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### **Hydrotherapy Wet Socks:**

#### Ingredients:

- Thin cotton socks
- Wool socks (at least 80% wool)
- Cold water

#### Directions:

1. Place thin cotton socks in cold water. Wring them out and place on feet before bed.
2. Cover with dry wool socks.
3. Sleep/rest

Socks will be dry in 3-4 hours and you can repeat this as often as you need to.

#### **How works:**

The body senses cold wet on the feet and drives the circulation down to the feet to dry the area. This helps decongest the upper respiratory tract and comfort the patient during a fever.