



Moxibustion Tips

Get in a comfortable reclining position. This is best done with a partner holding the moxibustion for you. Make the environment as relaxing and comfortable as possible. Make sure you know where the point locations are prior to lighting the moxa stick. You can use an ink pen to mark the skin if you prefer. Light the moxa stick with a candle (I find this easier for the smokeless moxibustion especially). Light the moxa stick evenly around the entire top of the moxa stick. To get it lit, blow on it, away from you or anything flammable.

Hold the moxa stick at least 1 inch from the point. You can do circular motions or an up and down pecking motion going perpendicular towards the point. You can even hold the stick right over the point without moving it. Do not touch the hot moxa to the persons skin. It will burn them. When you need to get the ash off, roll the moxa stick in a glass dish or ceramic coffee cup filled with uncooked rice, or you can tap the stick on the side of an ashtray. You may also blow on the stick. Just make sure to blow the ash away from the patient or anything flammable!



Make sure you know your Moxa Protocol:

Edema: 20 minutes total (5 minutes each side & each point) for 7 consecutive days of moxibustion.

Breech Baby: 25 minutes total for 10 consecutive days of moxibustion

To extinguish the moxibustion please put the moxa stick into a glass or non-flammable bowl of uncooked rice and make sure it is deep enough to extinguish the flame (usually about 2" of rice).

Sometimes people will extinguish the moxa stick in dry dirt in the garden. Again, make sure the dirt is deep enough and check back to make sure the moxa goes out completely. Typically if you wet the moxa stick it will be ruined.

Supplies needed:

- Longevity Pure Smokeless Moxa Sticks - With Hole in Center (5 Per Box) - 1 box

(Travel on over to thedebedavies.com and into the store to purchase this.)

- Candle
- Lighter
- Glass jar with a lid or a ceramic mug
- Uncooked Rice (1/2-1 cup full)