
Warming Socks Treatment

Home Hydrotherapy Technique for Immune Health

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This technique is an old trick that is easy to do, essentially free, and effective at manipulating your “internal thermostat”. Inducing a therapeutic fever is a way of helping your immune system amp up its internal surveillance system to find infectious organisms and attack them. Surprisingly, an effective way of turning on a fever and inducing that helpful immune response is to expose the body to a short blast of cold temperature, especially within extremities as this encourages peripheral blood flow as well.

When you do this technique, your feet will feel very cold for about 30 seconds or so... If done right, however, your body will start to warm up rather quickly and you can expect to feel feverish and sweaty for a few hours following as your body responds. Be sure to follow the instructions precisely!

What You Will Need:

1. 1 pair of clean, cotton socks
2. 1 pair of thick, wool socks
3. water & a refrigerator
4. a shower or hot foot bath
5. a warm bed!

Directions:

1. Thoroughly soak the cotton socks in water, then wring them out very well.
2. Then, put the pair in the refrigerator for at least 30 minutes.
3. While the socks are being chilled, take a shower or a warm foot bath to warm your feet. Be careful not to burn your feet.
4. Remove the cotton socks from the refrigerator and bring them quickly to your bedroom.
5. With your feet still nice and toasty from the foot bath, slip the chilled cotton socks on over your feet, followed by the dry, wool socks.



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6. Get under your covers and bundle up well.
 7. Remain like this with the double sock layers for at least 2 hours. *Ideally, remain with the socks on for the entire night.* *****Do NOT remove the socks when the feet are still chilled / not clearly warm to the touch****
 8. Repeat nightly for the duration of sickness or nightly for prophylaxis.

Contraindications: Do not do this exercise before talking to your doctor IF

- ❖ Diabetic neuropathy
- ❖ Loss of sensation of the legs or feet
- ❖ You are pregnant
- ❖ You are immunocompromised
- ❖ Elderly or pre-adolescent