



## Moxibustion for Breech Presentation

Traditional Chinese medicine uses *moxibustion* to encourage your baby to turn into the optimal, head-down position.



### Is it Safe?

Yes, acupuncture has been in practice for 5,000 years and is one of the oldest medical treatments.

Acupuncture is proven to be very **safe** for moms and babies at any stage of pregnancy.

### What is moxibustion?

*Moxibustion* is a form of heat therapy in which dried plant materials called *moxa* are burned over acupuncture points.

### When do I start moxibustion?

As soon as you know your baby is breech. The ideal time for moxibustion treatment is 33-35 weeks.

Appointments are schedule **twice weekly** and instructions are given for daily home treatment.

### Benefits

- ✓ Safe for you and your baby (compared to a manual external version or c-section)
  - ✓ No side effects
  - ✓ Painless
- ✓ Avoid unnecessary interventions (e.g. C-section)

Their health. Our future.

[www.drcarlywendler.com](http://www.drcarlywendler.com)

Waterdown Village Chiropractic & Wellness Group  
255 Dundas Street East, Waterdown ON 905.689.4440