

WET SOCK TREATMENT

The wet 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 of white cotton socks

1 pair of thick wool socks

Towel

Warm bath or warm foot bath **Directions:**

1. Take a pair of cotton socks and soak them completely with ice cold water. Be sure to wring the socks out thoroughly so they do not drip.
2. First take a warm bath or warm your feet in warm water for a minimum of 5-10 minutes. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first.
3. Dry off feet and body with a dry towel.

Optionally, you may then apply a paste (of chopped garlic mixed in lots of olive oil) on the soles of the feet. Caution: Make sure the garlic is covered with lots of oil; otherwise, it can burn the skin.

4. Place ice-cold wet socks on feet. Cover with dry thick wool socks. Go directly to bed and cover with a warm blanket or comforter. Avoid getting chilled.
5. 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.