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WET SOCK TREATMENT

Rationale:

Although this sounds like a strange thing to do in the name of health, the wet sock treatment is one of the easiest and most effective ways to boost your immune system in the short or long term. The idea is to cause your body to think it is under attack, to think it is being “threatened” by the cold, wet socks (yes, it will probably feel “threatening” when you first put the cold wet socks on!) By changing the temperature of your feet it causes your body to do the same thing as it would for any threat – initiate the fever response (one of our best defenses) and also raise your circulating levels of white blood cells. This is a great preventative measure if you are feeling under the weather, run down, if everyone around you is getting sick and you don’t want to get sick as well or even if you just need a great nights sleep. This treatment can also be used on a regular basis to prevent illness and boost the immune system. As with any treatment protocol, consult Dr. Neuzil if you have a preexisting health condition or if you have any questions.

Supplies:

- 1 pair white cotton socks
- 1 pair thick wool socks

Directions:

1. Soak cotton socks completely with cold water. Be sure to wring the socks out thoroughly so they do not drip and are just damp to the touch.
2. Place wet socks on feet and cover with thick wool socks. Go directly to bed. Avoid getting chilled.
3. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning. If they are not dry in the morning it could be a sign that your body does not have the energy to mount an adequate response to this therapy and you should consult Dr. Neuzil before proceeding with therapy.

Effects of the Wet Sock Treatment:

This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.

Cautions:

This treatment may not be appropriate if you have a circulatory disorder, advanced diabetes, if you have certain types of cancer or in some cases of HIV and AIDS. If you wake up in the morning and the socks are still wet, please contact Dr. Neuzil. In the case of any preexisting chronic condition please contact Dr. Neuzil before using wet sock therapy.