

## WET SOCK TREATMENT

Erica LePore, ND  
www.21daydetoxplan.com

The wet sock treatment is best if repeated for three nights in a row, or as instructed by your physician.

Indications: Sore throat or any inflammation or infection of the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections.

### Supplies:

- 1 pair white cotton socks
- 1 pair thick wool socks
- Towel
- Warm bath or warm foot bath

### Directions:

1. Take a pair of cotton socks and soak them completely with very cold water. Be sure to wring the socks out thoroughly so they do not drip.
2. Warm your feet first. This is very important as the treatment will not be as effective 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.
3. Dry off feet and body with a dry towel.
4. Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
5. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

Effects of the Wet 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 enhances sleep quality. This treatment is also effective for pain relief and increases the healing response during acute infections.