

MOXAFRICA

Moxa Manual



Immune system strengthening

GENERAL RULES:

- Use good quality refined moxa in small rice grain sized cones.
- Burn till you just feel the heat and then quickly snuff cone out.
- Use 5-7 cones at each point unless otherwise noted.
- Adjust dosage as necessary (reduce for weaker patients i.e. 1-3 cones for weak patient and then build up as patient recovers).
- Only use points that are reactive from pressure pain.
- Points are living things and can move. Recheck for pressure pain regularly and move treatment point accordingly.
- Fever: Slight fever - use smaller and fewer cones.
High fever - DON'T MOXA!
- Avoid blistering. If blister forms do not moxa on top of it.



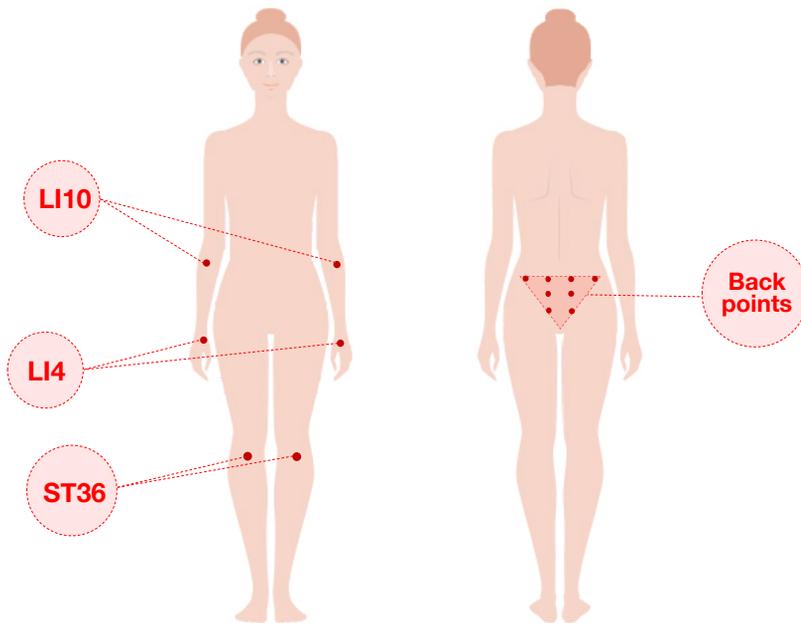
Strengthening the immune system with moxa to protect yourself in a pandemic.

- Daily moxa boosts the immune system and improves digestive function.
- The effects are cumulative (little and often is the key!).
- Because of this, if you're unlucky and get infected with the coronavirus then regular moxa may help prevent the infection becoming severe and really serious.
- The coronavirus may be able to re-infect those who have already recovered because their antibodies and cellular immune response are inadequate to protect against it. Doing moxa daily should strengthen this cellular response.
- While we wait for a vaccine, using moxa could make the difference!

Moxa at St36 on its own is easy and should be sufficient for general protection.

If any suspicious symptoms occur, immediately add points on the arm (check which ones are most tender and moxa accordingly).

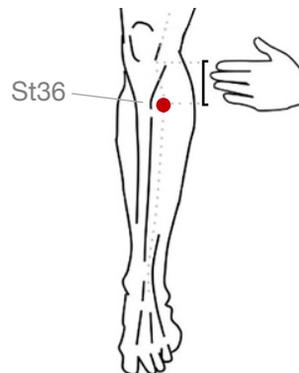
If serious symptoms appear, then also add the points on the back.



ST36

Location

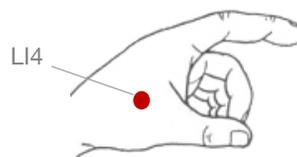
4 fingers inferior from the lower exterior knee cap, one finger lateral to the anterior crest of the tibia.



LI4

Location

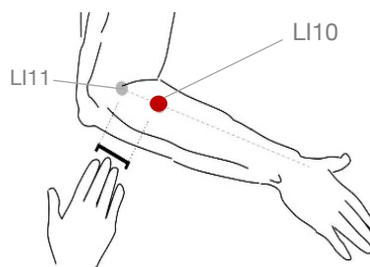
Between the first and second metacarpal bones on the front side of the hand. At the midpoint of the second metacarpal bone.



LI10

Location

On the radial side of the forearm, 3 fingers distal from the corner of the inside elbow.

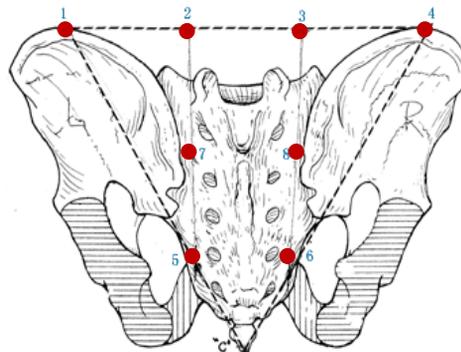


8 points on the lower back

Location

The patient needs to be lying on their front.

First draw a line horizontally between the top of the iliac crests. Two of the points (the widest points) can be found at each end of this line on the highest point of the iliac crests. There's normally a little notch in the top of the bone to indicate this location (points 1 & 4 in diagram), and the other two (points 2 & 3) are at the intermediate divisions when equally spaced.



Next, draw two lines vertically downwards towards the back of the legs from points 2 & 3. Then diagonally draw two lines from the tip of the coccyx to points 1 & 4, making a triangle.

Points 5 & 6 are found at the intersection of these two diagonal lines and the two vertical lines that were drawn down vertically from points 2 & 3.

The final two points are found on the vertical lines. Point 7 is halfway between point 2 & point 5. Point 8 is halfway between point 3 and point 6.

The actual final locations of these points can often be refined by finding tight or tender spots close to these locations. If this is the case, then use these more tender points since they may be more effective.