

# ***Warming Sock Treatment***

## **Blue House Holistic Health**



**Indications:** Sore throat, ear infection, sinusitis, headache, fever or insomnia. It is also great to use while traveling to ensure a good night's sleep.

### **Procedure**

1. Fill a basin with the hottest water you can tolerate. Place feet in basin for about 10 minutes to warm them sufficiently.
2. Take a thin pair of cotton socks. Soak them in the coldest possible tap water. Then wring them out so that they are still wet, but not dripping.
3. Pull these socks over the feet.
4. Cover the wet socks with a pair of dry wool socks. The wool socks must be at least 60% wool.
5. Leave this combination of socks on overnight or until the wet cotton sock's are dry.