

Wet Sock Treatment

This is a simple, effective treatment for congestion, sinus pain, fever, and headaches.

The best time to do this treatment is just before bed. For best results, keep the socks on overnight. They should be dry by morning.

Warm your feet first. Infants and children should be given a full body bath to ensure that they are warm. Adults might opt for a simple warm footbath.

While warming your feet, have a pair of cotton socks soaking in cold water. The coldest water possible is best. Wring them out just so that they are not dripping wet.

Place the cotton socks on your feet, and immediately place a pair of wool socks over top.

Wear these socks to bed. Cover up well and be sure to keep warm. It is important that you do not become chilled.

