



WET SOCK TREATMENT

WHAT is it & WHY should I do this?

This treatment is the perfect boost to your immune system! It works best at the first sign of a cold. The cold socks increase blood circulation within your body. It also pulls energy down, so it decreases congestion in your head, throat, and upper respiratory tract.

WHAT you need:

1. cotton socks
2. long wool or wool blend socks

INSTRUCTIONS:

1. Do this right before you go to bed. Taking a warm shower prior is also a good idea and/or soak your feet in warm water for 3 minutes.
2. Soak the cotton socks in cold water and then wring out completely.
3. Put wet cotton socks on feet and then put the dry wool socks on over the cotton socks. Make sure the wool socks are long enough to cover up past your ankles.
4. Cozy up in bed and enjoy a good night's sleep.
5. Socks will be dry upon waking in the morning. Repeat for 3 nights.

