



NATUROPATHIC MEDICINE - ACUPUNCTURE

WHAT IS WET SOCK HYDROTHERAPY?

This is one of the original “old school” hydrotherapy treatments made popular and used extensively by the forefathers of naturopathic medicine in the 19th century, including the famed Father Kneipp of Bad Woerishofen, Germany. This treatment, which is still currently prescribed by modern naturopathic physicians, involves putting on ice cold socks and... are you ready for this? ...Sleeping in them!

It may sound strange, but it works by rallying the body's defenses. The body reacts to the cold socks by pulling stored blood from the inside (like the liver and spleen) and increasing white blood cells and other immune system functions to the peripheral circulation. In addition to helping strengthen the immune system, this hydrotherapy technique has been traditionally used for headaches, sore throat, ear infections, upper respiratory infections, neck pain, nasal congestion and sinus infections and to help gently lower fevers. It is best to use this technique at the first sign of illness and to use it three nights in a row if possible. Like with all new therapies, it is always a good idea to consult with your health care provider before starting the wet sock treatment. For more info, please visit www.dr-toby.com.