



MOXA HEAT PACK (MHP)

Long Lasting, Professional Strength & There When You Need Them

Activated by a few moments of shaking, the pack is soon warm and ready use. Practical uses include:

- Tightness or pain in the shoulders, neck or back
- Menstrual cramps or pain
- Cold hands or feet

30 Minute Self Care Routine with Moxa Heat Packs

Moxa heat packs can be used for general wellness support by warming two important Acu Zones of the body. Follow this protocol daily for increased vitality and endurance. This protocol can be done sitting or standing, but do not use this process when lying prone or supine unless you place the MHP on the back when you are lying prone, and on the belly when you are lying supine. Doing the opposite, with the MHP underneath your body in either position, can confine the MHP and heat it to a temperature that can cause a burn.

STEP 1

Take the Moxa Heat pack and place it over the low back in the L3,4, 5 area. You can tuck the MHP into your belt or pant top to keep stationary when sitting. Make sure the MHP is above your clothing and does not touch skin as it can burn. Set the timer for 15 minutes and feel the warmth penetrate the Ming Men, GV 4 Gate of Life area of the body.

STEP 2

Once your timer goes off, switch the pack to the front of your body just below the belly button. Again the MHP can be tucked into your belt or pant top in front of your clothing. Set the timer for 15 min and feel the warmth penetrate into your belly. You are warming and strengthening Guan Yuan, CV 4, Gate of Ancestral Origin.

STEP 3

Once the timer goes off take the MHP and place it in a zip lock bag. Seal the bag removing all the air. This will shut the MHP down. Put the MHP aside for the next day use.

STEP 4

The next day repeat the same steps and continue to do so until the MHP no longer warms up.

Doing this routine daily helps stimulate your vital energy and is especially useful/comforting during the cold winter months.

Try it, you will love it and recommend it to patients, friends and family as a general way to strengthen their system.

Enjoy!

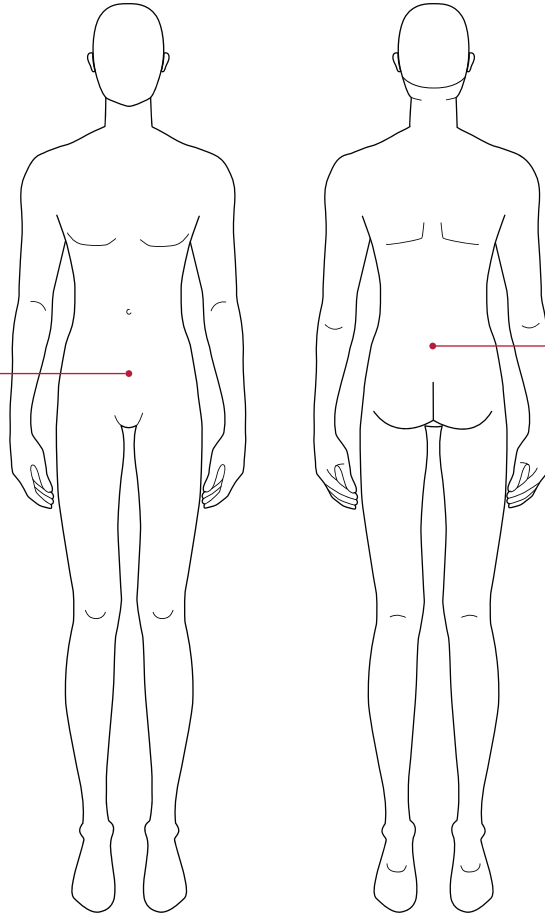
About the 2 Points

GUANYUAN POINT, CV4, OR GATE OF ORIGIN

The Guanyuan point is traditionally associated with nourishing the body's Qi, Blood, and Yin, and is particularly useful for enhancing fertility, boosting vitality, alleviating stress, improving circulation and promoting longevity. It is located on the lower abdomen, about 3 inches below the belly button.

Some key benefits of warming this point include:

- Strengthens Kidney Qi and Yang energy
- Supports digestive function
- Enhances immune function
- Promotes emotional longevity and overall well-being.



MINGMEN POINT, GV4, OR GATE OF LIFE

Warming the Mingmen point has numerous health benefits. The Mingmen point is located along the Governing Vessel meridian on the lower back, between the second and third lumbar vertebrae. It is traditionally considered a powerful point for strengthening the body's core energy, especially the Kidney Qi, which is closely associated with vitality, longevity, and reproductive health.

Some key benefits of warming this point include:

- Boosts vital Qi & Yang energy
- Supports the Kidneys, the source of life force, vital essence & reproductive energy
- Strengthens immune system
- Promotes longevity and overall well-being.

General Use Notes & Cautions for your Moxa Heat Pack

USING YOUR MOXA HEAT PACK

1. Remove the MHP from its package and shake it lightly for 5-10 seconds until the pack starts to heat up. Do not shake or massage the MHP harshly to avoid breaking.
2. When the MHP cools down or clumps are formed while being used, softly massage the pack to resolve the clumps for additional heat.
3. Each MHP can last up to 12 hours at temperatures of 50°C - 70°C. You can use the MHP intermittently over several sessions by sealing it in an air-tight bag (like a Ziploc) in between uses.

CAUTIONS FOR USE

- Do not apply directly to skin as the MHP can heat to temperatures high enough to burn. Always wrap in a towel, or apply over clothing.
- External use only.
- Do not use the MHP in front of fire, near a heater or with an electric blanket.

Moxa Heat Packs are available at wholesale pricing from with an approved practitioner account **EasternCurrents.ca**



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BRINGING VITALITY TO YOUR PRACTICE