

WARMING SOCKS TREATMENT

This is a powerful immune moderating treatment. It can help with generalized malaise, ear infection, headaches, respiratory infections, sinusitis and more! The warming sock treatment is best if repeated for three nights in a row, unless otherwise instructed by your physician.

Procedure:

1. **Warm your feet first.** This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking in warm water for 5-10 minutes, or taking a hot bath or shower. Drinking a hot mug of cinnamon and ginger tea is also a good idea before the treatment.
2. Next take a pair of thin cotton socks and get them wet with cold water. Then wring the socks out thoroughly, but not to the point of absolute dryness.
3. Place cold wet socks on feet. Cover **completely** with dry, thick, wool socks. Go to bed immediately to avoid getting chilled. Bundle up!
4. If you awake in the night and your feet are cold, immediately remove socks and warm feet, somehow your body couldn't rise to the treatment.

Usually though, by some miracle, you will find that the wet cotton socks will be dry in the morning, and you will be feeling much better. Many patients report that they sleep much better during the treatment.