



“MAGIC” SOCKS TREATMENT

Historically this hydrotherapy was called “Wet Sock therapy”; well, you can imagine why that name got changed. At some point when I was in naturopathic school in the early 90’s the title morphed into “Warming Socks”. As naturopathic doctors often conveyed the overnight drying of the socks as a trick to young children, the name quickly evolved into “Magic Socks”. Kids love it and it actually does work like magic to arrest the onset of mild colds and flus.

When covered (insulated) with wool, the damp socks work to draw congestion from the head and work overnight to stimulate systemic circulation. This in turn, invigorates the immune system and helps fend off acute illness. Finally, the Magic Socks are an effective cure for mild insomnia.

WHAT YOU WILL NEED:

- Cotton socks (ankle-to-shin in height, not knee-hi socks)
- Wool socks—sized for the recipient (if no wool socks available, use wool mittens)
- Warm feet!

How to do the Magic Sock Treatment:

1. Make sure your feet are **WARM!** Do not attempt this treatment if you or your child’s toes or feet are cold! Warm them with a hot bath, shower or foot bath, as necessary.
2. Run a pair of **cotton socks** under cold water, wetting them thoroughly. Wring the socks out so that they are still quite damp, but not dripping wet.
3. Making sure your feet are still warm, put the cold wet socks on and immediately put the **wool socks** over them and get into bed. Go to sleep!

The socks will dry overnight as the body brings warm, fresh blood to the feet. These socks can be used nightly with any concern about the onset of an acute infection or illness and with any ongoing insomnia.