



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

MAGIC SOCKS

When a cold compress (cold, wet socks) is applied to the feet, the body responds by increasing blood flow to the feet, and thus throughout the body. This circulates white blood cells to fight infection, dissipates heat, and breaks up congestion. By covering the cold socks with warm, insulating ones, heat is prevented from escaping, thus keeping the blood vessels open.

Magic socks are ideal to use to manage colds, nasal congestion, upper respiratory tract infection, headaches, or fevers. This treatment is calming, so it is best to apply at bedtime.

Supplies

- 1 pair of cotton socks
- 1 pair of thick wool or fleece socks

Directions

- Soak a pair of cotton socks in cold water. Be sure to wring the socks out thoroughly so they do not drip.
- Place cold, wet socks on your or your child's feet. Cover these socks with thick wool or fleece socks.
- Go to bed or cover up with blankets and avoid getting chilled.
- Keep the socks on until your body has either warmed the socks up or they have dried. If you go to bed, you can sleep in them overnight.