

THE MIRACLE OF MOXA

Heather Bruce

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Disclaimer

All information in this book is tempered by the author's life experience and clinical practice.

It is not intended to address the specific health concerns of individuals.

Because we all live within the same blueprint, the information in this book is relevant to everyone. It will assist you to make life-affirming decisions about your health and wellbeing.

If you do wish to make significant health and lifestyle changes based on this information, please find someone who also shares a natural health/life model to work with you, so you may work in conjunction with your trusted local natural health provider.



All that I offer for public consumption is assumed that it will be performed in a loving space, (free of additives such as recreational drugs, alcohol and anger, a sense of obligation and threats of any kind.

The work here is assumed to be for the highest good – and used as directed can bring on massive amounts of oxytocin induced bonding activities - be warned!

ABOUT THE AUTHOR



I have been involved in the teaching and delivery of health care through acupuncture for nearly 40 years. [More on me here.](#)

Throughout this time, I have specialised in returning wellness in all – although I am well known for my work in women’s health and pregnancy.

Here I share some of what is instantly useful at home: self help.

About my work

We often need to move from where we feel comfortable, as life calls for change.

Often a perceived ‘health’ problem starts us on a trail of looking for answers.

The core issue is always - what do we consider to be ‘real’? Also how much does it resonate with us – what authority do we give the source?

In times past, something written in a book, or told to us by ‘an expert’ was sufficient — these days it is all about research. I have done it all for you in my clinic.

All you really need to do is source a moxa stick and follow the instructions. This will make a great difference to the comfort you feel in your body - not just your back/neck/general body pain, but deeper more organic not working well issues may disappear as you is what the Asian countries have been for millennia.

Staying where you were when you created your problem does not allow the solution to emerge, or to settle in as permanent. I strongly suggest you just give it a go and feel the difference.

Is it safe in life?

For all?

Absolutely.

Just follow the steps given

Using moxa is far safer than being stressed out, getting all tense and having a back ache/sciatica/tight pelvis – leading to many of the menstrual/sexual /structural problems or of even having a tense uterus not letting baby descend/move into position . . . it is all up to you — the looser you are the easier your body is to live in.

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1. INTRODUCTION

When trained as an acupuncturist decades ago, moxa use was an integral part of all work we did. I know as a very successful acupuncturist that my treatments are just not as effective without it. Only the smoky moxa actually works – and the grosser the better (to the detriment of my lungs, but it adds spectacular results for all).

I tend to send people home with a moxa stick/roll to do their [home work](#).

So simple and quick and highly practical.

In this short eBook, you have the instructions to use a moxa roll. You can safely relieve yourself of many aches and pains – simply and effectively. Often you just need to warm and loosen up.



Pretending to use the moxa on the back of my hand.

Showing the use of a finger as a 'spacer' and also as the distance to keep from the skin surface. It does feel so soothing. We are outside as it is a very penetrating small that sticks around - and even worse than cigarettes.

You must extinguish the roll to put it out well - smothering it in Alfoil is easiest.

Just get a piece of Alfoil and roll the stick in it.

Wrap the stick up , creating a roll and it will go out with no oxygen to keep it alight – all ready for next time.

Do not use water or dampness to 'turn it off'

Be aware it can smoulder and set the surroundings alight.

2. WHY USE MOXA?

1) - It feels so good.

Pain anywhere happens because the flow is blocked. Pain happens as there is a lack of circulation. Moxa helps to clear this. Thus you will then feel less discomfort, less back pain, having easier sleeping, and a more comfortable life.

Also, relieving the general weakness will clear the resulting lack of circulation.

2) – To [remove the results of being exposed to all sources of cold.](#)

That means once you have taken the cold out of your body do not add more in:

- Not drinking or eating anything that is not body temperature or higher;
- Not standing or being in any cold environment and
- Allowing no ice or cold anywhere near you
- Rest more, to enable your body to heal itself.

3) - Improve circulation to the pelvic cavity.

- This then translates as more blood flow and more Qi flow - allowing for normalisation of all gynaecological and structural issues.
- Wonderful in all cases of back and structural pain as getting the flow happening will allow the body to work again – pain happens when flow is missing. Even in pregnancy moxa use ensures that the placenta works optimally.
- Very important, as in all pregnancy back-ache this is a warning that an obstruction to normal flow is happening. [Easily fixed.](#) This means also that if you have a multiple pregnancy, or if reduced amniotic fluid is suspected, or if the baby is not seen to be growing as well as s/he might be expected to, moxa will help.

4) – Correct inner imbalances leading to life distress

You may add value to your life by [taking out the stored cold](#) and adding in [Yang Qi](#)

5) – It works

Always feel better afterwards – uplifted!

3. WHAT IS MOXA?

Moxa or moxibustion is a term derived from the Japanese word *mogusa* or *mo kusa*, meaning, “burning herb.” It can be found in many forms, from moxa “wool” to moxa pressed into a charcoal stick (‘smokeless’), but it is always harvested from the mugwort plant (*artemisia vulgaris* or *artemisia argyii*).

After harvesting, the leaves are usually ground and aged for 3-5 years before use.



Mugwort has been used alongside acupuncture for over 3 thousand years, at least as long as we have evidence of the practice of acupuncture. The translation of the Chinese character for acupuncture, zhenjiu: “zhen” stands for needle and “jiu” means moxa, or acupuncture-moxibustion. They are integral and complimentary modes of treatment: “A disease that may not be treated by acupuncture may be treated by moxibustion,” According to the Lingshu (Miraculous Pivot, or Spiritual Pivot), one of 2 parts of Nei Jing (The Yellow Emperor’s Classic of Internal Medicine), the earliest book written on Chinese Medicine, compiled around 305-204 B.C.

The process of burning moxa - either as a stick (looking much like a cigar) above acupuncture points, or on the handles of the needles in acupuncture treatments was far more likely to happen decades ago.

Recently acupuncturists have used heat lamps – less smoke – easier in general.

Smokeless moxa

Currently due to the lack of good ventilation in modern clinics, the presence of smoke detectors and clean air legislation, anti smoking environments and public expectation, the use of moxa has dwindled.

