



Nirala Jacobi ND
Naturopathic Physician (USA)

151 Boundary Road
Bardon QLD 4065
Tel. 07 3368 1300
www.niralajacobi.com
nirala@niralajacobi.com
ABN 54 854861 821

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Warming Sock treatment

Used for: head colds, ear infections, sinusitis, headaches

This is a very effective home remedy that has an overall relaxing and soothing effect on the body.

It is used to draw heat from other parts of the body, and thus to decongest head passages during a bad cold.

Best of all, you just need two pairs of socks and access to water.

What you need:

- 1 pair of thin cotton socks
- 1 pair of wool socks

Directions:

It is not advised to walk around once you have the wet socks on so it is best to do this at bedtime or when you are sure to sit or lie still for at least a couple of hours.

1. Before beginning, it is important that your feet are nice and warm. In the event that your feet are cold, place them in a bath of warm/hot water for several minutes until they have fully warmed up (be careful not to scald your skin). Dry off.
2. Dip the thin cotton socks in very cold water and wring them out until they are wet but not dripping. Pull the socks on and cover them with the pair of dry wool socks. Cover the feet with an additional blanket and be sure not to get chilled. The blood that rushes down to your feet will quickly warm the socks resulting in a general heating effect.
3. The treatment is finished once the socks are fully dry, usually about an hour or two, but can be left on all night for a relaxing night's sleep.