

# *The Healing Power of Nature*

JACINTA WILLEMS | NATUROPATHIC DOCTOR

## WET SOCK TREATMENT

The wet sock treatment is a way to help manage a fever, especially in a young child or infant. Take a pair of cotton socks, make them wet, wring them out really well and put them on. Put another pair of wool socks overtop of the wet cotton socks and go to bed. The body will pull the heat down towards the feet to dry the socks, encouraging the fever, but reducing the tendency to overheat the heat the brain. It is also helpful to reduce head and nasal congestion. Remove the socks after a few hours or once the body heat has dried them out.