



PORTLAND
CLINIC of

Holistic
Health

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Wet Sock Treatment

Take a warm foot bath for 5 to 10 minutes (if desired).

Using a pair of cotton socks (crew/tube/sports socks), wring them out in cold tap water.

Put on the wet socks. Put on over the cotton socks a pair of wool socks. Relax for 20 minutes or until the wet socks are warmed to body temperature, then remove.