

Magic Sock Handout

Indications: sinus congestion, headache, seasonal allergies, sore throat, common cold, influenza, ear infections, etc.

Contraindications: must be able to warm feet prior to treatment.

Magic socks are done right before getting into bed. Magic socks help to promote circulation of blood and lymph through the body and reflexively open and relax the upper part of the body. They are beneficial for boosting immunity at the beginning of or during a cold, relieving headaches, opening clogged sinuses, and creating overall relaxation in the body.

Materials Needed:

1. Pair of cotton socks mid-calf length - 100% cotton is best
2. Pair of wool socks mid-calf length - 100% wool is best
3. Warm foot bath and towel

Directions for Treatment:

1. Soak the cotton socks in cold water. Wring out cotton socks very well and place them in the freezer for five minutes.
2. Soak your feet for 3 minutes in a hot footbath, or get them warm in a hot shower. If your cotton socks will come above your ankles, get your feet and lower legs warm.
3. Dry your feet well.
4. Put the cotton socks on over your warm, dry feet.
5. Place the wool socks on over the cotton socks.
6. Get into bed, relax and rest.