



DEBORAH KENNEDY

DOCTOR OF NATUROPATHIC MEDICINE

106 Main Street North, Uxbridge Ontario L9P 1C7

905.852.7969 | dkennedynd@yahoo.ca

## WARMING SOCKS

Here is an idea for home treatment to help ward off the common cold. The warming socks treatment is best if repeated for three nights in a row at the first signs of a cold, and also is useful for sore throat or any inflammation or infection of the throat, ear infections, headaches, migraines, nasal congestion, coughs, and sinus infections.

This treatment acts reflexively to 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. This treatment is also effective for pain relief and increases the healing response during acute infections. In order to do this treatment you will need, 1 pair thin cotton socks (athletic socks work fine), 1 pair thick wool socks, a towel and a warm bath or footbath. The directions are as follows:

1. Take a pair of cotton socks and soak them completely with cold water. If you tend to be cold or have low vitality, try using cool water during the first treatment rather than cold water.
2. Warm your feet. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes.
3. Dry off your feet and body with a dry towel.
4. Wring the cotton socks out thoroughly so they do not drip and place the socks on your feet.
5. Put the thick wool socks over the cotton socks.
6. Get in bed. Cover well and sleep all night with the socks on, it should be relaxing and not uncomfortably cold.
7. If you are unable to sleep because of the cold socks consider removing the socks and soaking your feet again, this time using cool rather than cold water to wet the cotton socks.
8. Your feet and the cotton socks should be warm and dry in the morning. If your feet are cool or the cotton sock is still damp, consider increasing the length of the hot foot soak.

This treatment should be used with caution on anyone with decreased or compromised sensory abilities such as infants, the elderly, or diabetics as they are at greater risk for heat and cold injuries.

Do not use this treatment over areas of hemorrhage, gastric ulcers, malignancy, peripheral vascular disease or conditions aggravated by extreme cold.