

## **Warming Socks: DIY Immune Booster**

The warming sock treatment, also known as the wet sock treatment, acts to reflexively increase circulation and simultaneously decrease congestion in the upper respiratory passages, head, and throat. This treatment also stimulates an increase in body temperature (increasing immune system function and efficacy), which boosts the healing response during acute infections. It is also quite useful for pain relief. Warming socks have a sedating action, and many patients report improved sleep during the treatment. The warming sock treatment is most effective when done nightly during the illness plus two nights past the resolution of symptoms, or as instructed by your naturopathic doctor.

### **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. 1 pair white cotton socks
2. 1 pair thick wool socks
3. Towel
4. Warm bath or warm foot bath

### **Directions:**

1. Take a pair of cotton socks, and soak them completely with cold tap water. Be sure to wring the socks out thoroughly so they do not drip. You may place the socks in the refrigerator or freezer for a short time to increase therapeutic effect.
2. Meanwhile, warm your feet by soaking them in warm water for at least 5-10 minutes, or take a warm bath. This is very important to ensure treatment efficacy and reduce potential harm.
3. Dry your feet (and body) with a towel.
4. Place the cold, wet socks on your feet. Then, put the thick, dry, wool socks on your feet over the wet socks. Go directly to bed. Avoid getting chilled by bundling well in bed.
5. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

### **Reference:**

Boyle, Wade, ND and Saine, André, ND, Lectures in Naturopathic Hydrotherapy (Eclectic Medical Publications: Sandy, OR), 1988.