This means that your local acupuncturist may not use it, or may use instead infrared heat lamps and/or 'smokeless' moxa.

Smokeless moxa does not work at all the same way.

- **Heat;** yes
- **Vibrational healing herbal oil penetration;** no.

As the name suggests, smokeless burns without smoke – and yet the toxic gases emitted when it is burning are not 'safe'.

Help yourself – use the real stuff – source it from any acupuncture supplier, a local clinic may sell you some, or try the Chinese supermarket.

This is a home remedy that will transform your life.

Lose your pain and improve energy levels when used correctly.

Moxa is usually found in a roll similar in appearance to a cigar.

It is lit at one end — it does not flame, but smoulders.

To use, hold the lit end about a centimetre away from the skin;

(The heat penetrates and feels wonderful).

By moving the stick up the lower back,



(Be aware to never touch the skin with the lit end).

it helps move the energy through a major energy meridian /channel, allowing all the structures around the heated area to relax.

Moxa does a beautiful job of releasing all tension, relaxing and relieving back aching, whilst strengthening the local area.

There is a special eBook for [pregnancy and relieving back pain](#).

You can start with what I have here. Moxa use is particularly helpful in late pregnancy to help relax mum, to undo the potential pubic or back pain hence relaxing the entire abdominal load/structure.

Before massaging whenever about to massage deeply in the sacral/pelvic area, always start with moxa as it allows movement on all levels.

The massage is then much less painful.

To get around the smell problem, [all moxa is to be used OUTSIDE](#), bringing in a whole new set of health and wellbeing issues – namely – [not getting cold](#) /in a draught whilst using it.

Moxa – is great to use before the [pelvic opening massage](#)

Moxa along with massage is THE combination therapy of choice. Together they free any congestion/stagnation and make it hurt less as you do. This is especially so in the pelvic area, where all the angst and life repression is held. Even in pregnancy – where blockage has to be released for placental flow to be optimal, and where any pelvic congestion has to be undone in order for easy birthing.

Why use moxa?

To warm and relax.

It burns at the vibration of the far infrared rays from the sun.

This is in addition to the cupping cold out of your belly. All who see me in clinic know about this as without getting the circulation to move, the digestion, immune system and of course general resilience is just not there. If you feel like sorting thus out yourself - the extension of using moxa at home is also doing what the folk lore was in Asian – [Gua Sha](#) – scrapping.

Then there is cupping the cold from your entire body using a glass cup on your navel. Full [instructions on this self help course above](#). Simple, natural, easy, and what I do with all first in the clinic – regardless what they have come in with.

If I get the body to get out from under, it sorts all out itself – and that is the simple truth – bodies heal themselves when we let them.

If you do not have this and just want to feel better - this little booklet will allow you to use moxa safely.

The framework that makes sense of this

To understand the ways of Asian culture and medicine, we need to use the different words, as English has none appropriate. To see more please look at the site www.heathersays.com Under healthy life – and see what a difference a new model gives you – instant clarity as to what has been happening why and what to do about it – for yourself.

When all is working well, it infers that there has been sufficient nutrients and flows – everything is in place and giving no warnings (pain dysfunction).

All tissues are in place and working as designed. {Perfectly}.

Looking closely - you can see all systems being described - in health.

Words used may appear different to what you are used to.

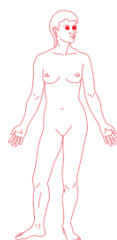
Perhaps spend some time absorbing this as in understanding wellness you then are empowered to make the changes needed for a better life.

Spleen Yang Qi Integrity

Transformation/digestion

Moving all from one state to another within your body.

Governs all digestive processing from production of saliva, moving food finally into Blood, Qi and body fluids, and out into urine and food residue eventually into feces



Healthy State

Transportation/circulation

Moving all from one place to another
Controls all fluids or lymphatic movement
Circulates blood throughout the body

Governs ascension of Qi

The pure aspect of every stage is moved upwards via Spleen Qi

Controls Qi in the muscles and limbs

Allows for a sense of “being able to” (opposite of fatigue)

Holding all in the right place

Blood in vessels, fluids in cells, babies to full term and organs and tissues where they should be.

**Governs optimal production & circulation of Qi.
Holding all in place with righteous Qi**

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However when you visit a physically orientated body therapist they will talk about the final results of the energy and its instructions having detrimental effects on the running of your physical body. They may eventually find a blood test or a scan that MAY pick up that here is a ‘problem’. You were well before then - now you felt different.

Hopefully you have had a time in your life when your body worked perfectly.

If so – you may be aware enough to pick up nuances.

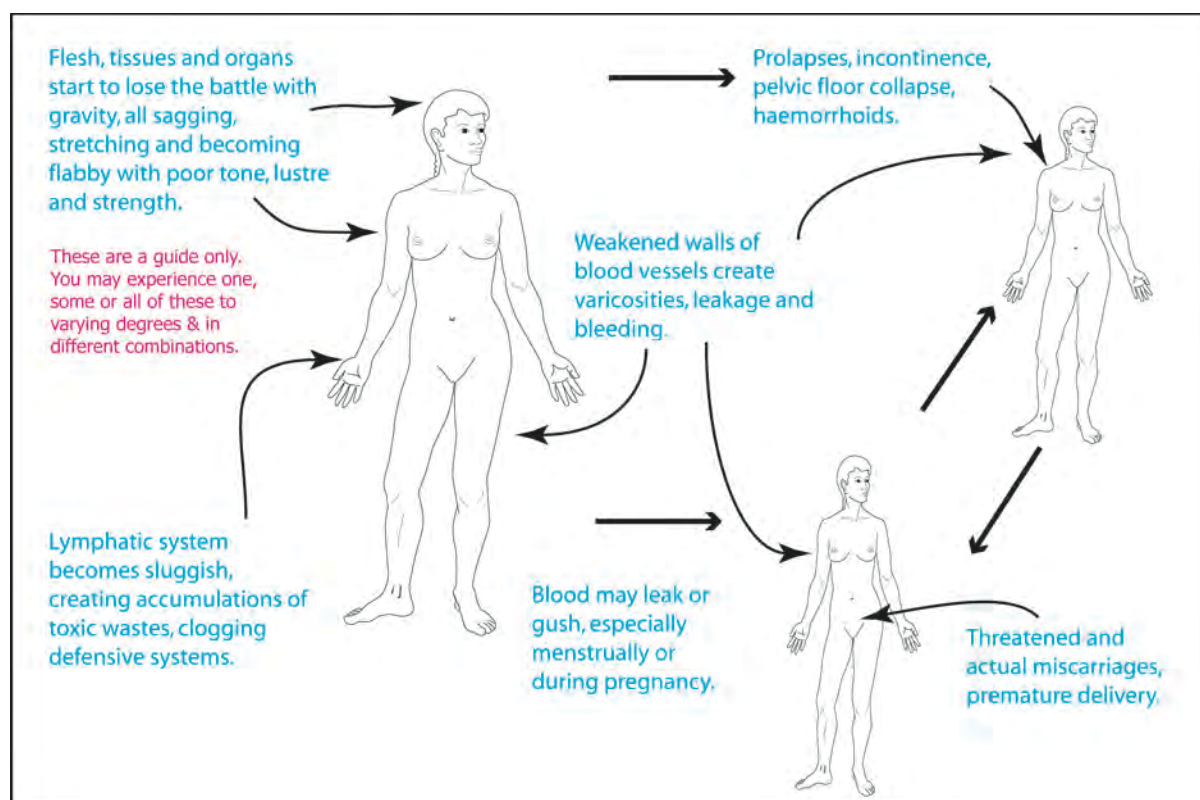
What may (and does) go 'wrong'

