

Moxibustion and Turning a Breech Baby

Moxibustion is a type of Chinese medicine that may be helpful in turning a breech baby. It involves burning a herb (dried mugwort) close to the skin at an acupuncture point (Bladder 67) on the pinky toe to produce a warming sensation.

A Cochrane review found evidence to support the use of moxibustion for turning babies from breech presentation. There is some evidence to suggest that the use of moxibustion may result in fewer births by c-section and when combined with postural techniques of knees to chest.

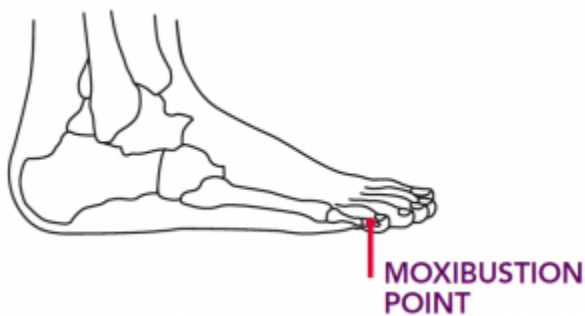
When moxibustion plus postural techniques was compared to postural techniques alone (3 studies, 470 women), women in the moxibustion plus postural group had:

- a 74% decrease in the risk of having a breech baby at birth

How to use:

You can do this at home, but you'll need someone to help you.

1. Remove a centimetre of paper from the end of one moxa stick, then light it with a match.
2. Blow out the flame, leaving the stick smoking and hot.
3. Sit comfortably, ensuring that you have emptied your bladder.
4. Ask your partner to hold the hot end of the moxa stick about half an inch away from your pinky toe (picture below). It should feel warm but not hot.
5. Move from one foot to the other, holding the stick for 2-5 minutes on each side.
6. Do this for approximately 20-30 minutes each session.



Sources:

Rebecca Decker: <https://www.lamaze.org/Connecting-the-Dots/can-moxibustion-help-turn-breech-babies>

Cochrane review:

https://www.cochrane.org/CD003928/PREG_cephalic-version-by-moxibustion-for-breech-presentation

<http://www.boltonft.nhs.uk/services/maternity/information/complementary-therapies/moxibustion/>