

Wet Sock Treatment

This is a gentle, simple and effective hydrotherapy treatment to relieve congestion in the body. It can be used for fever, nasal and chest congestion, coughs, earaches, headaches, colds and the flu. Wet socks work well in conjunction with homeopathic remedies, or other medicines both natural and conventional. Wet socks can safely be used on infants and the elderly.

Materials:

- Cotton socks
- Thick, 100% wool socks
- Sink full of cold water
- Warm feet
- Warm bed

Instructions:

1. Put cotton socks into a sink of cold water to saturate.
2. Be sure feet are warm, soaking them in a warm bath for 5-10 minutes. Alternatively, use the treatment after a bath.
3. Wring out the wet socks so they do not drip and put them on dry, warm feet.
4. Put the wool socks on over the wet socks.
5. Go to bed.
6. Repeat for 3 consecutive nights, or as suggested by your homeopath.

Despite the initial discomfort of the cold and wet, the treatment is surprisingly soothing and has a sedating effect, usually offering an improvement in sleep. The socks will be dry by morning and the feet will be warm. The treatment works to increase circulation and pull congestion from the upper body. Wet sock treatment is also effective for pain relief and increases the healing response in acute illness.