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# Warming Sock Treatment

### Supplies:

- 1 pair of very thin socks, liner socks or polypropylene socks
- 1 pair of thick wool socks or thick polypropylene socks
- 2 pairs of warm pajamas
- 1 bowl of ice water

### Directions:

1. Before beginning treatment, **make sure you are warm**. If necessary, take a hot bath for 5-10 minutes. This is very important for the effectiveness of the treatment. In fact, it could be harmful if your feet are not warmed first.
2. Soak the pair of thin socks in the bowl of ice water, then wring the socks out thoroughly so they do not drip. (For added effectiveness, or to manage a high fever try dipping the socks in iced peppermint tea.)
3. Place ice-cold wet socks on dry feet. Then cover with thick wool socks. Put on warm pajamas. Keep the second set of pajamas at your bedside. Go directly to bed. (Avoid walking with the wet socks on your feet as much as possible. Avoid getting chilled.)
4. If doing this treatment at bedtime, wear the socks overnight. During the night, you may wake up with your whole body wet from sweat. If so, change into the dry pajamas, but leave on the socks. You will find that the wet cotton socks will be dry in the morning.
5. If using this treatment to manage a **high fever**:
  - ♦ If the fever is not reduced into “healthy, effective” range swiftly, remove the thick woolen socks and **ONLY** utilize the thin cold socks until fever comes down.
  - ♦ Then return to full treatment as noted above.
  - ♦ **ALWAYS MONITOR A HIGH FEVER.**  
Check temperature every 5-15 minutes (depending on severity of fever.)