



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.

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