

# CWC

CROSSROADS WELLNESS CENTER

Dr. Harmon's #1 Cold and Flu Prescription

.....

## Magic Socks



## **How to Use:**

1. Run 1 short pair of cotton socks under ice cold water
2. Wring out the short wet pair of cotton socks until damp
3. Put on the ice cold wet cotton socks
4. Put the DRY long wool socks over them
5. Go to sleep and they will be dry in the morning and you will feel better!