

WARMING SOCKS TREATMENT



WARMING SOCKS HELP TO PROMOTE CIRCULATION OF BLOOD AND LYMPH THROUGH THE BODY AND REFLEXIVELY OPEN AND RELAX THE UPPER PART OF THE BODY.

Supplies:

- Pair of wool socks, mid-calf length – 100% wool is best
- Pair of cotton socks, mid-calf length – 100% cotton is best
- Warm foot bath
- Towel

Helps:

- Sinus congestion
- Headache
- Common cold
- Influenza
- Ear infections
- Seasonal allergies
- Sore throat

Directions:

1. Soak the cotton socks in cold ice water. Wring out cotton socks very well. For increased cold, place socks in the freezer for five minutes after wringing them out.
2. Soak your feet for 3 minutes in a hot footbath, or get them warm in a hot shower. If your cotton socks will come above your ankles, get your feet and lower legs warm.
3. Dry your feet well.
4. Put the cotton socks on over your warm, dry feet.
5. Place the wool socks on over the cotton socks.
6. Get into bed, relax and rest.
7. Take socks off only when they become dry. Socks should dry during the night and become dry by morning.