Neglect and misuse is rampant as we have lost the wisdom to adhere to what our elders all told us – the 'old wives' tales' were true. Invasion of cold is warned against in all cultures. Everyone knew in times past that [avoiding cold invasion](#) was the key to wellness. Metabolism ([Yang Qi](#)) needs protecting.

(In acupuncture terms, our [Spleen Yang Qi](#) keeps us running as the gut is our engine [supporting life](#). leading to probable or concurrent [Ki Yang Qi](#) deficiencies apply).

Spleen Yang Qi problems will show up as things falling down – see diagram below. In pregnancy – this is seen as a tendency to bleed/spot/miscarry/have premature births. Well before this – it shows up as sensations of falling/dragging.

You may have been given various diagnostic labels, but without understanding what causes these to happen, you may not know what you are doing to keep these going.



- Prolapses of any organs/tissues
- Haemorrhoids,
- Varicose veins.
- Over bleeding

Basically – all that is considered ‘aging’ is actually just a matter of your not looking after yourself well enough. You can have all or bits of these breakdowns showing up at apparently randomly – depending on different times of the day/year/your life.

Body Disintegration

Immune System Breakdown

Constant infections, slow to heal.
Immune system corruption
Temperature control breakdown
Auto-immune activity
Allergies, anaphylaxis

Loss of body integrity

Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

Circulatory distress

Weakened walls of blood vessels create varicosities, leakage and bleeding.

Tissue and organ collapse

Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

Bottom Dropping out of your world

Mental & physical collapse, feelings of emptiness, sensations of losing control, incontinence, leakage of life force, life dripping away, actual incontinence.

Sexuality

Loss of feeling and functionality
Inability to feel or desire sexual intimacy and union



Bodily Decline

Reproductive failures

Loss of adequate circulation and production in all aspects of sperm and ovarian function.

Pregnancy

Constant heartache.
Threatened/actual miscarriages/fetal & placental insufficiencies/IUGR retardation, premature delivery, insufficient energy to activate or complete birthing.

Digestive capacity diminished

(Thus immune system disruptions)
Leaky gut, dysbiosis, belly noises.
Poor pH, excess mucous issues
Allergies, food intolerances, Candida, undigested food in stool parasites, slow exit time

Lymphatic system

Sluggish, cellulite, fluid, swellings creating accumulations of toxic wastes, clogging defensive systems - eventually causing cancer.

Musculo-Skeletal

Pain & dysfunction as Qi & Blood usually nourishing all tissues becomes congested, weakened, dammed up & shuts down

Menstruation

Blood may leak or gush: menstrually or during pregnancy, sustained flooding at any time, especially pre-menopausal.

Mothering

Incomplete healing on all levels leading to bonding and/or lactation challenges.
Not enough of self to go around.

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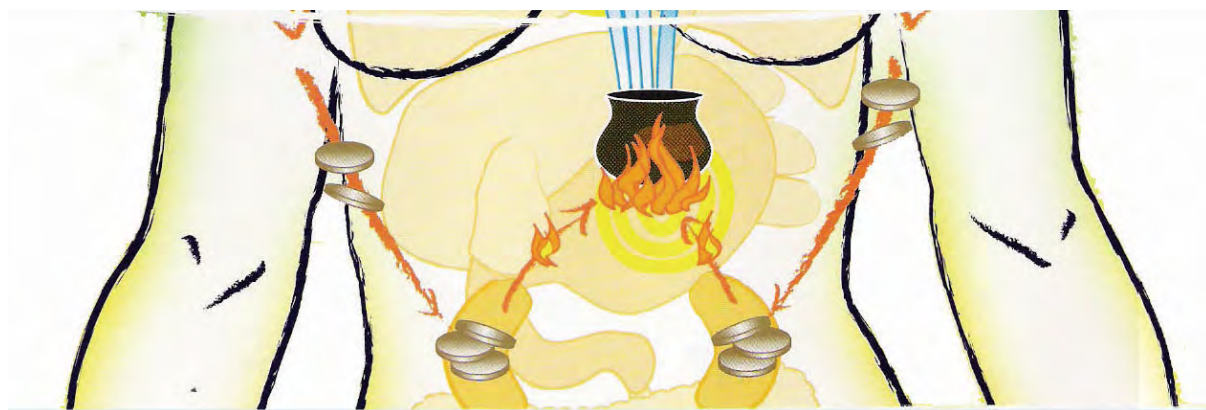
When what is termed [Kidney Qi](#) and [Kidney Yang](#) is also affected you find yourself in this state – maybe not all and maybe you thought that this was just aging – but it is not the passage of time – but the lack of attention to life enhancing behaviours.

