

Moxa for Breech Position

Moxa for Breech position is a technique done with a herbal moxa stick. It's done daily on both sides of the feet for 20 mins, for 10 days. It can be done by yourself, but preferably by your partner /support person. Any questions, please email us! hello@embraceacupuncture.com.au

HOW TO USE YOUR MOXA STICK

What you will need:

- Moxa stick
- A lighter
- A small ceramic or glass dish
- A glass jar with a lid & a thick layer of rice in the bottom to extinguish the moxa
- A glass of water, just in case!

1. Light the end of the moxa stick with a lighter or by holding over a candle. This can take a few minutes. You will know it is alight when you can feel the heat coming off it from a few cm's away.
2. Hold the moxa stick close to the outside of the small toe nail 1-2 cms away. If someone is doing this for you, do 2 toes at once when you've got the hang of it! The area will begin to feel pleasantly warm.
3. When it becomes too hot, lift the moxa away & tap it on the side of a ceramic/glass dish to prevent ash dropping on you, then return for a total of 20 mins on each side

When you are finished put the moxa stick into the glass jar with the rice and close the lid tightly. The moxa will soon go out. You can use the same moxa stick the next time and repeat the steps.



This point is called Bladder 67.
Here's [a video](#) to help find the spot

PRO TIPS

- Do for 20 mins on each side for 10 days
- Even if your baby has turned, continue for 10 days to prevent them spinning back
- Most people don't notice major movement until the 8th-10th day - this is normal!
- Take a few days break and repeat for another 10 days if needed
- A candle or stove lighter is easier than a match or cigarette lighter
- If you extinguish the moxa into a glass of water, it's hard to light the next day - we recommend a tightly closed jar of rice to extinguish it (no oxygen = moxa goes out)

Extra info at

<https://acupuncture.rhizome.net.nz/acupuncture/fact-sheets/evidence-base-acupuncture-and-moxibustion-breech-presentation/>