

## **Wet Sock Treatment for Chest Congestion**

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Use this protocol for congestion, chest colds or to increase overall circulation.

Follow these instructions right before going to bed:

1. Take a pair of cotton socks and soak them in cold water. Wring them out, so they are still wet, but not dripping, and put them on your feet. This may feel somewhat uncomfortable initially.

*This stimulates the blood vessels in your feet to constrict and your body responds by sending blood downwards.*

2. Take a pair of thick dry wool socks and put them on top of the cold wet socks.
3. Lay a towel at the foot of your bed (under your feet so you don't get the bed wet, although usually this doesn't happen).
4. Go to SLEEP.
5. When you wake up, the socks will be dry and your feet may feel very warm.

Continue doing this daily for the duration of the illness and for 3 days after all symptoms have cleared.