You may always have been in a state of weakness in one of these areas - always wetting the bed as a child – or just arrived when exhausted - a prolapse- or only sometimes not being able to feel well enough to run or whatever – it as you know – all depends on what you have been doing with your energy and what is available ‘left over’ from doing what has to be done in a day.

The actual [Kidney Qi/Yang depletion](#) aspects show up here

- Any lessening in sexual interest/abilities
- Poor circulation (mottled, very cold, Reynard's syndrome),
- Needing to get up to the toilet often many times a night
- Incontinence/leakages,
- Bedwetting
- Weak lower back
- Weakened knees
- In pregnancy a tendency to miscarry/have premature births due to a lack of holding capacity.

The [Spleen Qi/Yang](#) (seen below as the caldron – the fire in the belly to digest the food) is what allows life – the digestive system is totally under the care of the Spleen Qi/Yang – which in turn gets its energy for the Kidney Qi/Yang – shown in this diagram as the arrows with fire coming up from the coins – representing the stored Yuan Qi that is gifted us at conception/birth and what we keep adding to as our life capital.



All digestive weaknesses – especially of worsened by the cold invasion of all smoothies/yoghurt//any cold inclusions.

- Poor digestive strength and unable to thrive
- Presence of Candida/general gut bugs that are had to shift
- Not enough peristalsis to move gut contents optimally

4. WHEN TO USE MOXA

AT ANY TIME – when anyone is feeling as though their back /structure is sore – especially if heat helps ease anything or if weakness and general debility and feeling ‘too cold’ is a normal part of life.

1. When ANYTHING is relieved by heat – moxa is a very penetrating influence.
2. When the above [Kidney Yang Qi](#) or [Spleen Yang Qi](#) deficiency is felt or suspected.
3. As a back/structural support. (Often is all that is needed)
4. Before any massage of the pelvic opening kind — to loosen and relax so the more strenuous work can be performed with a minimum of fuss/ less painfully - it is often very tender to be poking around where it hurts/everything is blocked.
5. To relax the entire pelvic cavity so the uterus and the surrounding tissues will allow menstruation/being a woman /especially sensual enjoyment to be easy and even possible.
6. When anyone’s back is feeling weak or sore, or just needing a break from ‘holding everyone up’.

In pregnancy ([back pain in pregnancy eBook](#))

This is also covered on depth in [‘What Dads Can Do’](#).

When not just a pregnant mum, but anyone can exhibit signs of these.

Whenever your belly is cool to touch, and/or if digestion is not happy — especially if there is a lot of bloating with the cool belly, if you need to go frequently to the toilet, or if you are feeling weak and lethargic – moxa will help you.

If left, the body in its weakened state may go on to fail – if pregnant, placing the pregnancy to potentially fail, or at least the baby at risk of being less vigorous than s/he would have been with a stronger foundation from mum.

[Easily remedied.](#)

Get your moxa stick into action.

Also . . . avoid all cold invasion.

Never walk about with bare feet.

Ensure all food and fluids are at least not cool – not even cold – as they will be gradually wearing your Yang Qi (oomph) unnecessarily.

Put absolutely no ice on anywhere.

Life is movement Blood needs to be moving to be alive and well – and the invasion of cold blocks this – causing pain.

5. WHEN NOT TO USE MOXA

1. Moxa is a burning tool.
2. Be diligent – care is needed. Use may be dangerous if inattentive.
3. If either participants (we are starting with the sacral moxa fan work, so you need a helper) are feeling dehydrated and too hot.
4. When thirsty. You need to be drinking water before, during and after the treatment as the moxa is a heating presence. Must both drink water before and after using moxa, and have eaten recently.
5. When you are hungry — it will really ‘space’ you out’ but not after a huge meal either - but with enough food onboard so you are not aware of your belly
6. If the partners are not both happy to do this.
7. If either are under the influence of substances – especially alcohol.
8. When there is a full moon and you are already feeling a little ‘heady’ or have a tendency to high blood pressure.
9. If there is any rash or skin condition around where the moxa is to be used.
10. If you know one of you is allergic to the smoke

6. HOW TO USE THE MOXA

As a moxa roll – the sacral moxa fan

Both of you need to drink some water, not chilled, just room temperature, or a herbal tea, as using moxa is a drying-out process. This means before and during, or straight after the moxa usage.

1. Everyone **MUST** be warm. The feet must be covered — especially if you have decided to use the moxa stick in a room where there is an extractor fan.
So socks on.
Once the moxa is completed (to relax and warm), come back inside for the massage.
Always start with the moxa, even though it is a hassle and smells, as it allows opening and movement — the massage is then much less painful.
2. When outside, if it is at all windy or cool, ensure that a towel is held under the arm and also caught under yours.



This automatically gives a windbreak — so there is no cross draught whilst the moxa on sacrum is allowing the pores to open and the body to relax into the soothing and calming penetrating heat.

3. Have a length of aluminium foil to wrap the lit stick in when you have finished so it naturally extinguishes (suffocates) so you can use it again next time.
Go back inside and start the massage, or just luxuriate in feeling so much better.

AVOID ALL COLD EXPOSURE

Having any draught is counterproductive.

Please ensure that there is no possibility of the person moxa is being used on gets in any breeze.

Go back into a warm environment immediately the moxa is used.

Why?

Any tiny [little increments of cold exposure build up over time](#) – especially when someone is feeling weakened, or is in a vulnerable state.

This brings to mind all the ‘old wives’ tales’.

Elders knew

Oral traditions in the past allowed what worked to be carried through generations. Time tested.

All exposure to cold in times past may have killed those silly enough to allow its presence in their lives. Cold was never used intentionally.

