

MOXA USAGE

Moxabustion is a common practice used by acupuncturists. **It is a safe and effective method of increasing energy and blood flow into specific areas, enhancing healing and a general sense of well being.** It is very good for clearing out mild cold penetration, and for boosting yang qi. There are many specific pregnancy and lactation applications that you can safely do at home, **IF YOU FOLLOW THE SIMPLE INSTRUCTIONS.**

It is herbal, but not 'dope' - some may need to be reassured of this. Always **use in a ventilated area** (e.g. in a bathroom with an extractor fan). **Be aware of the smoke generated.** It is very penetrating, and lingers far more so than cigarette smoke. **Be aware of smoke detectors**, and turn them off before you start, remembering to switch them back on when you finish.

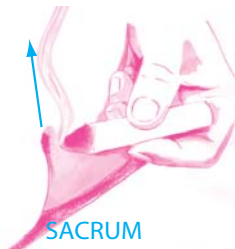
Ensuring that the 'patient' does not get cold, is the top priority. There is no point in attempting to build up yang qi, giving an invasion of cold concurrently. Do not think that this is being soft. The pores of the skin open, moxa is a powerful tool, and requires respect. There is not to be a draught, fans, or air conditioning running near the area moxa is being used. **Mum must be insulated from the floor** - as having bare feet on a cool floor/surface, regardless of how wonderful it feels is one way of creating an immense block of cold lodging in the uterine area, to create all manner of Spleen Yang problems.

Do not use on areas of skin rash, open wounds, or if the person is feeling too hot, aggravated, angry, or either of you are overly hungry or tired.

Before using moxa, **both have a drink of pure, non chilled**

water, as moxa is a dehydrating and heating substance. After using the moxa, regardless of absence of thirst, drink again.

Before using the moxa, if it is the first time, find some aluminium foil to wrap it in afterwards, or a small opening bottle that will allow it to be smothered. Once lit, a stick of moxa smoulders, requiring you to **tap it gently and often**, to remove the ash build up. **TO EXTINGUISH, PLEASE WRAP IN ALFOIL, OR OTHERWISE SMOTHER IT IN AN ENCLOSED SPACE OR BOTTLE NECK.**



Hold the lit end of the moxa stick **approximately 1 cm away from body, resting your hand against the skin**, to buffer against either of you moving unexpectedly, coughing or otherwise changing position slightly - you don't want to touch the skin with a lit tip.

Even not moving the stick fast enough can create a nasty burn - or if she decides to be a hero, and put up with as much heat as possible - "a bit is good - a lot is better" - as **moxa burns very deeply and takes an age to heal.**

Notice how for this point (**Gv 20**), the hair is pressed back out of the way. Just because there is no actual flame, do not be lulled into thinking this is fun - it is serious therapeutic assistance, and in the wrong hands/time may create further trouble. **Please follow directions - especially when, and when not to use it.** Using moxa on the head must not happen if she has a temper/headache or it is a the time of a full moon.

