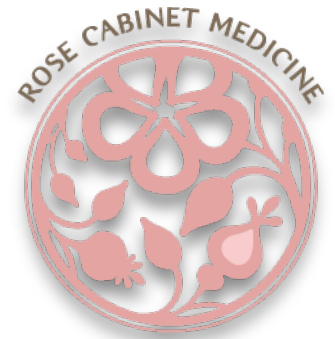


# Warming Socks



## When:

This procedure should be used at the first indication of any congestion in the ears, eyes, sinus, throat, or lungs. It can also be used effectively for headaches, insomnia and a variety of other conditions. Try it; you will like it!

## What's going on?

When the skin feels a cold temperature, the body reflexively changes blood circulation to protect that area: first the vessels constrict at the surface (dilate deep) to protect from loss of heat, then they dilate on the surface (constrict deep) to bring lots of blood to the area to warm it up. By putting cold socks on, but insulating them, the body will be switching between constriction and dilation, surface and deep circulation, which brings nutrients and immune cells all over the body and moves out waste products, but doesn't lose any heat, all while you are soundly asleep!.

## How:

### First:

- If your feet are cool or cold, it is important to **warm them first**. This is very important as the treatment will not be as effective and could be harmful. Soak your feet in warm water for 10-15 minutes or take a bath or shower to warm your feet.
- Check your feet for any cuts or open sores, especially if you are taking blood-thinning medications. Because it is so effective for increasing circulation, it can cause bleeding to increase.
- Apply a drop of *On Guard* doTERRA essential oil to the bottom of each foot for added immune support if you have it.

### Prepare:

- Take a pair of cotton socks and get them wet with cold water. Be sure to wring the socks out thoroughly, no dripping. "Cold" ranges from cold tap water to storing the wrung-out socks in the freezer for 10-15 minutes.

### Apply:

- Place the cold cotton socks on your feet. Cover with **thick wool (best) or acrylic socks**. Go to bed with good covers, avoid getting chilled.
- Repeat the treatment nightly at least 2 days past the resolution of all your symptoms.

You should find that the wet cotton socks will be dry in the morning. If the socks are not dry in the morning, it is possible you did not warm up your feet adequately, did not thoroughly wring out the socks, or did not cover the cotton socks completely with the wool/acrylic socks.