



# Warming Socks

**When you** do the warming socks treatment  
**You** boost your immune system  
**So that** you get over colds and flus quicker

## ***Need a boost?***

This treatment stimulates your immune system by increasing the circulation of your blood and lymph. It is wonderful for any congestion of the ears, eyes, sinuses, throat, or lungs. It has been effective in decreasing recovery time for colds and flus. Others have found it helpful for stopping headaches and a variety of other conditions.

Many patients report that they sleep much better during the warming socks treatment. Children also love the treatment. If a child is having a hard time falling asleep with the socks on, you can put them on after the child has gone to bed. Additionally, the use of footy pajamas over the socks can help keep those sock from being pulled off.

## ***How do I do it?***

1. Before bedtime, warm your feet by soaking them in warm water for 5-10 minutes or by taking a warm shower or bath. This step is very important because if your feet are cold or cool the treatment may be less effective and may be stressful to your immune system.
2. Wet a pair of cotton socks with cold water. Ring them out thoroughly, until they are no longer dripping wet.
3. Next, put the cold wet cotton socks on your feet. Then put a pair of dry, thick wool socks on your feet over the wet cotton socks. The cotton socks should be completely covered by the wool socks.
4. Go to bed with this double layer of socks on. Bundle up, and avoid getting chilled.

In the morning you will wake with dry warm feet. You will find that the wet cotton socks are completely dry. If the cotton socks are not dry in the morning, it is possible that you did not warm your feet up enough before the treatment or that the cotton socks were not thoroughly wrung out.

Repeat the treatment for at least 2 nights after all of your symptoms have resolved to support your immune system.

**As always, we are happy to answer any questions you have.**

**Make an appointment at: 360-385-5375**

**Prosper Natural Health, 213 Decatur St, Port Townsend, WA, 98368**