

LIVER YARROW COMPRESS

*This compress supports liver function, which is important with any cancer.
In European Anthroposophic clinics, cancer patients receive a daily yarrow
compress over the liver during the rest period after lunch.*

It should be applied regularly over a period of time.

- Begin with daily applications for one week.
- Continue 3 times per week for a month or more.
- In serious chronic conditions, you can continue one to three times per week for the duration of your treatment.

COMPRESS KIT:

You will need:

- **1 wool outer cloth**

You may use a large towel folded into thirds, so that it is approximately 12 in. wide and 60 inches long

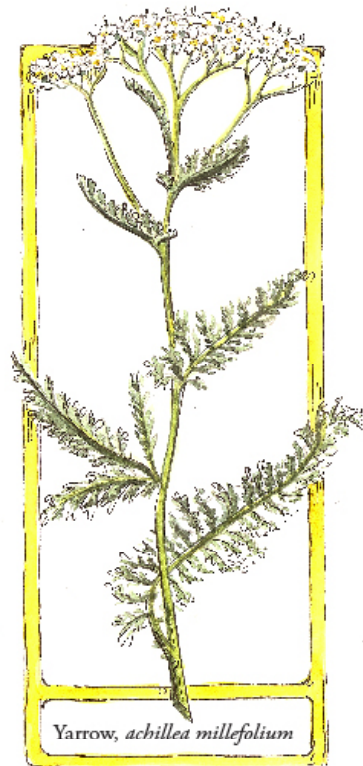
- **1 cotton or flannel intermediate cloth**

slightly larger than the 12" wool outer cloth

- **1 compress cloth**

16" x 48" cotton cloth e.g. old sheet, folded to 8" x 12"

- **Tea towel** (the "wring-out towel")
- **Loose yarrow tea**
- **Large bowl**
- **Hot water bottle and cover**
- **Tea pot and tea strainer**



INSTRUCTIONS

FOR THE YARROW COMPRESS

1. Find a quiet room with a bed or sofa for lying comfortably and make sure you go the bathroom before starting.

2. Take the **wool outer compress wrap** and place it centered in the bed in the approximate position of your abdominal area, so that each end will extend equally on either side of your body for folding left and right.

3. Place the **intermediate (cotton or flannel) wrap** on top of the wool wrap (it helps to put them together beforehand and roll the ends like a scroll, best scrolling them underneath).

4. Get a **tea towel** and open flat.

Place the **small cotton compress cloth**, in the middle of the tea towel and roll or fold from the long side.

Twist the whole towel (as in wringing) so that the two ends present as handles. This will help prevent burns.

5. Place the middle of the tea towel down in the bottom middle of the bowl (you want the small cotton compress to be in the bottom section of the bowl to absorb the yarrow tea) with the ends hanging over the edge.

6. Fill a **hot water bottle** between one half and three quarters full, remove the air and wrap in flannel or a towel.

7. Boil about a pint of water (not tap)

8. Place in a **large bowl or teapot** with a lid (not plastic) **1 to 2 heaping tablespoons of yarrow blossoms.**

9. Pour the just boiled water on the yarrow; cover to seal.

• *Wait 3-4 minutes.*

10. Pour the yarrow tea through a strainer on to the middle of the tea towel and compress.

11. In each hand, twist the ends of the tea towel opposite each other to create a wringing. Do this several times working fast.

• *The compress cloth- should be as dry as possible.*

12. Very quickly lie down on top of the outer wool wrap or large towel.

• *The lower edge should be just below your waistline.*

13. Remove the small cloth and place it as hot as tolerable on the right side (liver area) of your abdomen. It is imperative that the compress next to your skin does not become cool or even lukewarm. Stop the whole process if this happens and begin again.

14. Quickly and tightly cover the compress- first right side then left - with the inner wrap, then the outer wool wrap.

• *Be sure no air is able to get to your skin.*

15. Place the hot water bottle on top of the outer wrap on your right side. Be warm and comfortable.

16. Rest for 15-20 minutes

Remove the inner cloth without disturbing the inner or outer wrap if the compress starts to cool or you wish to rest for a longer period of time.

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