



# The Wet Sock Treatment for the common Cold

*One of naturopathy's most effective treatments for the common cold and helpful for other conditions such as migraines, insomnia, cold hands and feet, and ear infections*

## **What you'll need:**

*A footbath / plastic tub*

*A small towel*

*A pair of thin cotton socks*

*Lavender and rosemary essential oils*

*A pair of thick wool socks*

*(optional)*

*A refrigerator*

1. As you're getting ready to go to bed, drench your cotton socks in cold water and then stick them in the refrigerator.
2. Enjoy a nice warm foot-bath for up to 20 minutes (you can add a drop of lavender oil)
3. Once your feet are nice and toasty, pat them dry with your towel. If you wish you can massage your feet with rosemary oil for added benefit.
4. Take the wet socks out of the refrigerator and put them on your toasty warm feet and cover the wet cotton socks with dry wool socks.
5. Keep both pairs of socks on and go to bed. When you wake up your feet will be warm and dry and you'll feel a lot better than you did the night before.
6. Repeat the wet sock treatment for three nights in a row for best results.

## *Note:*

*The wet sock treatment is most effective at the beginning stages of a cold, when you first feel it coming on. It can be helpful later in the game also, but you'll get the more benefit the earlier you start.*

*The warmer your feet, the better.*

*Cotton and wool socks are easy to obtain (ie camping/ hiking stores)*