



## Soaring Crane Natural Health Center

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### **Magic Sock Treatment**

The magic sock treatment is best if repeated for three nights in a row, unless otherwise instructed by your physician.

#### **Procedure:**

1. Warm your feet by taking a bath or soaking your feet in warm water for 5-10 minutes. It is very important that your feet are warm before beginning the treatment. Warm feet will increase the effectiveness of the treatment.
2. Take a pair of light cotton socks and get them wet with cold water.
3. Wring them out thoroughly.
4. Place the cold socks on your warm feet. Cover with thick wool socks or onesie pajamas. Wool socks are best as they hold the heat in.
5. Go to bed. Avoid getting chilled.

You will find that the wet cotton socks will be dry in the morning. Many patients report that they sleep much better during the treatment.

If you wake in the middle of the night, your socks are dry and your nose is stuffed back up again, you can repeat the above steps and go back to bed.

Magic socks is a treatment that draws lymph or blood from one area of the body to another. It is good for fever, headache, ear infections and upper respiratory infections.

Sleep well!