

WARMING SOCKS

IMMUNE SYSTEM STIMULATION TREATMENT

What it Does

This natural method of stimulating the immune system triggers the bodies own mechanisms of defense. It is a form of “warming compress” which allows the body to warm the cold, wet socks on its own to increase circulation, thereby activating immune defenses.

Uses

- common cold
- respiratory infection
- bronchitis
- asthma
- headache
- congestion
- inflammation

Naturopathic Treatment

The warming sock treatment can be repeated nightly and safely used in conjunction with other therapies to stimulate the bodies own defenses. Contact us or your physician to determine if this treatment is right for you.



Supplies

- Cotton socks
- Wool Socks
- Warm to hot bath
- Ice water
- Comfy clothes

Procedure:

- Before bed: Soak a pair of thin cotton socks in cool or ice water to chill
- Warm body or feet in a warm bath or basin of warm water for up to 5-10 minutes
- Dry body and feet with a dry towel
- Apply ice-cold wet socks and cover with wool socks
- Dress in comfortable clothes and go to bed
- Your body will do the rest! Enjoy a restful nights sleep

