

COMMON COLD CURE

Looking for a home remedy for a head cold? Hot feet and Cold socks are just the cure you need for relief from a common cold.

When you are ready to go to bed for the night, try this remedy.

WET SOCKS PROCEDURE

Step 1: Prepare for bed.

Step 2 (Optional): Soak your feet in a bucket of hot water for 10 minutes.

Step 3: Remove your feet from the hot water, soak cotton socks in cold water, wring them out so they are not dripping and put them on your feet.

Step 4: Cover the cotton socks with your dry wool socks.

Step 5: Go to bed and get some sleep.

When you put all the socks on your feet you should go to sleep. When you sleep, your body will start the 'cook' the wet socks (and your cold) and dry them out. It works by drawing the congestion out of your body. If you can't get to sleep, don't lay in bed with cold socks on your feet (this will not help your cold).

The next morning your cold will be gone. Congratulations! If you feel sniffles by the end of the day, perform the procedure each night until you feel relief.