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## Honey: An effective cough remedy

### Does honey calm better than over the counter cough meds?

Many of us have used warm tea or lemon water for a sore throat. Did you know that adding honey to that tea can also serve as a cough suppressant?

According to Dr. Steckelberg of Mayo Clinic in a study of children aged 2 and older with upper respiratory tract infections, they were given up to 2 teaspoons (10 ml) of honey at bedtime. The honey seemed to reduce nighttime coughing and improve the child's sleep.

In fact, the study noted that honey proved to be as effective as a common cough suppressant ingredient, dextromethorphan, in typical over the counter doses. Since honey is low-cost and widely available, it might be worth a try.

**REMINDER:** Coughing isn't always bad. It helps clear mucus from your airways. If you or your child is otherwise healthy, there's usually no reason to suppress a cough.

**NOTE:** Due to the risk of infant botulism, a rare but serious form of food poisoning, never give honey to a child younger than age 1.



Taken from Mayo Clinic informative flyer, 2013.

**MEMBERS:** As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.