



Four Flowers Wellness

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MOXIBUSTION TO TURN BREECH BABIES

Moxibustion, or moxa, is a method of warming points using the herb mugwort. Moxa sticks for home treatment are typically made of mugwort charcoal that can be held near a point to provide gentle warmth and stimulation.

Moxibustion Home Treatment

Moxibustion treatment at home is a highly effective way to encourage your breech baby to turn. This treatment must be done daily for 10 days, making home treatment more practical than visiting your acupuncturist every day. You should first learn the technique and point location from your acupuncturist, and I find that the moxa treatment works best in conjunction with acupuncture also.

Before beginning moxibustion treatment at home, gather the following supplies:

- Moxa stick
- Lighter or small candle
- Ceramic or glass dish, such as an ash tray
- A small towel to place under the area being treated to protect the surface from any falling ash
- A glass jar with air-tight lid, such as a mason jar, that is large enough to fit the whole moxa stick

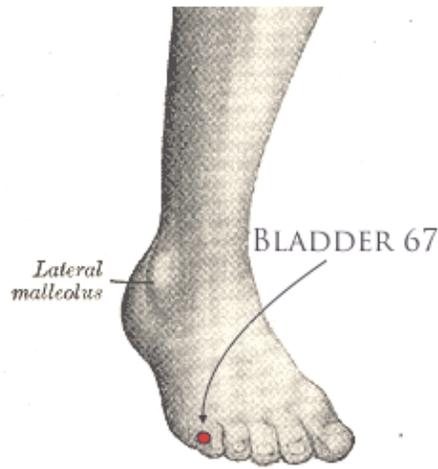


How to Treat with Moxa

Begin by lighting one end of the moxa stick by holding it in a steady flame. It can take a couple of minutes to fully light, especially with a brand-new stick. When properly lit, the moxa stick will be glowing red, and the whole end will be lit.

As the moxa stick burns, any extra ash needs to be scraped or tapped into your ash tray. Be careful not to let too much ash accumulate, as it can fall and cause burns.





Hold the lit end of the moxa stick 1 to 2 inches from the skin. You should feel a comfortable, radiating warmth. Move the moxa stick further away if the heat becomes intense, and never allow the stick to directly contact the skin. Move the moxa stick up and down slightly, or in small circles around the point. This allows the greatest penetration of warmth and prevents the heat from becoming too strong.

UB67 Point The main point used to turn breech babies, is Bladder 67 (UB67), located at the outside corner of the pinky toenail. Treat this point with the moxa stick 20 minutes each side, daily for 10 days. This can be broken up into 10 minutes per side, twice per day. It is recommended to continue the treatment, even after baby has turned.

As a woman with a 32-40 week pregnant belly, it can be a challenge to reach your feet, and especially to hold that position for 20-40 minutes. I highly recommend giving the job to your partner if possible, which lets them be involved and makes moxa time a wonderful opportunity to relax together.

Most women report that baby becomes very active during the moxa treatment and for a period of time after. Right after the treatment is a great time to do inversions or spend some time on hands and knees to give baby the most space possible to move around and find a head-down position.



When you have finished the treatment, place the moxa stick in the glass jar, lit side down. Firmly screw on the lid, which will help to put the moxa stick out. Be very careful not to touch the end of the moxa stick, even if it appears not to be lit, and be aware that the jar may become hot as well.