WET SOCK TREATMENT

Here is a simple and effective way to help fight off a cold or quicken ones recovery from a cold. You can also do a similar treatment using a wet cotton t-shirt.

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.

Contraindications: Use with caution in diabetes, Raynaud's phenomenon or syndrome, arterial insufficiency or advanced intermittent claudication. The warming phase is especially important for these patients. Please consult your physician.

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

1. Take a pair of cotton socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they do not drip.
2. Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes can accomplish warming.
3. Dry off feet and body with a dry towel.
4. Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
5. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

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.