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Warming Socks Treatment (Naturopathic Tylenol)

This treatment should be used at the first indication of any congestion in the ears, eyes, sinus, throat, lungs. It has also been used effectively for headaches and a variety of other conditions. It is also used for many other conditions that need improved circulation. Try it, you will like it!

The warming socks treatment is best if repeated for as many nights as necessary to improve the condition. Children love the treatment and actually ask for it when they start feeling sick. Optionally you can put the socks on **AFTER** the child has gone to bed if you wish.

Procedure:

1. If your feet are cool or cold it is important to **warm them first**. This is very important as the treatment will not be as effective and could be harmful. Soaking in warm to hot water for 5 – 15 minutes or taking a bath or shower can accomplish warming.
2. Next, take a pair of **white, thin cotton socks** and get them wet with cold water. Be sure to wring the socks out thoroughly.
3. Place the cold cotton socks on your feet. Cover with **thick wool socks**, hiking socks are usually wool.

You will find that the wet cotton socks will be dry in the morning. If the socks are not dry in the morning, it is possible you did not warm up your feet adequately, did not thoroughly wring out the socks or did not cover the cotton socks completely with the wool socks. Continue the treatment at least 2 days past the resolution of all your symptoms.

Many patients report that they sleep much better during the treatment.