

# WARMING SOCKS TREATMENT

Warming socks are a simple, yet effective way to give quick relief to many minor illnesses such as colds, flus, sinusitis, sore throats, and insomnia.

The warming socks treatment can be repeated for three nights in a row.

## **Procedure:**

1. If your feet are cool or cold it is important to warm them first. This is very important as the treatment will not be as effective and could be harmful. Warming can be accomplished by soaking in warm water for 5-10 minutes.
2. Next, take a pair of thin cotton socks and thoroughly wet all but the ankle portion with cold water.
3. Place the cold wet socks on your feet. Cover with thick wool socks. Go to bed with plenty of blankets. Avoid getting chilled.

You will find that the wet cotton socks will be dry in the morning. Many patients report that they sleep much better during the treatment.