

WET SOCK TREATMENT

USER FOR: fatigue, colds, stress, chilled, headaches, etc.

EQUIPMENT NEEDED:

- 1 Bathtub (or large basin)
- 1 pair of wool socks
- 1 pair of cotton socks
- 1 pair of feet (yours)
- 1 Blanket to wrap yourself in if you are chilled.

Perform this technique just before you are to go to bed at night:

1. Sit on edge of bathtub and soak your feet in hot water for 15 minutes. The tub does not have to be filled all the way, just enough to cover the top of your ankles. It should just be hot enough to tolerate. Add more hot water as the tub cools.
2. After 15 minutes, dry feet off very well. Take the COTTON socks and wet them thoroughly in cold water and wring them out until damp– not dripping wet. Take feet out of bath and PUT ON the DAMP socks.
3. Place the other pair of dry WOOL socks OVER the wet socks.
4. Go to bed and do not take off the socks. Sleep with them on all night.

You will awake and the socks will be dry. Repeat this three nights in a row. Since the feet are very vascular and sweaty organs, this procedure stimulates the circulation in them to open up and “pull” the impurities out of your system down into the socks. You will feel more refreshed and it will help you move through your cold / flu etc.