

Bridges Family Wellness PC



Warm Sock Treatment

This treatment acts to reflexively increase 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, some even report vivid dreams. This treatment is also increases the healing response during acute infections, and can act as a “naturopathic Tylenol”. The wet sock treatment is best if repeated for at least three nights in a row, or as instructed by your physician.

Supplies:

- 1 pair cotton ankle socks
- 1 pair thick wool or synthetic socks

Directions:

- Be sure to avoid going to bed with wet hair as this will interfere with the circulation reflex we are creating through the treatment. Also be sure that you do not begin the treatment chilled. Add an extra blanket to your bed if needed, and avoid sleeping with the window open.
- Take a pair of cotton ankle socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they do not drip.
- Place cold wet socks on feet. Cover with thick wool socks or synthetic socks if wool is not available. Go directly to bed.
- Keep the socks on overnight. You will find that the cotton socks will be dry in the morning.

Reference:

Boyle, Wade, ND and Saine, André, ND, Lectures in Naturopathic Hydrotherapy (Eclectic Medical Publications: Sandy, OR), 1988.