

## Indications for the use of warming socks:

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| <ul style="list-style-type: none"> <li>• Sore Throat</li> <li>• Throat infection</li> <li>• Neck pain</li> <li>• Ear infections</li> <li>• Nasal congestion</li> <li>• Upper respiratory infections</li> </ul> | <ul style="list-style-type: none"> <li>• Cough</li> <li>• Sinus infections</li> <li>• Sinus congestion</li> <li>• Lower respiratory infections, including bronchitis</li> <li>• Headaches, including migraines</li> </ul> |
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## Supplies needed:

- Water
- Freezer or bucket of ice water
- 1 pair of white cotton socks
- 1 pair of wool socks
- Warm foot bath

### Directions for children:

1. Warm feet in a foot bath.
2. Wet cotton socks (wring out thoroughly) and place in the freezer for no more than 1 minute.
3. Dry feet
4. Place cold socks on the child's feet.
5. Cover with wool socks.
6. Leave on overnight.

### Effects of warming socks treatment:

- Increases circulation
- Calming/sedating effects
- Pain relief
- Increased healing

### CAUTION with:

- Debilitated (use child directions)
- Neuropathy
- Diabetes

### Directions for adults:

1. Wet cotton socks (wring out thoroughly) and place in the freezer until just before frozen, usu. 5min.
2. Warm feet in a foot bath.
3. Dry feet
4. Place cold socks on your feet.
5. Cover with wool socks.
6. Leave on overnight.