

HAMPTONS NATUROPATHIC

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WARMING SOCKS

Equipment:

one pair thin cotton socks, one pair thick wool socks, hot water, cold water, blankets and a bed

Procedure:

- In a bath or shower, get your feet (or whole body) nice and toasty.
- Meanwhile, soak cotton socks in cold water in a basin or in the sink
- When your feet (or you) are very warm, quickly wring out the thin cotton socks until they are damp and then put them on, covering them immediately with the thick wool socks
- Go to bed, under some nice thick covers, and go to sleep
- The socks will quickly heat up and eventually dry - you may remove them once they are dried or after a few hours if they bother you.
- Repeat nightly until symptoms clear

Uses & Applications:

For head colds, sinus infections, sinus congestion, sore throats, headaches and insomnia.

How it works:

Your body's response to the cold and wet stimulation of the feet is to shunt blood to the feet to warm and dry them. This reflex action shunts blood away from the sinuses and head, thereby decreasing the volume of fluid available to contribute to the sinus congestion and increasing circulation.

