NATURAL FEVER & IMMUNE THERAPIES

Magic Socks & Hot Sweat Treatment — Larrea Naturopathic Medicine / Tecaya Health

Why these work: Both of these therapies harness your body's own circulatory and immune intelligence. Rather than suppressing symptoms, they work WITH your body — stimulating lymphatic flow, increasing white blood cell activity, and helping your immune system do what it was designed to do. They are inexpensive, safe, and remarkably effective.

Safe for: Children of all ages · Pregnant and nursing women · Adults · Use at first sign of illness for best results

MAGIC SOCKS — WET SOCK TREATMENT

How It Works

Magic socks work through a principle called hydrotherapy — using temperature contrast to stimulate the body's circulatory and immune response.

- The cold, wet cotton socks cause vasoconstriction (blood vessels narrow) in the feet
- The body responds by sending warm blood rushing back to the feet — causing vasodilation
- This back-and-forth pumping action powerfully stimulates lymphatic flow
- Lymph movement activates white blood cells and clears congestion throughout the body
- By morning, the cotton socks will be completely dry — your body has done its work

Best For

- Common cold and flu
- Seasonal allergies and sinus congestion
- Fatigue and low energy
- Immune system support during illness
- Congestion, earaches, sore throat

"HELP THE FEVER" — HOT SWEAT TREATMENT

How It Works

A fever is not the enemy — it is your immune system's most powerful weapon. Raising body temperature kills pathogens, activates white blood cells, and accelerates immune response. This treatment helps your body do what it is already trying to do: generate therapeutic heat.

- Heat opens pores and stimulates profuse sweating
- Sweating is one of the body's primary detox pathways
- Elevated temperature directly inhibits viral and bacterial replication
- The hot bath triggers a cascading immune activation response
- Mustard and Epsom salts enhance circulation and draw toxins through the skin

Best For

- Active fever — working with the fever, not against it
- Cold and flu at any stage
- Feeling chilled and achy — body trying to generate heat
- Congestion and upper respiratory infections
- General immune support during illness

What You Need

Hot bath supplies:

- Dr. Singha's Mustard Bath powder (preferred) — or mustard powder
- 1 cup Epsom salts

For the sweat phase:

- 2 large towels — one to lie on, one to cover yourself
- A warm hat (keeps the heat in your head)
- Extra heavy blankets or a duvet
- A movie or show queued up and ready

What You Need

Item 1 — Thin cotton socks (1 pair):
Must be 100% cotton or mostly cotton. Thin enough to wring out completely.

Item 2 — Thick wool or insulating socks (1 pair):
Must be thick and loose enough to slip over the wet socks. Wool is traditional but any thick sock works. They must insulate — not compress.

Step-by-Step Instructions for Magic Socks

STEP 1 Warm Your Body First

This is non-negotiable — your body must be warm before you apply cold socks.
Choose one:

- Take a warm bath or shower for at least 5 minutes
- Soak your feet in warm water for 5 minutes

Your feet must feel genuinely warm — not neutral — before applying the cold socks.

STEP 2 Prepare the Cold Cotton Socks

- Submerge the thin cotton socks in a bowl of cold water for a few minutes
- Remove and wring them out COMPLETELY — they should be damp, not dripping
- Place them in the freezer for 2 minutes to seal in the cold

Fully wrung out and cold is essential — soggy socks won't work the same way.

STEP 3 Apply the Socks & Go to Bed

- Pull the cold cotton socks onto your warm feet — yes, it will feel cold! It is brief.
- Immediately place the thick insulating socks on top
- Get into bed and go to sleep — let your body do its work overnight
- In the morning the cotton socks will be completely dry — this is how you know it worked

Step-by-Step Instructions for Hot Sweat Therapy

STEP 1 Prepare Your Bed

Do this BEFORE your bath so you don't lose heat getting ready afterward.

- Lay one large towel flat across your bed to absorb sweat
- Have a second towel to cover your upper body
- Pile on extra blankets — you want to trap as much heat as possible
- Have your warm hat within reach
- Queue up your movie or show — so you don't spend time cooling down afterward

STEP 2 Draw a Hot Bath

- Make the bath as hot as you can comfortably tolerate
- Add Dr. Singha's Mustard Bath (if available) — follow package directions
- Add 1 cup of Epsom salts
- Soak for at least 15–20 minutes — keep adding hot water to maintain temperature

You should begin sweating in the bath — this is ideal.

STEP 3 Move Quickly to Bed & Sweat

- Get out of the bath and move quickly to your prepared bed — do not cool down
- Put on your warm hat immediately
- Wrap yourself in all your blankets and cover up completely
- Sweat for as long as you can — ideally 30–60+ minutes
- Watch your movie to stay still and avoid uncovering

You will likely feel significantly better by the next morning.

After sweating: Rehydrate well — drink water or electrolytes. Change into dry clothing. Rest as much as possible. Do not go back out into the cold immediately afterward.

Can be combined: Use the Hot Sweat Treatment first, then apply Magic Socks before sleep for a powerful one-two immune punch on the same night.

Work with your body, not against it. A fever is a sign your immune system is fighting. These therapies support that fight — helping your body heal faster, more completely, and naturally.