

“Magic” Socks

Aka warming socks treatment



10911 Bonita Beach Rd SE #1021
Bonita Springs, FL 34135
(239) 231-2101
info@wellgi.com

SUPPLIES:

- 1 pair cotton socks
- 1 pair wool socks
- Water
- Bucket or foot bath
- Freezer (or ice)

INSTRUCTIONS:

Directions: This therapy works best when used just before bed.

1. Warm your feet first, if your feet are cool or cold. Feet that are neutral or warm will be more effective. To warm your feet soak your feet in warm water for at least 5 minutes or by taking a warm bath. Dry feet before proceeding.
2. Wet and wring out a pair of cotton socks.
3. Place wet socks in freezer for 3-5 minutes, ice water can be used if a freezer is not available.
 - a. Infants/children: do not freeze for more than 2 minutes.
 - b. Diabetes/neuropathy: do not freeze for more than 3 minutes, use extreme caution to avoid injury.
4. Place cold wet socks on your feet.
5. Cover with wool socks.
6. Go directly to bed.
7. Keep feet and body covered, you do not want your body to become chilled.
8. Keep the socks on while you sleep.
 - a. Infants/children: remove the socks after 30 minutes. Repeat every few hours.
 - b. Adults: repeat nightly until symptoms are relieved.

INDICATIONS:

- Sore throat, inflammation, or infection of the throat
- Nasal congestion and/or sinus infections
- Upper respiratory infections, coughs, and/ or bronchitis
- Ear infections
- Neck pain
- Headaches or migraines

CONTRAINDICATIONS:

- Neuropathy
- Asthmatics: may cause an asthmatic attack
- Temperature 100 F or higher: may cause higher fever
- Pregnancy: use with caution.
- Cachexia: those who are very weak or wasting, use with caution & for short periods (5-10minutes)
- Raynaud's syndrome/disease

BENEFITS:

- Draw blood and lymphatic flow away from the head..
- Stimulate the immune system.
- Relieve congestion in the ears, head and nose.