

# Fairbanks Family Wellness

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## Wet Sock Treatment

This treatment helps stimulate a healthy fever response and reduces the severity and duration of colds. Do at the first sign of cold or flu and continue each night until you are better.

- 1) Take a thin pair of cotton socks and get them wet and wring them out.
- 2) Put the wet socks on and immediately put on a thick pair of wool or fleece socks.
- 3) Bundle up the sick person to keep warm and go to bed for the night.
- 4) When morning comes, the socks will be dry.

Add on - you can put essential oils on the feet to help increase the effectiveness. Use essential oils only as directed by your healthcare provider or according to the label as they can be very strong when applied to skin. We like nasosympatico oil for this purpose at Fairbanks Family Wellness.

## Wet Shirt Treatment

This treatment helps stimulate a healthy fever response and reduces the severity and duration of colds and coughs. Do at the first sign of cold or flu and continue each night until you are better.

- 1) Take a thin cotton T-shirt or onesie and get it wet and wring it out.
- 2) Put the wet shirt on and immediately put on a wool or fleece sweater or sweatshirt.
- 3) Bundle up the sick person to keep warm and go to bed for the night.
- 4) When morning comes, the shirt will be dry.

Add on - you can put essential oils on the feet or chest to help increase the effectiveness. Use essential oils only as directed by your healthcare provider or according to the label as they can be very strong when applied to skin. We like nasosympatico oil for this purpose at Fairbanks Family Wellness.