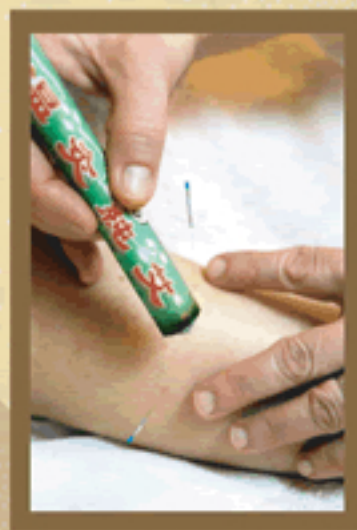


GETTING STARTED

The moxa stick will take a few minutes to light. Be sure to avoid burning yourself if you use a lighter – the easiest way to start the stick is to light a candle and use the flame well away from your fingers.

After lightly blowing on the end a few times you'll notice a deep red glow in the center of the tip, and a few minutes later the stick will start to emit smoke. You can start to use the stick as soon as you see the red glow.

Hold the stick a minimum of 1.5 to 2 inches above the skin. If you can feel the warmth from a further distance then use this new distance. Never get closer than 1.5 inches or you'll increase the risk of burning yourself.



Try to keep the stick moving in concentric clockwise circles or broad sweeping strokes over the area indicated to you by your therapist. This will give you the most beneficial effect, and minimize the risk for burns.

THINGS TO WATCH OUT FOR

The moxa stick will be very hot. Even the ash, as it burns, will be hot enough to cause pain if it touches skin. Have an ash tray or glass jar nearby to frequently dispel the ash from the end of the stick. A couple of taps along the side of this ash dispenser will usually be enough to dislodge any parts at risk of falling onto you.



HOW IT WORKS

Moxa is the only known substance that has a thermal signature almost identical to a human when it burns. Instead of topical applications, which put heat onto the top of the body and absorb in, the moxa stick is designed with herbs that bring heat from the interior of the body to the outside, thereby giving longer lasting effects.

It is designed with herbs that move the qi and blood, which cause pain when they stagnate. This effect also increases general healing in an area.

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USES

For cramping associated with menstrual cycles, you can move the moxa stick back and forth on the abdomen. Do not use if the flow is bright red, heavy, or constant.

For fatigue or edema, move the stick over the abdomen in a clockwise manner, and again in the muscular area just under each knee between the tibia and fibula.

For pain or edema in a confined area, use the stick in a back and forth fashion over the region going away from the torso and back towards the torso. Avoid the areas of the chest, and head, as well as the area of the leg just above the outer ankle.

For cold extremities have someone move the stick in a clockwise manner around the low back.

REMEMBER: You will need to use the extinguisher to put out the stick.