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WARMING SOCKS
T R E A T M E N T

The Warming Sock Treatment, lovingly called “*Magic Socks*” by many, has many uses — but it is a home hydrotherapy treatment best known for its amazing ability to speed recovery from a cold or flu. The action of the treatment is to calm the nervous system, decongest the head and chest areas, and stimulate immune function to boost healing and repair.

| SUPPLIES: | HOW TO: |
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| <ul style="list-style-type: none">• 1 pair of cotton socks• 1 pair of wool socks <p>* The socks must be 60%+ cotton and wool respectively, predominately synthetic socks will not work.</p> | <ul style="list-style-type: none">• Soak feet in warm water for 1 minute• Wet the cotton socks with cold tap water, wring out well so that there is no dripping• Place wet cotton socks on feet• Pull dry wool socks over wet socks• Go to bed!• Repeat for 3 nights or until fever and congestion have cleared |

**It sounds jarring, but it's actually quite soothing. You will wake up with dry, cozy feet...
and feeling a heck of a lot better!**



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