

Moxa Self-Care Guidelines

- Moxa pole • Cup / mug / or tin with sand or salt
- Candle and matches • Burn ointment (optional)
- Ceramic Mug

Procedure:

- Light one end of the moxa pole using the candle. Rotate gently making sure that the entire end of the pole is lit so that it burns evenly. Scrape the ash off of the moxa pole into the ceramic mug and continue to hold over the flame until the end glows red.

- Make sure there are no cracks in the moxa pole. If cracks develop in the pole as you are lighting one end continue to scrape that part of the pole until you have moved past the crack. It is very important not to work with a cracked pole as a hot ember may break off and cause harm or damage!

- Once lit, bring the end of the moxa pole close to the affected body part. You should feel a comfortable warmth. Move the pole in small circles or back and forth. The end of the pole should be close enough to feel the warmth, but not so close that it feels hot!

- Warm the desired area for a couple of minutes, or until the skin becomes pink

or warm to the touch. Remember there *is* such thing as too much. Even gentle heat from moxa can burn the skin. If at any time the treatment becomes uncomfortable, stop.

- If the skin looks too red after the treatment or you feel you may have burned the skin apply the burn ointment.
- When done extinguish the pole by burying the lit end in your container of salt or sand.

Indication:

- Moxa can be used for any pain or injury. Its gentle warmth promotes the

flow of qi and blood which can help relieve pain and stimulate healing.

- Moxa can also be used to promote fertility, turn a fetus, improve energy, reduce hot flashes, and aid with digestion. Talk to Roberto for examples of which acupuncture points to apply moxa for these and other conditions.

Contraindications- though generally a safe and effective therapy there are certain conditions when moxa should not be used:

- Do not use moxa on areas of the body that are numb or have decreased sensation (ex. Peripheral neuropathies) as these areas can easily be burnt and

later infected since the amount of heat applied cannot be felt.

- Discontinue moxa if the heat feels uncomfortable. Moxa is a form of health therapy, but there are “hot” disorders as well. If the moxa does not feel good, this is an indication that there is already too much heat, and moxa is not the best choice of therapy.

If you have any question or would like more details on moxa self-care please contact me at Roberto@kumoacupuncture.com or by phone at (503) 318-9490.