



## **Wet Sock Treatment**

*To help reduce and prevent illness*

- Purpose:** To help the body naturally fight off infection by supporting circulation of blood and lymph
- Indications:** Fever, flu season, onset of a cold. This procedure is ok for anyone who has the ability to vocalize if they get cold. Monitor small children to ensure a chill does not occur.
- Contra-  
indications:** Anyone unable to sense or communicate that they are chilled.
- Materials**
- 100% cotton socks (thin and white if possible)
  - 100% wool or fleece socks
  - Cold water

### **Procedure**

1. Ensure you are warm before you start procedure. If not warm, take a hot shower or drink warm ginger tea.
2. Immerse cotton socks in cold water up to the ankle portion of sock, wring out thoroughly, and place on feet.
3. Cover feet and cold socks with dry, wool socks
4. Go to bed and cover up warmly.

Upon waking, the socks should be dry.

If you become cold during the procedure, remove socks and re-warm yourself before starting procedure over again.