

## **Warming Socks**

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The warming sock procedure is best if repeated for three nights in a row, or as instructed.

**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. It is also used for general strengthening of the body.

### **Supplies:**

1 pair cotton socks

1 pair thick wool socks

Towel

Warm bath or shower, or warm foot bath

### **Directions:**

1. 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.
2. Warm your feet first. Warming can be accomplished by soaking your feet in warm water for no more than 5 minutes or taking a warm bath for 5-10 minutes. Splashing warm water on baby's feet for 3-5 minutes is sufficient. Warming your feet is not necessary if you have a fever.
3. Dry off feet and body with a dry towel.
4. Place wet socks on feet. Cover with thick wool socks. Acrylic socks are ok, also. Go directly to bed.
5. Keep the socks on overnight. Do not remove the socks before they are dry. You will find that the wet cotton socks will be dry in the morning, and your feet will be as warm as little toasters.

**Effects of the Wet Sock Treatment:** This process acts to increase the circulation to 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. It is also effective for pain relief and increases the healing response during acute infections.

