

Warming Socks

This is a treatment to increase circulation at night and pull congestion away from the head. Use this for any type of sinus or head congestion. This treatment also helps with sleep. It is effective for pain relief and increases the healing response during acute infections. It rejuvenates the whole system.

Indications

Cold feet at night, difficulty falling asleep, head and sinus congestion, colds and flus, injuries and pain of the lower limbs.

Precautions

Caution with reduced temperature sensation of the feet, such as in diabetes.

Materials

- 1 pair of thin or thinner, cotton socks
- 1 pair of thicker, or wool socks.
- Towel
- Small tub, basin, or bucket

Instructions

- Take the thin cotton socks and wet them in cold water, then wring them out until no longer dripping.
- Fill the tub or basin with hot water.
- Warm your feet in the hot water until your feet are very warm.
- Dry off your feet and put the wet pair of socks on.
- Put the second pair of dry socks over the first pair.
- Leave the socks on, and go to bed.
- In the morning the socks will be dry.
- This treatment is more effective if done for multiple days in a row.