



Mardian Natural Medicine

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Warming Socks Treatment

This procedure should be used at the first indication of any congestion in the ears, eyes, sinus, throat, lungs. It has also been used effectively for headaches and a variety of other conditions. Try it, you will like it!

The warming socks treatment is best if repeated for as many nights as necessary to improve the condition. Children love the treatment. You can put the socks on **AFTER** the child has gone to bed if you wish.

Materials:

1. cotton socks
2. wool socks
3. cold water
4. (warm foot bath- if needed)

Procedure:

1. If your feet are cool or cold it is important to **warm them first**. This is very important as the treatment will not be as effective and could be harmful. Warming can be accomplished by soaking in warm water for 5-10 minutes or taking a bath or shower.
2. Next, take a pair of **cotton socks** and get them wet with cold water from the ankle down. Be sure to wring the socks out thoroughly.
3. Place the cold wet socks on your dry warm feet. Cover with thick **wool socks**. Go to bed. Avoid getting chilled.

You will find that the wet cotton socks will be dry in the morning. Many patients report that they sleep much better during the treatment.

