

Moxibustion for Breech Presentations

Moxa is a plant (*Artemisia argyi* Folium) that is used as a heat source to stimulate acupuncture points. Moxibustion has been used in traditional acupuncture treatments for over 2000 years in China.

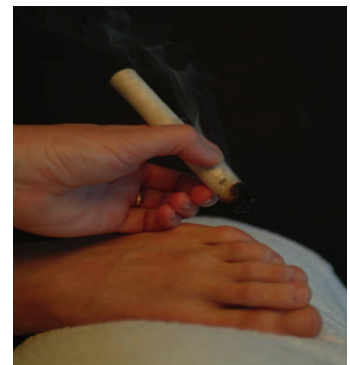
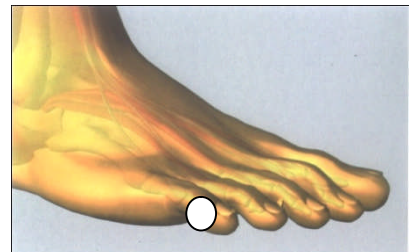
Requirement

- Pregnancy from 34 weeks!
- For each session you will need Moxibustion sticks ,candle to light stix, water to extinguish and ashtray or tea light holder
- Need constant flame to light moxa
- Moxibustion sticks come in two main types. Smokeless or Moxa rolls. Smokeless is the preferred ones as they don't such a strong odor!
- Well ventilated room



Procedure

- Moxibustion produces smoke: the room needs to be well ventilated
- Put aside 30 minutes, twice a day to treat yourself with the following technique. This can be done by anyone including yourself (if you can reach your own foot).
- Make sure you are sitting comfortably with your legs well supported in a raised position such as on a stool, couch or bed.
- Light the Moxibustion stix with a candle flame and wait until its red at the end
- Hold the glowing end a good 2-3cms away from the Bladder 67 acupressure point on small toe- the outside of your little toenail. *Never in contact with the skin!*
- When it gets too hot, move away and then re-apply the stix, repeating this procedure 7 times- at least 15 minutes each foot. You will notice that you will only be able to tolerate the heat for a shorter time with each re-application.
- Gently brush off any ash that forms on the end of the stix using the edge of ashtray or small dish.
- Extinguish the stix safely making sure that none of it is still burning. You can do this best by sinking the tip into cold water. Leave the remaining part of the stix in a candlestick or egg cup, until you are ready to use it again. Keep in a safe place away from children.
- This routine should be performed twice a day over 10 days. Tick the days off on the calendar to remember.
- If you think that the baby has turned around (you will feel a great deal of movement followed by less pressure under the diaphragm and you can breathe easier) have the position of the baby checked by your doctor or midwife. Generally once the baby has turned the weight of the head tends to keep them head down.



Source: Debra Betts. 2006. The essential guide to Acupuncture in Pregnancy and Childbirth.

http://nom.clear.net.nz/pages/debra_betts