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## **WET SOCK TREATMENT**

### **Purpose:**

Use this treatment to reduce nasal and chest congestion during colds and flus, and for overall immune support.

### **Supplies:**

Pair of thin cotton socks

Pair of thick, wool socks

Refrigerator or freezer

Water

Warm bed

### **Procedure:**

1. This can be done at any age, for infants only place socks in the refrigerator to minimize contrast.
2. Wet cotton socks only, with cold water and place in refrigerator or freezer. The larger the contrast the better the treatment. However, decrease contrast in very young, very old or very weak individuals.
3. Get the patient ready to climb into a warm bed for the night, or a good long nap.
4. Place the cold, wet cotton socks on the feet and immediately cover with the wool socks. Get the patient into bed immediately with plenty of warm layers.
5. The socks stay on the feet until the patient has warmed and dried the cotton socks.
6. By requiring the body to warm and dry the socks, it diverts the body's attention from the head to the feet thereby reducing congestion and stimulating the immune system in general.

### **Follow up:**

If you have any questions regarding any aspect of this exercise, please contact High Sierra Natural Medicine at 530.536.5066. No question is ever too small.