

Warming Socks for Adults & Children To Reduce Fever



This procedure is effective for recovering from viral illness. Use at the first sign of any congestion in the ears, eyes, fever, sinus, throat, lungs.

Warming Sock Procedure

- Soak a pair of cotton socks in cold water
- Wring socks out thoroughly
- Put cold, wet, cotton socks directly on bare feet
- Put thick dry wool socks over top wet socks
- Got to bed with adequate covers to keep from getting chilled

Repeat for as long as necessary to improve condition.

Note: Wet cotton socks will be dry in the morning.