



WARMING SOCK TREATMENT

Indications:

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.

The warming sock treatment is best if repeated for three nights in a row, or as instructed by your physician.

Supplies:

- 1 pair white cotton socks
- 1 pair thick wool socks
- Towel
- Warm bath or warm foot bath
- Cold water

Directions:

1. Take a pair of cotton socks and soak them completely with ice water, or place them in the freezer for a short period of time. Be sure to 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 warm. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes.
3. Dry off feet and body with a dry towel.
4. Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
5. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

Therapeutic Effects:

This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action 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.