

Warming Sock Treatment

The warming sock treatment is best if repeated for three nights in a row, or as instructed by your physician. This is a centuries-old method of increasing immune function by stimulating circulation of blood and lymph. To do this, the body gives off heat to dry the cotton socks; so the goal is for the cotton socks to be dry before removing them.

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

Directions:

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. Warming can be accomplished by soaking your feet in warm water for at least 5 – 10 minutes or taking a warm bath for 5 – 10 minutes. If the skin is red from your ankles down to your toes, this is a good sign.
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.

Effects of the Warming 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 increasing the healing response during acute infections.