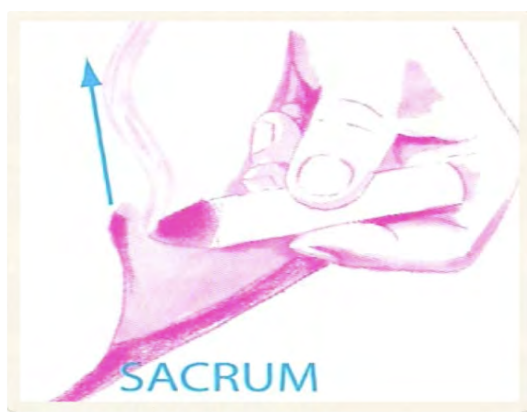
STARTING POINT

1. To light the stick, don't bother about removing the paper, just hold the lit match under it — it takes a while. It will not flame, just smoulder — and it will liberate lots of smelly smoke, which is why you use it in a well ventilated, preferably outside area. The link below shows how to light a moxa stick before using it on the sacrum – on this case for birth preparation but is for all the body: especially any back aching or body weakness.
2. Using moxa to warm and relax the sacral area before massage, move slowly up the spine from the bottom crease to the waist level.

3. NOT TO TOUCH THE SKIN AT ANY STAGE.

4. Lift the moxa away and starting again at her bottom crease (bum crack), continue slowly and methodically moving upwards working out in a fan, lift and return to the starting point. This should go on for at least a minute. It should feel very soothing.
5. Ensure that the lit stick is not touching the skin, by holding your own hand/ finger against the person's back, about a centimetre away. You are using yourself as a spacer — so you stay a fixed distance away from the skin, and so there is NO CHANCE of accidentally touching the lit end against mum.

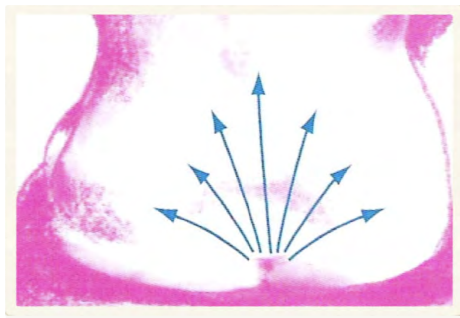
[Watch me at work demonstrating this.](#)



Always work in an upwards direction and about a centimetre from the skin's surface.

Step 1 – Move upwards in a line to near the waist. Start at the bottom, always moving up the spine.

- Either until the skin is pinker, and she feels WONDERFUL, or after about a minute, then change to the movements below.
- If your 'patient' is really irritated by this, stop and don't do it at all — bodies always give hints as to what is needed.
- Few women however, feel this way; most float out after having the extra zing put into their backs.



Step 2 - After working in an upwards flow towards and to the waist for a few minutes, turn your attention to the sacrum and fan out all through the area arrowed. Gently and calmly continue here for 2—3

You are essentially drawing lines above the skin on the lower back – and allowing the heat to assist what should be happening – perfect circulation to all areas of the body.

Moxa strengthens the structure

To be used BEFORE or after any structural treatment should allow the session to stay with the person – often getting a 'back put in' lasts a very short time.

Another hint would be to soak in a hot bath with at least 2 cups of Epsom salts in it and after all structural attention.

Following this with the massage work in deep gouging will ensure all pelvic flow works as it was designed to. (See a few chapters on).

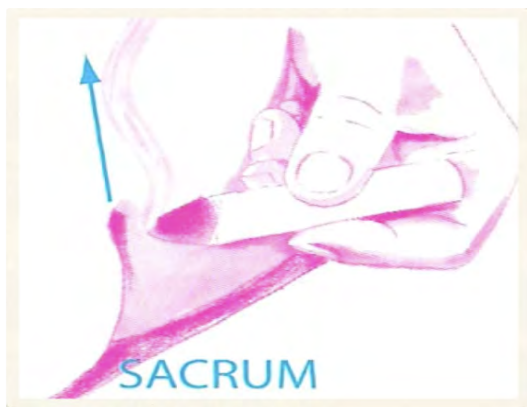
Pain happens when there is an obstruction – and this could be by anything.

There is, in anyone's body – a tendency to show up back pain when the body is generally depleted/weakened.

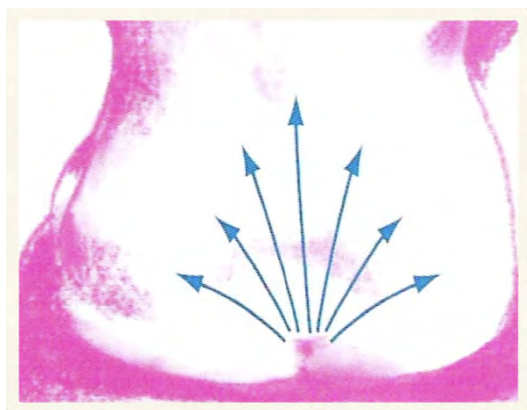
Any movement happening – (also exercise) – will allow healing. If it is getting periods or sexual activity/feeling back on track – so baby making can happen or so IVF is more likely – or just being comfortable in a painless body – or having easier sleep – or losing all that fat/fluid around the hips – having circulation and blood flow restored to where it wasn't, is always going to help.

How to use moxa

- Get comfortable with adequate ventilation. Both be warm and free from drafts.
 - Get your 'patient' comfy so they are leaning well forwards and opening up their back.
 - Move slowly up the spine from the bottom crease to the waist level.
 - Once there, start again at the bottom crease and continue slowly and methodically moving upwards and returning the bottom crease for at least a minute.
 - It should feel very soothing.
 - Ensure that the lit stick is not touching the skin, by holding your own hand/ finger against the person's back, about a centimetre away.
- You are using yourself as a spacer – so you stay a fixed distance away from the skin, and so there is NO CHANCE of accidentally touching the lit end against them.

