

Supporting the Immune System

The transition between seasons is upon us, and it is a good time of the year to take care of ourselves by getting plenty of rest, eating well and focusing on supporting our immune system. In this article, I'd like to share information from our local Naturopathic Doctor, Cheri King:

Handout from the office of Dr. King: Warming Socks

People often ask me what they can do to nip a cold in the bud before it becomes full blown. In addition to lots of water, plenty of rest and a good attitude, you can use a naturopathic hydrotherapy treatment called warming socks.

Ingredients: 1) **Pair of clean, cotton socks** 2) **Pair of clean, dry, thick wool socks** 3) **Water**

Instructions:

Just before bed...

1. Thoroughly wet a pair of cotton workout socks with cold water.
2. Wring out well so no water is dripping from the socks (for the heroic, put wet socks in the freezer for a minute or two)
3. Put on the clammy, cold, cotton socks.
4. Put the thick wool socks over the top of the wet cotton socks so that the wet cotton socks are completely covered.
5. Go to bed and get a good night's sleep.
6. In the morning, the cotton socks should be dry.
7. Use for a night or two when you start feeling the onset of a cold or flu

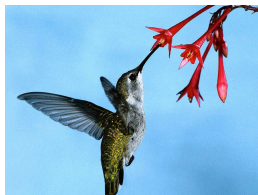
Why it works:

In response to the cold clammy socks, the body increases blood circulation to "warm" the socks bringing them to the same temperature as your body. This mimics aspects of a fever that stimulate blood and lymph flow. Increase blood and lymph flow assist in killing bacteria and viruses trying to catch hold and cause illness.

Anyone and everyone can do warming socks. It is safe and effective for all ages and grades of illness.

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