

Moxibustion on a Substrate

Salt Moxibustion Over the Umbilicus

1. Place a thin sheet of gauze over the umbilicus
 - a. If the Umbilicus is protruding a well can be made by moistening a paper towel and creating a damn around the umbilicus
2. Pure a small amount of salt into umbilicus on top of the gauze
3. Place a dime sized moxa cone on top of the salt
4. Light the top of the moxa cone with incense
5. Steps 3 and 4 should be repeated as necessary to achieve the desired therapeutic effect.
6. The whole assembly can be removed by lifting the edges of the gauze
 - a. If the patient indicates that it is too hot at any time during the treatment the whole assemble should be removed.

Ginger Moxibustion

1. Prepare ginger by poking small holes in a 3/16" thick slice of ginger.
2. Place ginger slice on area to be treated.
3. Place a dime sized moxa cone on top of the ginger slice.
4. Light the top of the cone with incense.
5. Steps 3 and 4 should be repeated as necessary to achieve the desired therapeutic effect.
6. The whole assembly can be moved or removed by lifting the ginger.
 - a. Multiple points to be treated with the same ginger slice.
 - b. If the patient indicates that it is too hot at any time during the treatment the whole assemble should be removed.

