

# Moxibustion for Turning a Breech Baby



Moxibustion, or “moxi sticks”, contain the leaves of the mugwort plant. They have been used in traditional Chinese medicine for thousands of years.

Research done in the United States and Europe has shown that using moxibustion increases the chance that a breech baby will turn to the head down position.

Moxibustion works by stimulating the BL57 acupuncture point. It is safe for pregnant women and their babies.

## How/When to Use Moxibustion

Moxibustion works best when started at 33-34 weeks. Moxibustion is used daily before going to bed until the baby turns itself.

You can buy moxi sticks at “The Herb Store”, 107 Carlisle Blvd. SE (at Central), (505) 255-8878. Each stick costs about \$1.00 and can be used more than once.



- Place 4 books (2 thick books in the middle and 2 thin books on the outside) in a row in front of a comfortable chair.
- Sit in the chair and place your feet on the two middle books, letting your little toes hang over the edges.
- Light each moxi stick. They burn like incense. The smoke is not toxic but has a strong smell. You may want to open the windows.

- Place one moxi stick on an outer book with the lit end as close as possible to the outside of your little toe, directing the heat to the point just above the toe nail.
- The heat should be as strong as you can stand without burning yourself. Do the same with the other stick and foot.
- Leave the sticks in place for 20 minutes. Dip the lit ends in dry sand or dirt to put out the sticks.



You will notice the baby kick and move and it will continue to do so after you go to bed. Continue to use moxibustion nightly.