

# Wet Sock Treatment Handout

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Wet socks are a traditional remedy involving wearing a pair of cold, damp socks to bed and waking up with warm, dry feet. It is believed to help alleviate symptoms of colds, flu, sinus infections, and upper respiratory congestion.

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## Supplies

- 1 pair white cotton socks
  - 1 pair thick wool socks
  - Towel
  - Warm bath or warm foot bath
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## Directions

1. Soak the pair of cotton socks in cold water and wring them out thoroughly.
  2. Place the wet cotton socks on your feet, making sure they cover your entire foot up to your ankles.
  3. Over the wet cotton socks, put on a pair of thick wool socks. Make sure that the wool socks extend above the top of the cotton socks.
  4. Relax in bed or on a comfortable couch with your feet elevated for 30 minutes to an hour, or until the cotton socks are completely dry.
  5. After removing the socks, towel dry your feet and put on another warm pair of wool socks.
  6. Continue the treatment for several nights until the symptoms have subsided.
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**Disclaimer:** The wet sock treatment is not a scientifically proven method and should not be used as a substitute for medical treatment. Healthcare professionals should always be consulted for any medical conditions or concerns.