

Yarrow Liver Compresses

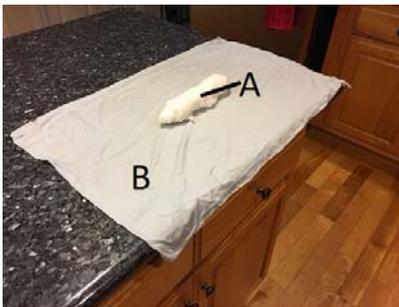
Materials

- 3 Tbsp yarrow flowers (from a health food store or mountainroseherbs.com)
- 2 cups water
- Shallow pot/bowl
- 1 inner cloth (about 1'x4'-cheese cloth works well)
- 1 wringing cloth (regular hand towel works well, but should be thin)
- 1 cotton outer cloth (bath towel or similar)
- 1 wool, or similar warm outer cloth (wool blanket)
- Hot water-bottle (or some other way to warm blankets without wetting them)

Procedure

These compresses are best done around noontime, but that is hard for most people. The morning is fine, but it is best to avoid the evening hours because they can make it hard to sleep

1. Roll inner cloth (A) and then roll it in to wringing cloth (B). The ends of the wringing cloth should extend at least 4 inches past the end of the inner cloth.



2. Boil water and pour it over the yarrow in the shallow pot/bowl, and place the rolled cloth in the bowl with the empty ends hanging over the sides. Leave for 5 minutes



3. While the cloths are steeping, warm the outer cloths (cotton and wool) with the hot water bottle. A radiator works well also.
4. Wring out the inner cloth using the dry ends of the wringing cloth.



5. When the inner cloth is just cool enough to handle, lift your shirt and apply it over the liver (the lowest 3-4 ribs on the right side of the body). As quickly as possible, wrap the cotton outer cloth, then the wool cloth around your entire abdomen to secure it.



6. Lie down and cover your whole body (except the head) with another blanket. Lie quietly for 30-45 minutes. It is best to lie on your back, so a pillow under the knees can help this be more comfortable.