

WARMING SOCKS TREATMENT

This treatment is done nightly in order to enhance immune system. It can also be done at the onset of cold or flu-like symptoms for immune system enhancement.

Supplies:

1 pair white cotton socks
1 pair thick wool socks
Towel
Warm bath or warm foot bath

Directions:

- Take a pair of cotton socks and soak them—be sure to wring the socks out thoroughly so they do not drip—with cold water
- Warm your feet first. This is very important because the treatment will not be as effective and could even be harmful if your feet begin cold. You can warm your feet by showering or soaking just your feet in a warm water bath (at least 5-10 minutes) before start of treatment
- Dry feet
- Place cold sock on one foot and immediately cover with thick wool sock
- Place cold sock on other foot and cover with thick wool sock
- Go directly to bed and cover up to avoid getting chilled
- Keep the socks on overnight. You will find that the wet cotton socks will be completely dry in the morning