



## **Moxibustion**

Moxibustion is a Traditional Chinese therapeutic therapy to warm a specific point or area. Moxa is a soft woolly substance prepared from mugwort leaves (*Artemisia vulgaris*), and is heated on or over the body to warm a specific point or area which encourages increased stimulation, blood and Qi flow.

Moxibustion can be used for “cold” conditions, such as joint pain that is worse with cold, where the direct heat of moxibustion is used to warm the area. The warming and moving nature of mugwort may help move the stagnation in these sorts of complaints. Traditionally it is believed that it increases blood circulation to the pelvic area and uterus and is therefore commonly used to assist in turning breach babies.