

Are These Trends Healthy? Botox for Guys, Part-time Vegetarians, Weight Loss Surgery for Kids and More

From the increase in Urgent Care Centers to crazy fad diets that just won't go away, we talked to experts to find out what's going to be big – and what won't go away – this year

Deborah A. Wilburn on Jan 31, 2012 at 5:34PM

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The Hottest Alternative Medicine Treatment: Moxibustion

A growing awareness of the benefits of acupuncture, acupressure, and other related [alternative therapies](#) is bringing these 2,500-year-old Chinese medicine treatments more and more into the mainstream. One that's currently hot, both figuratively and literally: moxibustion.

The way it works: A Chinese herb called moxa — a relative to sage — is lit and moved over the skin on something akin to an incense stick, says Roger Batchelor, DOAM, LAc and associate professor in National College of Natural Medicine's School of Classical Chinese Medicine. "This nourishing, penetrating kind of heat is like the chicken soup of the acupuncture world, only without the needles," he says. Moxibustion is especially useful in fighting chronic tiredness, fatigue following childbirth, overwork, and the aches and pains that come with age. "It's an inexpensive, comforting treatment, and you may be surprised to find it's covered by your insurance policy," says Batchelor. If you're new to these types of therapies, be sure to [look for a certified acupuncturist](#) who is licensed by your state.