

Warming Socks

Hydrotherapy is the application of water in any form in the treatment of disease and the maintenance of health. Fevers are the body's **natural response** to killing microorganisms since they cannot live in high temperature. You can use hydrotherapy to help break the fever and give your immune system a boost.

Warming socks are great for kids (or adults) who have a fever or need some immune system enhancement. This treatment has been used for many years to help clear up colds and bring down fevers. This treatment increases circulation and decreases upper respiratory congestion. It also helps you sleep through the night, which is when the body does the majority of its healing.

Instructions:

1. Use a pair of thin cotton socks and wet them in cold water.
2. Wring them out and put them on feet.
3. Put another pair of wool socks over the pair of wet socks and put patient to bed.
4. The wet socks will dry by morning.

** Frequency of treatment _____