

## EQUIPMENT

1. **CURD (QUARK) CHEESE**  
child 250g (1/2 lb);  
adult 500g (1lb)
2. **SCRAPER OR SPOON**
3. **HOT WATER BOTTLE WITH COVERS x 2.** Fill to half, releasing trapped air before sealing.
4. **COMPRESS CLOTH** – a cotton or linen cloth about the size of a very large tea towel that the cheese will be sandwiched within.
5. **TOWEL OR THICK ABSORBENT NATURAL FIBRED FABRIC** folded or cut into the shape of a scarf the length of which must fit around the chest 1½ times.
6. **SAFETY PIN OR OLD SINGLET** to keep the towel and compress in place
7. **PROTECTIVE BEDDING** such as towels or mattress liner.



These instructions have been prepared by therapists to complement workshops and resources on the *Care and Development of The Senses*. They do not replace the advice of a health practitioner.

For more resources on the *Care and Development of the Senses* visit [www.developingtheself.org/senses](http://www.developingtheself.org/senses)



**WHEN TO USE:** The compress can be used daily when fluid is ‘caught’ on the chest in conditions such as mastitis and pneumonia.

It is also useful on a regular basis as preventative health care to help harmonise the Sense of Life and Sense of Balance.

**PRECAUTION:** Contains dairy.

## ANTHROPOSOPHIC HOME HEALTH CARE

# Quark Chest Compress

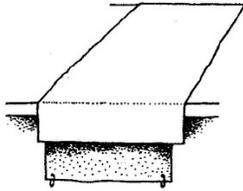


A quark chest compress is the application of quark cheese warmed to body temperature, spread on a cloth that is then folded over the cheese into a poultice shape, laid across the chest and kept warm.

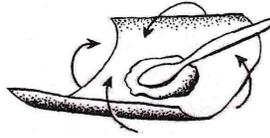
The quark has a drawing effect on fluid in the breasts and chest cavity. It creates a space for breathing and helps to bring equilibrium to the body’s rhythms.

## PREPARING THE SPACE

Make the room a comfortable temperature, free of drafts and with gentle light. Use adequately warm bedding with a bottom layer that will protect the bed from leaks that can drip from the compress. Hot water bottles can keep the bed warm and /or be used to prepare the quark. The scarf shaped towel can be positioned around the patient as they rest.

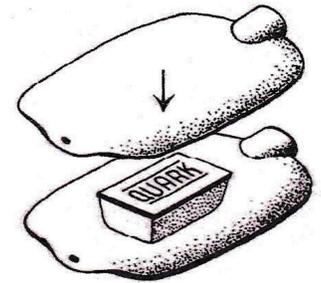


**PREPARING THE QUARK** The cheese must be heated gently and evenly to body temperature by placing the sealed container in warm water or between hot water bottles for 10 – 15 minutes.



Place the compress cloth onto a hot water bottle and spread the quark onto it, about 2½cm (1 inch) thick. Then fold the cloth over like a sandwich. Prepare it in such a way that only one layer of cloth will be between the cheese and the chest. The size of the finished poultice is going to be about 15cm x 25cm (5 x 10in) on the average person. Though sometimes a full back and front wrap with larger cloths may be more effective.

An alternative heating method is to very briefly and gently warm the pre-spread quark poultice in a low oven or between hot water bottles, being careful not to overheat and make the cheese separate.



## APPLYING THE COMPRESS

Carry the compress to the patient keeping the compress warmed by hot water bottles.

The compress is applied directly onto the skin of the chest then the towel wraps around the chest and is fixed into position with safety pins or by putting on an old singlet that will fit firmly over the chest.

The temperature of the cheese should be soothing and warm. Keep it warm with hot water bottles until it 'dries out'; the solids and liquid will separate. The solids will stay in the cloth and the liquid will soak into the cloth and /or drain out. This can take more than an hour. It may be applied to a child at bedtime then quietly taken off later in the evening.

Ensure the patient is wrapped well from shoulders to feet. Being cocooned with bedding can be very nourishing and helps to reduce distractions. Rest should continue for about 20 mins after the compress has been removed.

