



Wet Socks Treatment

Wet socks can be applied specifically for conditions involving the feet and ankles (sprains, strains, inflammation), and are also great for relieving - and even preventing - conditions such as

headaches, ear infections, sore throats, colds, flu, lung problems, hormonal imbalances, and the like. This is because the treatment urges the body's own immune system and defenses into action by stimulating blood and lymph flow.

Even people who, have no complaints or illness can benefit from bedtime wet socks applications. The treatment effectively induces deeper and more restful sleep, while enhancing overall circulation and waste elimination!

Wet socks treatments are best done just before going to bed, leaving them on while sleeping. While worn, the icy socks will be dried by the body's circulating blood.

You will need:

- A pair of medium weight all-cotton socks
- A pair of thick all-wool socks

Directions

- Make sure your feet are warm before beginning the treatment
- Soak cotton socks in ice cold water (or keep a pair in the freezer)
- Wring out well, and put on the feet
- Put the wool socks over the cotton ones (they should completely cover the cotton socks)
- Leave on overnight, or remove when the cotton socks are dry

Also consider wet tee-shirts and underwear when treating the chest and pelvic areas, or be creative and use cut up cotton and woolen clothing for custom compresses!

Remember! If you should have any unusual or severe symptoms, or you need additional information, please contact our office.