

## **Wet Sock Treatment for Colds/Flus and Nasal/Chest Congestion**

**This protocol is recommended for congestion, colds/flu or to increase overall circulation.**

Follow these instructions before bedtime:

1. Take a pair of cotton socks and soak them in cold water. Wring them out, so they are still wet, but not dripping, and put them on your feet. This may feel somewhat uncomfortable to start.
2. This stimulates the blood vessels in your feet to constrict, and in return, your body responds by sending blood downwards.
3. Now take a pair of thick dry wool socks and put them on top of the cold wet socks.
4. Lay a towel at the foot of your bed (under your feet so you don't get the bed wet, although usually this doesn't happen).
5. Go to SLEEP as usual.
6. When you wake up, the socks will be dry and your feet may feel very warm.
7. Continue doing this daily for the duration of the illness and for 3 days after all symptoms have cleared.