

# acubalance

wellness centre

## Turning a Breech Baby with Moxibustion

**Do this sitting comfortably, with legs up, wearing loose fitting clothing. If you feel the baby move significantly, get your midwife or doctor to check the baby's positioning.**

**Step 1:** Light the moxa stick in a well ventilated room with a candle.

**Step 2:** Hold the moxa stick about 1 inch over the corner of outside of baby toe so that the heat is warm, not uncomfortable (see picture below).

**Step 3:** Alternate left and right feet every 5 minutes (20 minutes total) by holding moxa stick over the point below.

**Step 4:** Extinguish moxa stick into a cup filled with dirt.

**Step 5:** Repeat 2 times a day for 20 minutes each time.

**Step 6:** Stop when baby turns.



### **Caution:**

**Use in well ventilated area.**

**Do not touch yourself with the moxa stick, it will burn!!**

**Put out in a cup full of dirt. Do NOT put water on moxa!!!!**

**This is a fire hazard!!!!!! Keep away from flammable items!**