

WET SOCK TREATMENT

The wet sock treatment is best if repeated for three nights in a row.

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.

Contraindications

Use with caution in diabetes, Raynaud's phenomenon or syndrome, arterial insufficiency or advanced intermittent claudication. The warming phase is especially important for these patients. Please consult your physician.

Supplies

1 pair ankle high white cotton socks

1 pair thick wool socks

Towel

Warm bath or warm foot bath

Directions

1. Take a pair of cotton socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they do not drip. Place them in refir. or freezer (you can skip the refir/freezer the first couple of times).
2. 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. Soaking your feet in warm-hot water for at least 5-10 minutes or taking a warm bath. can accomplish warming. Your feet should be pink at the end of warming.
3. Dry off feet and body with a dry towel.
4. Immediately place cold wet socks on warm feet in a single layer (don't fold the top of the socks over – then there are two layers to warm). Cover with dry, thick, wool socks. Do not walk around on wet feet. Go directly to bed*. Avoid getting chilled.
5. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

* It is helpful to distract children by reading, rocking, talking, etc... for 15-20 minutes after putting socks on to allow them to warm the socks a bit before putting them to bed. Children will often complain the first couple of nights but adjust quickly.

Effects of the Wet Sock Treatment

This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.

Resources

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