



Warming Socks Treatment

Warming Socks (Magic socks/Cold wet socks) help to promote circulation of blood and lymph through the body and reflexively opens and relaxes the upper part of the body. They are beneficial for boosting immunity at the beginning of or during a cold, relieving headaches, opening clogged sinuses, and creating overall relaxation in the body. Warming socks are best used right before getting into bed.

Supplies needed:

- Pair of cotton socks, mid-calf length—100% cotton is best
- Pair of wool socks, mid-calf length—100% wool is best
- Warm foot bath
- Towel

Indications:

- Sinus congestion
- Common cold
- Seasonal allergies
- Influenza
- Sore throat
- Ear infections
- Headaches
- Many more!

Contraindications:

Must be able to warm feet prior to treatment.

Directions:

1. Soak the cotton socks in ice cold water. Wring out the socks very well and then place in the freezer for 5 minutes.
2. Soak your feet for 3 minutes in a hot foot bath or hot shower.
3. Dry your feet well then place the cold cotton socks over your warm, dry feet.
4. Place the DRY wool socks on over the cotton socks.
5. Get into bed, relax and rest.
6. Take the socks off only when they become dry. Socks should dry by the morning.