This page contains instructions and information about using moxa products. Moxa is a traditional Chinese medicine used for various health benefits. The text is written in Japanese and includes diagrams and charts to demonstrate the correct usage. The page emphasizes the importance of using moxa correctly and safely. For a more detailed understanding, a translation service or someone fluent in Japanese would be required.
Important Notice Regarding Moxibustion

How to Find Moxibustion Points

1. Let's find some actual moxibustion points on your body.
2. First relax and breathe regularly.
3. Once your breathing has become regular, relax and gently press around any areas where you feel pain or fatigue and so on.
(If you find a location where you feel pain, comfort or some other type of response, this indicates the presence of a moxibustion point.)

What You Should Know about Moxibustion

Heat stimulation is essential for moxibustion to be effective, and for this reason it is impossible to completely prevent the risk of low-temperature burns. It is therefore important to carefully monitor your physical condition so that you are aware of any changes or abnormalities as soon as possible. Incorrect use of moxa products may cause problems. Please make sure to use these products properly and effectively based on the correct understanding of their use.

The human body contains what are known as "keiraku," a network of channels or passages through which vital energy flows, and the vital energy which flows through this network is intimately involved with health.

Moxibustion points are the locations of the entrances to keiraku, and the stimulation of these points with moxibustion promotes the smooth flow of energy through them. It is therefore important to determine the locations of these moxibustion points where the flow of energy has been inhibited, corresponding to a particular symptom.

Easy Guide to Moxibustion Points

You can achieve greater effectiveness with moxibustion by locating those moxibustion points which match your symptoms by referring to the moxibustion point chart below.

Relieving Fatigue
- If you tire easily
- If your eyes become blurry and your vision becomes poor when tired
- If your body always feels weary
- If you are so tired that you cannot sleep
- If your face becomes bloated when tired
- If you have difficulty concentrating and thinking clearly when tired
- If you catch colds easily when tired
- If you become irritable when tired
- If your lower back feels heavy and dull when tired

Improving Circulation
- If you have constant chills
- If your feet are cold, even while your head and face are hot and flushed
- If you feel dizzy upon standing when tired
- If you frequently need to use the bathroom when your body becomes cold
- If your body feels lethargic from being in an air-conditioned room
- If you get headaches when your body becomes cold
- If your feet hurt and become swollen after waking for long periods of time
- If you suffer considerable menstrual pain when your body becomes cold
- If you have lower abdominal pain during menstruation

Stimulating Gastrointestinal Function
- If you intend to be constipated
- If you intend to suffer diarrhea
- If you have stomach pain
- If the area around your stomach hurts when you are hungry
- If you suffer from poor digestion of food resulting in a distended stomach
- If you notice a lack of appetite
- If you suffer from frequent burping
- If you feel the urge to move your bowels, but bowel movements are uncomfortable
- If you have an unpleasant taste in your mouth

Relaxing Muscles, Relieving Muscle Fatigue and Relieving Neuralgia and Muscle Pain
- If you have stiff shoulders
- If you have headaches when your shoulders are painfully stiff
- If you have neck and shoulder pain after working in a sitting position for long periods
- If you feel stiffness and discomfort extending from your shoulders to your back
- If your teeth feel loose and your gums swell when your shoulders become stiff
- If your arms feel tired after shopping
- If your legs feel tired when returning home
- If your calves tighten up following sports
- If your lower back does not straighten out after working in a crouching position


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