True Fortune Acupuncture

Mother Warming Guide

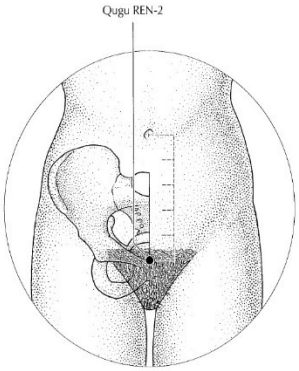
CAUTION: DO NOT PRACTICE MOTHER WARMING UNTIL AT LEAST THREE DAYS AFTER BIRTH OR IF THERE ARE ANY RETAINED PRODUCTS. DO NOT PRACTICE MOTHER WARMING IF THERE ARE SIGNS OF HEAT SUCH AS RAISED TEMPERATURE OR NIGHT SWEATING. DO NOT PRACTIVE MOTHER WARMING OVER A CAESARIAN SCAR IF THERE IS ANY SUSPICIOUS REDNESS OR PUS-LIKE DISCHARGE. IF IN DOUBT CONTACT YOUR ACUPUNCTURE PRACTITIONER TO CONFIRM WHETHER MOTHER WARMING IS ADVISED.

This practice should be carried out **only once** and **four or five days after childbirth**. It is useful for reenergising and supporting recovery. It can be self-applied to the abdomen or applied by a partner/supporter to the abdomen and lower back.

You will need: a smokeless moxa stick (this can be supplied by your acupuncture practitioner). A smokeless moxa stick is preferable as it will be less disturbing to air quality in the room where mother warming is applied.

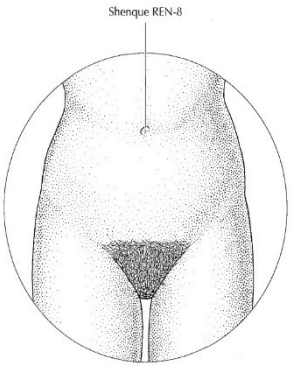
To light a moxa stick: you can use a conventional gas lighter, but it is often easier to light the moxa stick over a gas hob or a tealight candle.

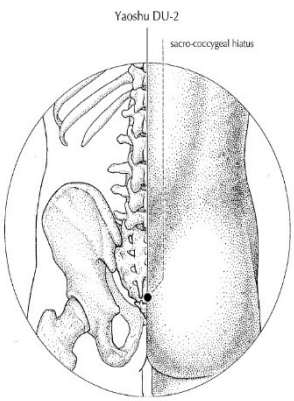
To extinguish a moxa stick: moxa sticks can be notoriously difficult to put out. In order to prevent any burns, it is important to extinguish the moxa stick by removing all oxygen. This can be best accomplished by submerging it in sand. Do not use water as this will prevent you from using the stick again.



Area 1:

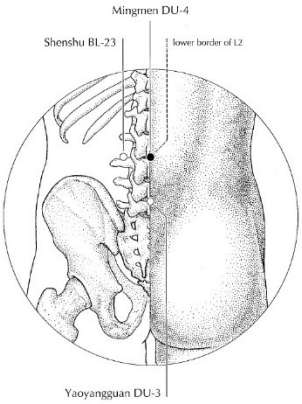
Holding the moxa stick a couple of inches away from the recipient's skin (or adjusting as needed until they feel a gentle warmth), slowly move the stick up and down the centre of the abdomen from the top of the pubic bone (Ren2) to the naval (Ren8). Continue this for five to ten minutes, or until the recipient's abdomen feels pleasantly warm.





Area 2:

Holding the moxa stick a couple of inches away from the recipient's skin (or adjusting as needed), slowly move the stick up and down the centre of the back from the base of the sacrum (Du2) to the midline of the lower back (Du4). Continue this for five to ten minutes, or until the recipient's lower back feels pleasantly warm.



N.B. Take care when using the moxa stick that no ash falls on the recipient, and pay close attention to ensure that the moxa stick is properly extinguished after use.