

## WARMING SOCK TREATMENT

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

**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.

### Supplies:

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

### Directions:

1. Warm your feet first. This is very important as the treatment will not be as effective. 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.
2. Dry your feet with a dry towel.
3. Take a pair of cotton socks and soak them in ice cold water for a couple of minutes.
4. Wring the socks out thoroughly so they do not drip.
5. Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
6. Keep both pairs of socks on overnight. You will find that the wet cotton socks will be dry in the morning.

**Effects of the Warming Sock Treatment:** This treatment acts to reflexively increase the circulation and decrease the 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.



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