

BEFORE YOU START:

You will need a well-ventilated room and your partner to help you (ideally!).

A heat proof (glass/pyrex/porcelain) little saucer, bowl or dish for collecting ash

An empty glass jam jar with its lid

Access to strong flame (a mini gas torch/butane torch or a gas stove top is the most effective, please read instructions below)

WHAT IS MOXIBUSTION:

Moxibustion has been used for centuries to help encourage breech positioned babies to turn into the cephalic/head down position in a safe, non-invasive way.

Moxibustion involves lighting a moxa stick and using this stick to warm/heat an acupuncture/acupressure point located on the little toe of the pregnant woman, for 20 minutes on each foot.

Moxibustion treatment is performed every day for 10 consecutive days. You do not have to do it at the same time every day, but it does have to be done every day. Because of the length of treatment days needed, it's best to start sooner, rather than later.

The moxa sticks you have been supplied with are made out of a herbs called Mugwort and they are mixed with charcoal giving it a black appearance. The charcoal component allows the stick to combust slowly with limited smoke.

WHAT TO DO

Please make sure you have plenty of time and are not rushed. It will take up to 40 minutes each day.

To light the moxa stick: use a strong flame (a mini blow torch/butane lighter or the flame from a gas stove top works well). Make sure you turn the stick to light it evenly all the way around. Light a good 1cm portion of the stick and make sure it has lit into the very centre of the stick. It will take roughly 30-60 seconds to light.

To test whether it has lit properly, it should glow a strong, bright orange in the very centre when you blow on it.

Please note: You can use the flame from a candle to light your stick but it will take up to 5 minutes to light the moxa stick properly.

The moxa stick will produce a light grey/white ash. You will need to periodically and gently scrape the ash off into a heat proof dish/saucer/bowl.

The moxa stick will continue to burn for as long as it is exposed to air/oxygen. To put it out, simply place the lit stick into an empty glass jam jar and screw the lid on. The closed jar will suffocate the stick and put it out. *Do not use a plastic jar, it will melt*

HOW TO DO IT

The pregnant woman should be seated comfortably.

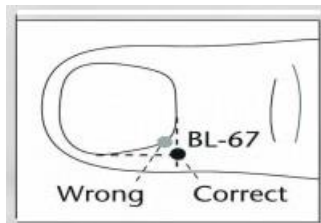
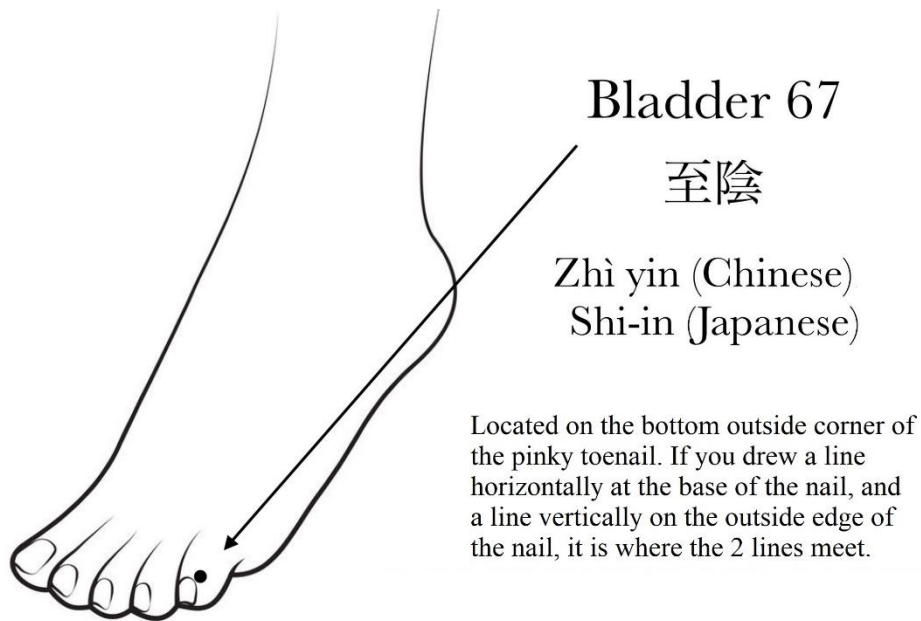
Your partner heats the acupuncture/acupressure point "Bladder 67" (see pic) by holding the lit moxa stick about 1cm away from the skin.

THE MOXA STICK NEVER TOUCHES THE SKIN

Hold the stick above the point until it becomes uncomfortably/prickly hot. Try and maintain this level of heat sensation by briefly lifting the stick away from, and then back to the original position in a gentle "pecking" action. It should be a movement from the wrist, not the whole arm.

Heat one toe for 20 minutes, then repeat on the other foot.

Repeat every day for 10 consecutive days. If you suspect your baby may have turned during this time please have it confirmed with your care provider. If your baby has turned to the cephalic/head down position please continue using the moxa until the 10 days are complete, but you may reduce the time to 10 minutes each toe.



If you have any further questions please don't hesitate to contact me via email jacinda@pointspecifics.com

I wish you all the best for your pregnancy and your birth. Jacinda x