

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. Also, may be helpful for insomnia.

Supplies

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

Directions

- **Warm your feet first.** This step cannot be emphasized enough. It is very important to warm your feet as the treatment will not be as effective, and could be harmful. Warming can be accomplished by taking a warm bath, shower, or soaking your feet in warm water for at least 5-10 minutes.
- Dry your feet and body with a towel.
- Take a pair of thin cotton socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they do not drip.
- Place the cold wet socks on your feet and cover with the thick wool socks. Make sure the wool socks cover the cotton socks completely. Go directly to bed. Avoid getting chilled.
- Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

Effects of the Wet Sock 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 the healing response during acute infections. The wet sock treatment is often repeated for three nights in a row.