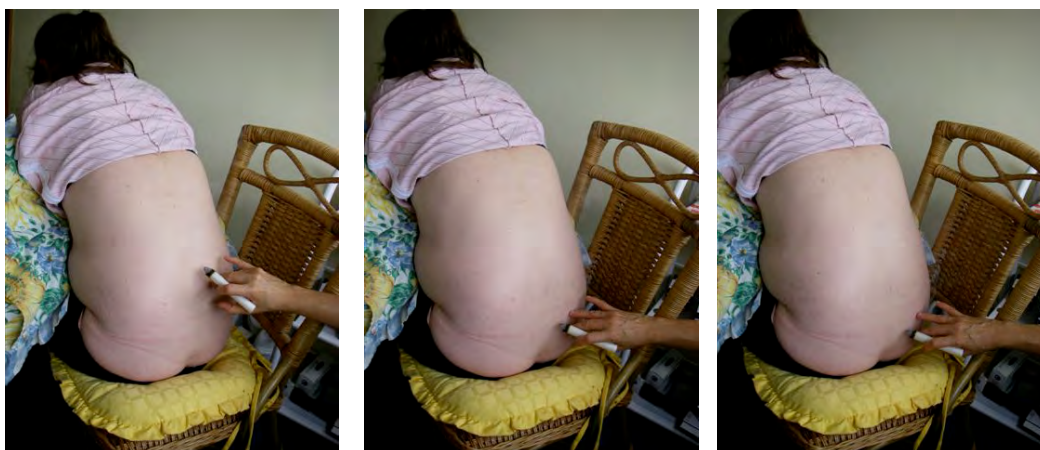


The moxa stick is held about a centimetre away from the skin, and using a finger or two as a spacer, I **slowly work up the spine**, and return to go UP the spine only - **not up and down.**





Continually working up the spine, then branching out to work as a fan out from the centre point of the bottom crease.



Going up the other side – fanning out to warm and soothe all the lower back.

The points that service the pelvic area and the placenta directly are in the sacrum. Working here allows perfect nerve and blood circulation to flow.

Altogether – do not use the moxa for more than 3 - 4 minutes. Using more, regardless of how great it feels, may send her into a condition of too much local heat– and as with many things in life - a little wonderful and moderation is important.

If the body really craves the moxa, possibly there is [cold in the body](#) (is the belly or butt always cool to touch?).

If so, follow my [how to help yourself by navel cupping work](#).

Initially move SLOWLY UP the spine from about where you can, to waist level. Move from the bottom of the butt cleft to the middle of the body. The following diagram shows the path and direction of movement.



Moxa on the sacrum is to be done very **slowly**.

Ensure that you have a finger or thumb touching her body as a guide and as a spacer, so there is no possibility of you or her coughing, or moving unintentionally and having the moxa connect with the skin.

It is easy to get into a meditative space of stillness.



She is kept warm, moxa is held away from breathing in the smoke.

Person helping should be steady so as not to accidentally touch the lit end on the skin.

After a minute or so of moving up the back to the waist — and this is gauged by the reaction — start the sacral fanning technique.

I initially developed this for this pre-birth work I was teaching dads, but found that it was so useful at relaxation and allowing any of the back issues to resolve, that I use it now on everyone. It is also helpful in most compromised circulation (pain and discomfort) cases.

DVTs, diabetic and other neuropathies, and any old sporting or other accidental injuries - anywhere the circulation is reduced.

This is great also for lower limb swelling or pain in extremities and any menstrual irregularities, lack of libido, and where there is sciatica, pubic symphysis/pelvic girdle pain and structural weakness.

Some people often report feeling sensations like warm water running down their legs. It is amazingly calming, and if pregnant, this allows the uterus and the passenger to relax.

Most come out of this really relaxed – it is a great idea to possibly have a snack before starting, as otherwise feeling ‘out of it’ may result.

CAUTIONS (I repeat myself again here)

- 1) Mum **MUST** be warm where you are to use the moxa. As you are outside, no breezes!! Cover her with towels and create a windbreak – a little draft makes all the difference – and not a good one. Her feet must be covered – especially if you have decided to use the moxa stick in the cold tiled bathroom where there is an extractor fan. Socks on. Once the moxa has been done, come back inside or where it is warm, as the massage is performed once the relaxing/warming up from the moxa has happened.
- 2) When outside, if it is at all windy/cool, ensure that a towel is held under her arm and also caught under yours. This automatically gives a windbreak – so there is no cross draught whilst the moxa on sacrum is allowing the pores to open and her body to relax into the soothing and calming penetrating heat.
- 3) **Both** of you need to drink some water or a herbal tea – not chilled, preferably body temperature, Hydration is important as using moxa is a desiccating process. Drink water - before, and during or straight after the moxa is used.

7. TO FURTHER STRENGTHEN THE BODY - POINTS

If you want to build up their [Kidney Yang](#) (see below) using the stick on the point at the waist on the back - BI 23 will further reinforce the strengthening this gives.

Hold your thumb about its first joints width away from the first point on the spine, between the two vertebrae at waist level, and hold the stick over this point again 3 times, or more if they either take a long time to feel it.

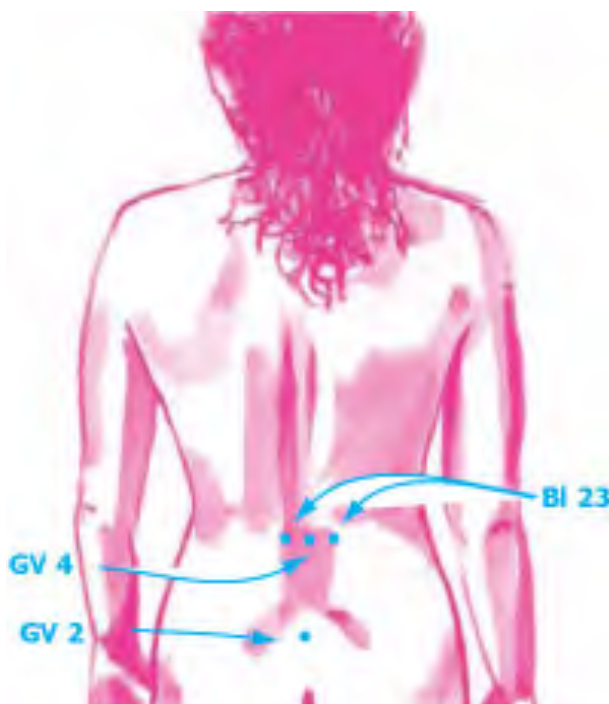
Both sides to the right and left of the spine can have this treatment.

Find the waist, by feeling for the bottom of the ribs.

Go to the centre of the spine.

Hold the moxa stick about a centimetre away from the spine in between the two vertebra.

When it gets a little too hot get them to tell you, and move the stick away for about 2 seconds. Return to hovering above the spot and repeat an odd number of times.



