



Light & Love Naturopathic Center

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Wet Socks

Wet socks can be applied specifically for conditions involving the feet and ankles such as sprains, strains, pain, inflammation etc. More importantly, however, wet socks are great for relieving conditions such as headaches, ear infections, sore throats, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections. This treatment works best if repeated for three nights in a row, or as instructed by your physician.

Wet socks are best done before going to bed, leaving them on while sleeping. It's an especially effective and easy treatment for children during naptime too.

Materials:

- √ Pair of medium weight 100% cotton socks
- √ Pair of thick 100% wool socks
- √ Possibly: Warm bath or warm footbath & Towel



Directions:

1. Make sure your feet are warm before applying treatment. If they are not, 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.
2. Soak cotton socks in icy cold water, wring out well and put on feet.
3. Put wool socks over that, being sure that the dry wool socks cover all of the wet cotton socks.
4. Leave on overnight (or remove when cotton socks are dry.)

A word on reflex areas: If treatment cannot be done directly on area of concern, compresses can always be applied to its corresponding reflex area to elicit an effect - for body parts that came in pairs, one side serves as a reflex area for the other - for example, if the *left* ankle is in a cast, treatment can be applied to the *right* ankle to elicit a healing effect for the injured.

Effects of the Warming 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.