wet socks

sabrina koperski ND
PASSION FOR HEALTH NATURALLY

INDICATIONS

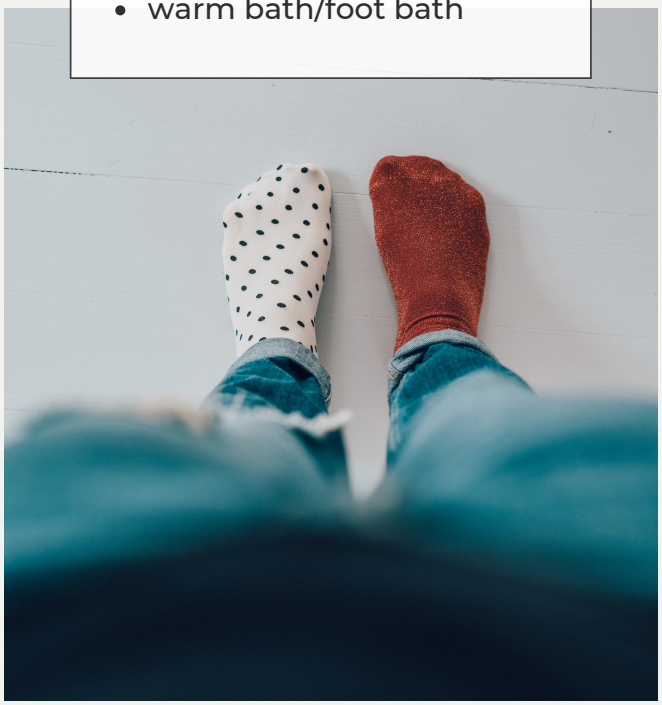
- Sore throat
- Head congestion
- Sinusitis
- Ear infection
- Migraines
- Upper respiratory infection
- Cough
- Bronchitis
- Fever

CONTRAINDICATIONS

- Diabetes (use with caution)
- Rayaud's syndrome/phenomenon
- arterial insufficiency

SUPPLIES

- 1 pair cotton socks
- 1 pair wool socks (smart wool is ok)
- cold water
- warm bath/foot bath



Wet Sock Hydrotherapy is an old hydrotherapy technique used to draw congestion away from the upper part of the body. So, how does it work?
The cold socks stimulate the body to reflexively increase circulation. This increased circulation helps decrease congestion in the upper respiratory tract. Additionally, it stimulates the immune system and improves lymphatic movement. It supports fever by increasing heat within the body. Even though it sounds cold, it's actually a warming technique.

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How To:

- Use Wet Socks at the onset of symptoms
- hop in a warm bath/shower or do a warm foot soak.
- wet two thin (ideally cotton) socks in cold water and wring them out really well. They should be barely damp and cold.
- optional chill them in the fride for a few minutes
- Put on the damp socks and then put a thicker pair (ideally wool socks) overtop.
- Then get into bed.
- The socks should dry out within an hour of getting into bed. You may need to do this a few nights in a row.
- Increased sweating may occur. If you get uncomforatble with socks on you can take them off once they are dry

Optional modifications

- apply immune supportive essential oils to bottoms of feet
- Use wet socks while resting if too uncomfortable to sleep in.