

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

Directions:

- * 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.
- * 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.
- * Dry off feet and body with a dry towel.
- * Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
- * 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.



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WARMING SOCKS TREATMENT

Warming socks are a form of hydrotherapy. Using this treatment will help stimulate the immune system and relieve congestions from the head. As such, warming socks are often recommended for use during colds, flus, sore throats, ear infections, headaches, nasal congestion, coughs, bronchitis, and sinus infections. The warming socks treatment is best if repeated for at least three nights in a row - unless I have otherwise instructed you.

Procedure

1. It is imperative that before you begin this treatment that you **warm your feet 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 **cotton socks** and wet the footbed with cold water. Be sure to wring the socks out thoroughly.
3. Place the cold wet socks on your feet. Cover with thick **wool socks**. Go to bed. 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.