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Warming Socks

People often ask me what they can do to nip a cold in the bud before it becomes full blown. In addition to lots of water, plenty of rest and a good attitude, you can use a naturopathic hydrotherapy treatment called warming socks.

Ingredients:

Pair of clean, cotton socks
Pair of clean, dry, thick wool socks
Water

Instructions:

Just before bed...

1. Thoroughly wet a pair of cotton workout socks with cold water or ice water.
2. Wring out well so no water is dripping from the socks
3. Put the cotton socks on warm feet. If feet are cold, warm them in a warm bath.
4. Put the thick wool socks over the top of the wet cotton socks so that they are completely covered.
5. Go to bed and get a good night's sleep.
6. In the morning, the cotton socks should be dry.
7. Use when you start feeling the onset of a cold or flu and through the acute illness.

Why it works:

In response to the cold clammy socks, the body increases blood circulation to "warm" the socks bringing them to the same temperature as your body. This mimics aspects of a fever that stimulate blood and lymph flow. Increase blood and lymph flow assist in killing bacteria and viruses trying to catch hold and cause illness.

Anyone and everyone can do warming socks. It is safe and effective for all ages and grades of illness.