

Balancing immune system

- Anyone with a family history of cancer.
- People who catch cold and flu easily.
- People who suffer from hay fever or allergy.
- People who have chronic cough, asthma, bronchitis.
- People with immune disorders, in cancer treatments or those using high dosage of drugs.

Regulating hormone system

- People with infertility problems due to low hormone levels
- Women who suffer from irregular menstruation, menopause, or osteoporosis
- People who have lower sexual desire or sexual dysfunction
- People with thyroid disorder or adrenal gland problem.

Regulating the circulation

- People who suffer from chronic pain in the neck, shoulders, knees, or back
- People with arthritis
- People who have cold sensation in hands or feet
- People with swollen ankles or legs

General healthcare

- Women after childbirth
- People who want to strengthen their energy
- People who want stress relief
- People who are concerned with longevity and youth healthcare needs.

What kind of health condition is not suggested to have Moxibustion?

Patients should not receive moxibustion if they have fever, cold, flu, infection conditions, mouth sores, hepatitis, or high blood pressure. Furthermore, pregnant women should avoid moxa on the abdominal and lumbar sacral areas. Anyone with numbness in the arms, legs, feet, or toes should not do moxa.



- Gentle heat therapy
- Boosts energy reserves
- Improves Circulation
- Effective Better in Summer

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What is moxibustion?

Moxibustion is an ancient therapy in Traditional Chinese Medicine that is particularly effective in preventing illness. It is the harmless, painless process of burning special herbs on the body for quick absorption. Moxibustion has the function of warming and clearing the meridians and tonifying the body's energy. Different points are employed for specialized treatments and preventive care needs. The Chinese Medicine Doctor diagnoses each patient and prescribes an individual healthcare care plan that can help balance the immune system, regulate hormones, improve circulation, releasing stress, and strengthen energy.

What is involved with moxibustion treatment?

Moxibustion is a treatment method used to prevent disease by warming special herbs on certain points of the body. Moxibustion warms the meridians, circulates Qi and blood, and strengthens the body's energy. Moxa, the dried leaves of the common mugwort plant, is the special herb that is placed at the end of the acupuncture needle, and then burnt. It provides gentle heat and tonifies the meridian. To suit different therapeutic needs, the moxa can also be made into a small cone and burnt over skin through an herbal cake. It is a highly effective way to increase the body's energy, build up the immune system, strengthen sexual function, and balance the body's hormonal system.

Why should moxibustion be done during the special season?

According to Chinese traditional medicine, the middle of the summer is the best time to do moxibustion basically because the body's meridians open more easily as the pores of the skin open wider, allowing the body to benefit from treatment. Moxibustion can also be performed all year long to treat different diseases. But for preventative care, it is often done three times during summer for maximum benefit. All three of these times fall during July or August according to the Chinese Lunar Calendar.

How do I know if I need to have moxibustion therapy?

Moxibustion is often effective for chronic pain, arthritis, asthma, chronic bronchitis, stomachache, sexual dysfunction, menopause, and weakened immune system. But summer moxibustion focuses preventive care and longevity. Patients with any of the following health conditions are highly recommended to consider moxibustion therapy.

