

WARMING SOCKS

This treatment acts to reflexively increase circulation and decrease congestion in the upper respiratory passages, head, and throat. It has 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. The warming sock treatment is best if repeated for **three nights in a row**, or as instructed by your physician.

Indications:

Any inflammation or infection of the throat (including a simple sore throat), neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, sinus infections, chronic illness.

Supplies:

- 1 pair thin cotton socks
- 1 pair thick wool socks

Directions:

- It is best to start this treatment with warm feet
- Take a pair of thin cotton socks and soak them completely in the cool water. Wring the socks out thoroughly so they do not drip.
- Get into bed.
- Place wet socks on your feet, cover them with the thick wool socks, and immediately get under the covers and go to bed. Avoid getting chilled or getting up and walking around with the wet socks on.
- Keep the socks on overnight. You will find that not only will the cotton socks be dry by morning, your feet will be as warm as little toasters!

Reference: Boyle, Wade, ND and Saine, Andre, ND. Lectures in Naturopathic Hydrotherapy. Eclectic Medical Publications, Sandy OR, 1988.



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