

Wet Sock Treatment

The wet sock treatment is a natural remedy that stimulates the immune system to zap a cold or flu. The treatment involves putting ice-cold socks on the feet and sleeping in them. It may sound strange, but I swear I am not trying to pull a mean prank on you, like my sick roommate implied when I suggested this to him. He did wear the wet socks reluctantly and felt 100% better the very next day. The treatment is not as cruel as one may think, it actually has a sedating action. In fact, people have reported that they sleep better than usual when applying this treatment. The best part about the wet sock treatment is that it rallies your body's defenses by using the healing power of nature and it doesn't cost anything.

The treatment is known as a heating compress, meaning that it is up to the body to heat the cold compress. The body reacts to the cold by increasing blood circulation, which also stimulates the immune system.

The treatment decreases congestion in the upper respiratory passages, head and throat. The remedy is also effective for pain relief and increases the healing response during acute infections.

The treatment is used in conjunction with other modalities to treat inflammation, infection or soreness of the throat, migraines, headaches, nasal congestion, upper respiratory infections, coughs, and bronchitis and sinus infections.

It is best to start the wet sock treatment on the first day of an illness and ideally repeat the process for three nights in a row. People with compromised immune systems should consult with a doctor before starting this treatment.

Supplies needed:

- 1 pair of white cotton socks or thin liner socks
- 1 pair of thick wool socks
- Towel
- 1 bowl of ice water
- Warm bath or warm footbath

Directions:

1. Soak the pair of cotton socks in a bowl of ice water.
2. Warm your feet first. You can do this by taking a hot bath for 5-10 minutes or soaking your feet in a hot footbath for 5-10 minutes. This is very important for the effectiveness and could be harmful if your feet are not warmed first.
3. Dry off your feet with a towel.
4. Wring out the socks thoroughly so they do not drip and then place them on your feet. Then cover them with the thick wool socks. Go directly to bed. Avoid getting chilled. Wear the socks overnight. You may want to keep an extra set of pajamas near the bed in case you wake up during the night wet from sweat. If so, change into the dry pajamas but leave the wet socks on. The cotton socks will be dry by the morning.

This is for educational purposes only. Consult a licensed health practitioner if you are suffering from a health ailment.