



BARE MEDICINE

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Warming Sock Treatment

This treatment acts to reflexively increase 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. The warming 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/fever, 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.
- 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.
- It is **very** important that you leave the socks on until they are dry – if you take them off while they are still wet, you could potentially worsen your symptoms.

Reference:

Boyle, Wade, ND and Saine, André, ND, Lectures in Naturopathic Hydrotherapy (Eclectic Medical Publications: Sandy, OR), 1988.