If it feels wonderful and they have a lot of back weakness/pain or other symptoms on the list below, maybe use up to 9 peaks of heat.

If mum finds it a little irritating, just stop at 3 peaks of heat.



Note that it will look pinker after the holding of the lit stick above the skin.



WHAT ELSE WOULD THIS HELP?

It makes all feel better. Assists circulation to the pelvic and all up the spinal areas

Aids any minor and sometimes major complaints.

8. GENERAL YANG 'XU' (ADRENAL EXHAUSTION)

General [Metabolism](#) & normal body temperature regulation may have been lessened, leading the person to feel cold, and lacking 'oomph' on all levels. This brings problems with - all **metabolic** functions, **circulation**, **digestion**, all levels of **protection** including immune function, and **structural integrity** especially holding blood, tissues & organs in place, **temperature regulation** – hence feeling cold easily ([Low thyroid function](#) likelihood).

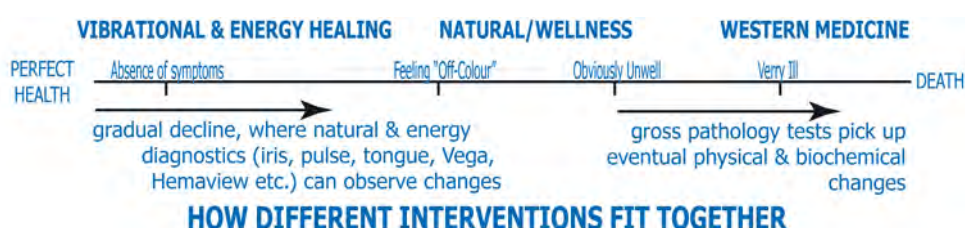
YANG DEFICIENCY



The symptoms listed above in the general Yang deficiency case above are a guide only – any case where you feel colder than others, your circulation and digestion are not working optimally – suspect this is happening.

It may take a while before your body function falls down enough for the medical labelling process and giving you a 'disease' category comes in.

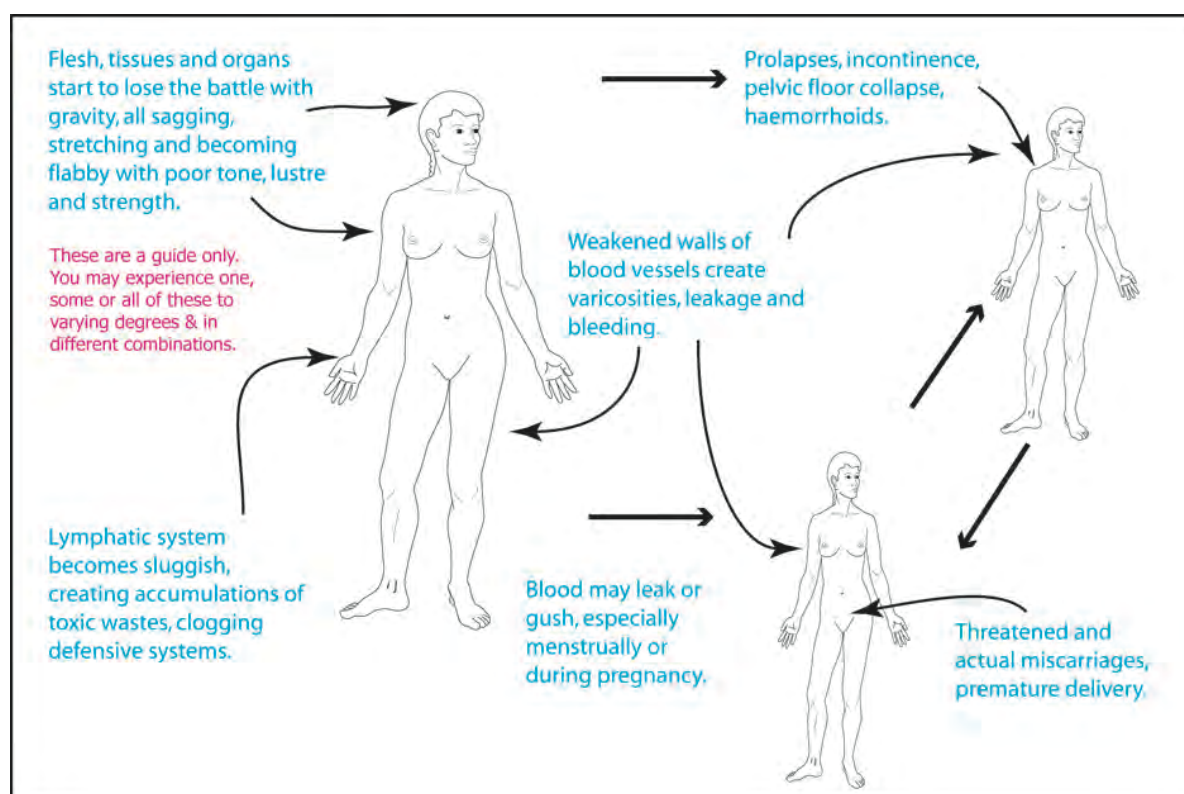
As the orthodox medical thinking/model exists having broken the person into bits – each bit has a different 'specialist'. But the body is not a physical organism – it is a dynamic interaction of every layer – from soul through to the physical aspect.



If you have 'Spleen Yang Deficiency' you will have. . . these symptoms

- **Poor appetite.** This may be slightly offset by late pregnancy. Likely not feeling really interested in food, feeling vaguely (or frankly) nauseated by even having to think about it, the Spleen Yang/Qi needs help. Without a healthy interest in food, the Blood energy cannot flourish, and all quality of life will be compromised.
- Further afield, weak Spleen Qi/Yang is responsible for prolapses, incontinence and haemorrhaging.
- **Loose stools/apparent diarrhoea.** This may seem normal to her, but unformed stool is a sign that the Spleen Qi is not doing its job of transforming well. Assimilation may thus be lessened.
- **Fatigue, especially after eating.** The weakened Spleen Qi may be only capable of doing one thing well. Putting the brakes on external activity at least ensures that food is still processed. Maybe also becoming vague and failing memory. Blood quality and Jing suffer as a result. Sometimes needing to finish off a meal with sweets.
- **Abdominal distention, gurgling, possibly discomfort and dull pain,** especially after eating, as transportation and transformation (digestion), may show signs of weakening and deterioration.

