

Warming Socks

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

Indications: Any type of inflammation such as infection of the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections. It is also effective locally for foot and lower extremity inflammation.

Supplies:

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

Directions:

1. Take a pair of cotton socks and soak them completely with cold water. 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 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 5-10 minutes.
3. Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
4. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

Effects of the Warming Socks Treatment: 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 systemic healing response.

