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## **WET SOCK TREATMENT**

The Best Free Immune Boost Around

### **Supplies:**

1 pair white cotton socks  
1 pair thick wool socks  
Bed – preferably cozy

### **Effects of the Wet Sock Treatment:**

I know it sounds crazy but hear me out. Your body is an amazing thing and this is a great way to trick it into staying healthy. By forcing the temperature of your feet to be different than the temperature of your body we're essentially sending your body a "trouble" signal. The best thing about this trouble signal is that it doesn't look like any specific kind of trouble, so your body responds in a very general way that happens to be extremely useful. Your body knows something is wrong so it boosts up levels of white blood cells to go hunt for problems. These are your little warrior-defender cells and plenty of expensive drugs and supplements target exactly this effect. If there happens to be any other trouble, like bacteria, viruses or congestion, then your body gets the opportunity to find and address it more quickly.

### **Directions:**

1. Take a pair of plain cotton socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they are damp but not dripping.

Put them on and pull the heavy wool socks on over them so the damp socks are next to your skin and the heavy dry socks are outside of those.

Go to bed and try to get warm.

Keep the socks on overnight. While you sleep your immune system will be working overtime. Usually this is great sleep, deeper and more restful than normal but if you wake up in the night you may be too hot or too cold.

When you wake up the socks and your feet should be toasty warm and dry. If they're not dry or you just can't warm up at night then this is probably not be the right immune booster for you.

### **Benefits:**

- Increases your circulating levels of white blood cells, your body's scouts and defenders.
- Gives you a great night's sleep  
Helps break up congestion in the head and chest  
Eliminates any bacteria or viruses that might be brewing  
Puts your body on alert for any problems that may be brewing

### **This isn't for you if:**

- You know your immune system is compromised in some major way, as in HIV patients.
- Circulation to your feet is poor, as with chronic diabetes or raynaud's  
Your socks just won't dry overnight

**ENJOY!**