

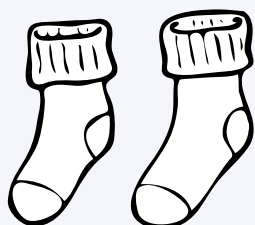
# \*Warming Socks\*

At-home Treatment Guide

## Benefits of Warming Socks:

- \*Supports healthy immune function and fever
- \*Improves circulation
- \*Relieves congestion in your head, face, and chest
- \*Stimulates your body's natural processes to help you feel better!

## 1 Prepare Your Supplies



1 pair of cotton socks



1 pair of wool socks

★ TIP! Do this treatment right before bedtime!

## 2 Warm Your Feet Up!

Take a warm shower or bath



Soak your feet in a warm foot bath for 10-15 minutes

OR



★ Dry your feet afterwards!

## 3 Wet Your Cotton Socks

- Run cold water over the cotton socks, until they are fully wet
- Wring socks...they should be damp, not dripping.



## 4 Apply Both Pairs of Socks



**FIRST:** Put on the cold wet cotton socks



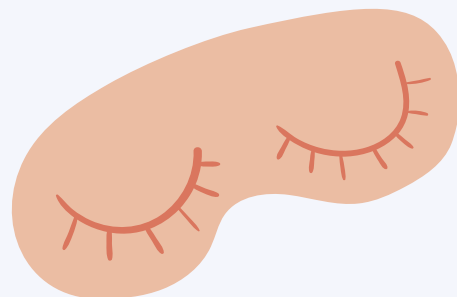
**SECOND:** Quickly, put on the dry wool socks on top

★ Put the dry wool socks on as quickly as possible to avoid becoming chilled

## 5 Cozy Time!

Go into your warm bed right away and relax!

★ Try to go to sleep as soon as possible



## 6 Let the Magic Happen!

Initially, the socks may feel slightly cool, but not cold (because your feet are still warm from the bath)

- Your feet will get warm and dry the socks over the next few hours
- Once dry, remove the socks if your feet feel too warm

★ Repeat the treatment for 3 nights in a row for best results!

