

Warming Sock Treatment

This treatment is used to treat some of the following conditions:
Fever, insomnia, hayfever, headaches, sore throat, preventing colds.
The warming socks treatment is best if repeated for at least three nights in a row when used for colds, flu, or immune stimulation.

Procedure:

1. If your feet are cool or cold it is important to warm them first. This is very important as the treatment will not be as effective and could be harmful. Warming can be accomplished by soaking in warm water for 5-10 minutes.
2. Next, take a pair of cotton socks and get them wet with cold water. Be sure to wring the socks out thoroughly.
3. Place the cold wet socks on your feet. Cover with thick wool socks. Go to bed. Avoid getting chilled.

You will find that the wet cotton socks will be dry in the morning and the feet will be warm and toasty. Many patients report that they sleep much better during the treatment.