WHAT YOU ARE TRYING TO AVOID . . .



All of the above may seem like the general aging we go through. You do not have to. None of this is the domain of a medically trained helper – as it is all about general quality of life hassles.

All this is easy to change by pulling out all the stored cold and then using moxa and using a traditional women's home healing application - perineal [steaming](#). Instructions for this are also in the extensive work given in the Self Help programme as '[Reset Your Metabolism](#)' is. (All this is an easy option – you can do it all at home: the package above will enlighten you).

All of this is restorative and totally safe — just drink more tepid (not cold tap) water and don't get cold whilst the moxa is being used. What is not really safe is to allow the body to struggle on, trying to cope as it is.

NO ice, or any cold is to be used anywhere near any woman, or really anyone – as it weakens the energy that allows easy life – your 'oomph' – life spark - Yang Qi.

There is more

If you have 'Kidney Yang Deficiency' you will have. . . these symptoms

- **Needing to pee a lot, especially at night.** This may be seen as 'normal' in aging or in pregnancy. Getting up several times nightly is disruptive, and leads to not great outcomes as the body needs to replenish whilst sleeping.
- **Weak or aching lower back.** If very strongly deficient, the knees and legs may also feel unstable and weakened.
- May also have **cold intolerance, and poor circulation**, with cold hands and feet (see above general pregnancy disclaimer).
- **Lack of any interest in sex.** This may become such that there is no feeling at all, even with direct stimulation. Sensual numbness may set in, as the body shuts down non essential (for physical survival) drains on its most precious essence and Kidney Qi.

Safety

- This may then bring up a fear — “Is it safe”? Yes — if used as directed
- What is not safe is to muddle through life with cold invasion running your body and your body function being lessened in any way with all around you (especially supposedly tasked to help – medical) that this is normal when aging/pregnant/at your time of life/etc.

9. USING MOXA CONES (AFTER THE CUPPING OF THE NAVEL)

I add this in if you have been to see me you may wonder what I have been doing – or if you re thinking of getting the Reset Your Metabolism course,

I go through this with patients most days. Using moxa encourages their body to work again after they have wasted their Yang Qi. You can also do this if you buy the package from me of the cup/moxa and also the course – how to help yourself heal.

This also requires a helpful extra person – plus:

1. Gross punk moxa wool (source online if local acupuncturist is not using it)
2. Matches
3. Fresh ginger in slices
4. Ordinary table salt
5. Tissues
6. Access to outside, even if it is just in a window ledge as the smoke needs escaping.

You are burning the moxa outside and bringing the lit and hot small fire inside. It will be on top of the ginger slice. Pop it on top of the just cupped navel, to allow the Yang Qi need to run the body to activate again. This is remarkably profound in effect.

Do not miss this step and do not use anything other than what I suggest.

Pure moxa wool is not going to do the same job and nothing else burnt will either.

What else may you do with the lit moxa on the ginger slice?

On any sore area – as long as there is no broken skin, or red rash.

You can use the action of the ginger (warming) and the actual heat from the very penetrating moxa to allow warmth, comfort and the possibility of actually healing a sore joint, or damaged part of the body.

10. MASSAGE

Now the area is relaxed, the sacral opening massage will be less painful.

The benefits of using the moxa are so evident when you take the time and effort - it is delicious.

Nothing else comes close. It is really worth finding the time and the space to have this done – outside and not in a draught.

SMALL TIPS for the massage



Thumbs - going in very deeply.

This is a therapeutic session – and slow deep gouging does a great job - use the moxa first to loosen the area up.



BL 35 angled 45 degrees into perineum – To prepare for easy vaginal opening

Move your own blockages to health and to [healing yourself](#) .

You may also be interested in this taster of [self-massage work](#).

Please also look to the home massage courses I have here.

[Women's Home Massage](#)

[Men's Home Massage](#)

11. REVISION - WHY NO COLD?

Cold [messes totally](#) with the function of all systems of the body.

Please ensure that your feet are not on cold floors or that either of you get cold whilst the moxa is being used.

Whilst using moxa feels amazing, please do not use the stick for more than four minutes. If it feels SOOO good and you can't stop – check – do you have a cool to touch belly? If so, your body is under constant attack – and the gut will not be able to support your life as you need it to.

This gives rise to all the specialist appointments and problems that may need always attention. My Reset Your Metabolism course is the way to fix this.

Without doing so you will be – as this will safely and effectively pull the [cold that has invaded your core](#), out for good. .

After using moxa - do not let even a tiny breeze be anywhere near your 'patient'. I have found moxa use to be invaluable to loosen and liberate any back /upper body/ neck/ shoulders and digestive problems. Please see more in my other work – as understanding the route of different acupuncture meridians/lines of energy explain how and why this is so.

In skilled hands, moxa is non invasive and easily reverses illness.

In young children, it is safe and easy, and often all that is needed to strengthen - especially if anyone has poor digestion ([Spleen Qi/Yang depletion](#)) or who may be 'failing to thrive'.

The gut has to support us - and that has as its foundation the Spleen Yang Qi times – no sweet, no raw, no cold – but bland, nourishing and cooked foods often.

You have to warm all resources before you can use them - wasting inner flows.

With anyone's back/bodily discomforts, moxa can be easily picked up as homework in between visits to structural or other health care professionals.

12. OTHER INFORMATION

There is much to see on all my sites – perhaps [check them all out here](#)

Learning more about actively helping yourself (link to where the courses are)

‘Relieving Pregnancy Aches and Pains’ and the specific Naturally Relieving Pregnancy Back Pain are not pregnancy specific – any one’s back pain will benefit - dad and your parents will equally be relieved. You do not have to be pregnant to find vast relief from all this work, although I did develop it originally for pregnancy over the past decades.

It is all totally safe and highly effective.

Please go to www.heathersays.com for further helpful and handy hints on how to live more comfortably in your body – at any time in your life.

Want to know more about self help?

ENJOY YOUR BODY!!!