

# Rice Socks and Weighted Sweatshirts

## For Rice Socks you will need:

- White rice - uncooked (& optional flax seed) approx. 38-42 oz per sock, but this will vary depending on sock size. Do NOT use minute rice. One 10-pound bag makes approximately 4 - 5 large rice socks. Lavender or other dry aromas can be added.
- Funnel
- Paper or plastic cup to pour rice into funnel
- Cotton athletic men's tube sock(s) - -as large as can easily find. Grey tube socks won't show spots as much. If using with small children, you may prefer smaller socks. Use a thick athletic type sock, so grain will not stick through.

Using the funnel and cup, (or with two people or after a bit of practice, just a cup) fill the sock with uncooked rice. You can also add flax seed which takes longer to heat than rice, but is also smoother and stays warm longer. Add any additional aromas or herbs.

Don't pack it in tightly; leave some room for the grains to move around so that it will more easily conform to the body.

Tie a knot in the open end of the sock. You may choose to use string, etc to tie the end closed or sew it closed instead. I prefer just to knot the end of the sock.

You can put a second sock over the first, if preferred for more protection.

Put the filled sock in a microwave oven for approximately 1-3 minutes (or to chill the sock, put it in a freezer for about 45 minutes). When you heat the rice sock you may also place a cup of water in the microwave to add extra moisture during the heating process. Heat time will vary depending on size.

## For Weighted Sweatshirt you will need:

- 1 sweatshirt without a hood. Washed and thoroughly dried
- 2 rice socks as noted above that will easily fit in the length of the sweatshirt sleeve OR the rice and other items noted above, but no socks.
- needle and heavy thread or sewing machine

Sew or stitch the distal end of each sleeve near the wrist cuff closed with a tight stitch.

Going through the neck or bodice of the sweatshirt, slip one rice sock into each sleeve making sure there is plenty of room to stitch the shoulder closed. Place the knotted end of the rice sock near the wrist, and the wider part (the toe of the sock) at the shoulder. NOTE: You can also skip the socks and just make sure the sweatshirt sleeve is tightly sewn closed and fill the sleeve itself with rice.

Sew or stitch the upper arm of the sweatshirt closed on or near the shoulder seam.