

Mayo Clinic Minute: Can honey help with coughs?

Video	Audio
	A spoonful of sugar might help the medicine go down, but the medicine is honey, in this case.
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"Honey is safe for anyone ages 1 and above. And it's been shown to be effective and safe for both children and adults."
	Dr. Angela Mattke says adding honey to warm water or tea, or just a spoonful of honey itself can help with coughs.
	"It has been shown to be more effective than over-the-counter cough medications."
	Honey helps by soothing the throat and coating cough receptors. Here are her recommendations for children over age 1.
	"You can start with a half a teaspoon to a teaspoon, some type of warm liquid. As they get older and they're able to easily more swallow the honey, you can just give it to them directly on a teaspoon."
	She recommends using a teaspoon every two hours. And this dosage applies equally to adults.
	"And if you do choose to give honey for cough suppression, we would recommend that you use a pasteurized honey."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.