

Warming Sock Treatment

Effects of Wet Sock Treatment

This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head and throat. It increases your white blood cells and it has a sedating effect, and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.

Indications

Cold & flu, sore throat or any inflammation or infection of the throat, neck, pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections.

Supplies:

- 1 pair white cotton socks
- 1 pair thick wool socks
- warm bath or warm foot bath
- ice cubes

Directions:

1. Take a pair of cotton socks and soak them completely with ice cold water (add ice cubes right on top). Wring the socks out **thoroughly** so they do not drip.
2. Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking your feet in warm water for at LEAST 5-10 minutes or taking a warm bath for at least 5-10 minutes.
3. Dry off feet and body with a dry towel.
4. Place ice cold wet soaks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
5. Keep the soaks on overnight. You will find that the wet cotton soaks will be completely dry in the morning.

The wet sock treatment is usually repeated for 3 nights in a row.