared to lift it on and off initially.



The gone-out moxa and what is left of the salt it sat on – and the need to add on more



The old and the new one about to be lit – on more salt



Why ginger?

A platform to bring the lit moxa inside with –

- *Practical*
- *Easier*
- *Also heating in its own right*
- *Always use fresh.*

Stored in freezer will not work.

A small thin slice – play with it – has to be the right thickness to not burn through, but thin enough to let the heat penetrate.



<https://vimeo.com/169785371>

3 # On a piece of tissue on a slice ginger: Ingredients



Slice raw ginger

How thick? Enough to allow the base to be useful, but not too thick. About **3+mm**



Slices of raw ginger

Usually 3 is enough – if not 5. Please do an odd number



Take some gross punk moxa



Make a small pyramid and squeeze out all the trapped air



Squeeze again – against the ginger slice



Place on the ginger



Light



Leave till burnt out and the glowing ember now goes inside



Ready to pop on the tissue (salted)



Salt on tissue (to insulate)



Moxa cones



Ready to take outside (too smoky inside) to light one at a time

Ready to pop on belly



Cup off, moxa on slice of ginger, on tissue on to navel



How does this work?

- *The navel is the body's essential resuscitation point.*
- *We start life attached and nourished through the centre of our being to our mum.*
- *The navel is the point CV (Ren) 8 is a Yang rescue point and using direct moxa after someone has drowned MAY get them back again.*
- *Also moxa is used when nothing else works in cholera. (WHO 1977 found this out).*
- *Moxa here is definitely what I use a lot in clinic to great effect and especially if someone is too frail/feeble/upset to cope with needles.*

4#: Alternative uses whilst you have a healing heat source: on sore joints



<https://vimeo.com/169794004>



5#: Thread moxa as a possible permanent antidote for anxiety

- *This is a stunning use of an acupuncture point (insomnia specific) to pull the excess energy down from the head.*
- *Specific for clearing why people are anxious - when used in conjunction with thread moxa.*
- *Be aware you may have some trouble sourcing gold moxa and this is all that is to be used – this may be just for your own interest, and may need to find an acupuncturist to help you with this.*
- *Here I show you how.*

Setting up

- *May take a while. You need to have the time set aside, as sometimes this may take 30 minutes.*
- *You are in the same spot, doing the same thing as they ‘chill out’ and completely unwind.*
- *Both of you need to be comfortable.*
- *Besides all the ingredients, as with all moxa usage, you need to have been watered well and have enough of everything at your fingertips.*
- *Phones turned off.*

What you need



Thread moxa manufacture

- *Matches*
- *Joss sticks (very thin incense)*
- *Finest Japanese grade moxa*
- *Ointment to stick moxa threads to skin*
- *Pen to mark the spot on the heel*
- *Thin blocks of wood to rub the moxa between to make the threads*

Start with a tiny amount of pure moxa



Gently roll the two pieces together



Voila!!



Making thread moxa



Takes a few minutes. Is spectacular for resolving insomnia and especially anxiety.

Ends up looking like this



Thread moxa on heel for anxiety



Here is someone who did not need this done. GOT TOO HOT IMMEDIATELY!!



Often this may be going for over 30 minutes.

Usually then they 'wake up' completely a different (non-anxious) person permanently.

He did not need it done – hence a very short session

Note: the air purifier is prominent for my wellbeing



The ointment allows the moxa thread to stick: we see the residue left



Can do this from side-lying position

- *The pregnant woman whose feet are featured above was unable to sleep and was highly distressed.*
- *She left feeling normal and was back to her usual happy self after only one session.*
- *Totally safe and for all – just make sure no one is allergic to the smoke, and all are comfortable and have drunk water and are not hungry as you have no idea how long you may be there for.*
- *I always have a considerable store of threads as it could be half an hour doing this.*

Finishing off

Eventually you can stop – when it is getting often too hot.



Then just clean up and give the more water and be gentle with them – they may feel very different – permanently.

This is a profound healing

- *Using thread moxa may be a solution for those with crippling anxiety (and also insomnia).*
- *Ty also the sacra moxa fan as it has helped so many – especially pregnant women).*
- *More magnesium, fats, vitamin D in massive amounts daily initially, (to absorb magnesium), protein, water, life supportive people about you and no caffeine is also needed.*
- *Please find yourself a good acupuncturist who uses thread moxa.*
- *This may be the start the rest of your life.*


Cautions

- *This was home medicine. You are in charge as an adult*
- *Not the time if a little tired/drunk/affected by substances to be trialing this out*
- *Some are allergic to smoke*
- *Sometimes smoke alarms can be set off*
- *We are burning so beware of small children, animal, babies, anyone who may be in danger as a result.*
- *Keep some aluminium foil handy to be able to extinguish as the need arises.*
- *Have both eaten so you do not ‘space out’ with the exposure to the smoke.*
- *Ensure that you are both well hydrated before and during the session.*
- *Do not ever touch the skin as moxa burns are hard to heal.*
- *Always hold the moxa away from the skin and be weary of anyone (diabetic) as they may not feel their skin burning.*



When we use moxa, always drink pure, unchilled water



Nature heals: help her

- For more work that will allow you to take charge of your own healing and life, please see more of what I have
- Heather's Home Help Healing Academy
-  <http://heatherbrucehealing.com/courses/>


For more . . .

- If you have a pregnancy around you and want to assist in the easy life during and after (and in birth) please look to all that is here as a way to assist normal – using moxa, moxa and great intentions.
-  <http://heatherbrucebooks.com.au/ebooks/moxa-use-in-pregnancy/> and
-  <http://heatherbrucebooks.com.au/ebooks/ebook-packages/complete-pregnancybirthing-care-pack-e-version/>

More here



My suggestions

- Take charge - it is YOUR life.
- Avoid all further exposure to any chemicals
- Drink only  [pure unadulterated water](#) – and a lot of it – at least 3 litres daily and a litre before eating in the morning
- Use home remedies and moxa often

Find more ways to help yourself and those you love – simple, safely, effectively and of course naturally – as all who came before us did

Follow the path backwards to the elder's wisdoms!

Love life

Thank you

