

WARMING SOCKS TREATMENT: Water Cure for Prevention

The Warming Sock Treatment is an old traditional hydrotherapy (aka “water cure”) modality originating in Europe centuries ago. It is a simple technique that is especially effective for relieving nasal congestion. It also helps to stimulate the immune system in the upper respiratory tract while simultaneously relaxing aches and chills and promoting a more restful night’s sleep when sick.

Warming socks may be helpful in conditions, such as, the common cold, the “flu”, earaches, sore throats, seasonal allergies, and sinus infections. It is useful with people of any age – from infants to the elderly. By increasing blood flow or circulation, it increases lymphatic drainage and stimulates white blood cells, which is necessary for fighting infection and recovering from symptoms.

What you need:

- 1 pair of thin cotton socks
- 1 pair of thick wool socks
- Basin or tub filled with warm water

Step 1: Soak the cotton socks in cold tap water, or ice water and wring them out thoroughly. Place the socks close to the basin, bathtub, or shower used in the next step.

Note: If your feet are already warm (e.g., you have already been in bed, or you are doing this on a small baby) you can skip to Step 3.

Step 2: Either take a 10-minute hot shower, or soak your feet in a basin or bathtub of warm water for a few minutes, until feet are hot and pink.

Step 3: Remove your feet from the warm water and quickly dry them off. Immediately put on the cold wet cotton socks. Put the dry wool socks on over the wet cotton socks.

Step 4: Go directly to bed and keep the feet covered in your blankets throughout the night.

When you wake up the following morning, the cotton socks should be totally dry, the feet warm, and the symptoms much improved (if not gone).

If you find you are not drying out the cotton socks, likely they were not wrung out enough to start. If necessary, the treatment can be repeated through the night or used on consecutive nights.