



## *Warming Sock Treatment*

This treatment acts to reflexively increase circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a relaxing 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 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.
- Dry off feet and body with a dry towel.
- Place cold wet socks on your feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
- Keep the socks on overnight. You will find that the cotton socks will be dry in the morning.

### **Reference:**

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

\*\*Dr. Overgaard is providing these instructions as a guideline for performing a traditional home remedy in a safe way. These instructions for the wet sock treatment are not a substitute for individualised medical evaluation, diagnosis, or treatment. If you or your child are ill please seek medical attention by a qualified and licensed healthcare professional. Please refer to the website disclaimer, terms of use, and privacy policy documents for further information.