

Nature's Relief for Coughs



THE CHALLENGE

- » Upper respiratory infections are among the most common acute illnesses affecting children.
- » With no cure available, parents look for symptomatic relief for their child's cough and cold symptoms.
- » 10% of U.S. children use over-the-counter (OTC) cough/cold medications **each week**.
- » Each year, consumers spend billions of dollars on OTC medications to soothe their coughs. However, many parents are left looking for alternative remedies in light of announcements that dextromethorphan (DM)—the most common OTC treatment—is not recommended by the American Academy of Pediatrics or the American College of Chest Physicians for children.

A NATURAL SOLUTION

For centuries, honey has been used to help soothe coughs, and research confirms this approach for children ages one and over. Researchers have found that a small dose of buckwheat honey given before bedtime provided better relief of nighttime cough and sleep difficulty in children than no treatment or dextromethorphan (DM), a cough suppressant found in many over-the-counter cold medications.^{1,2}

While OTC cough medicines are not recommended for children until at least six years of age, honey acts as a natural cough soother for children. The American Academy of Pediatrics and the World Health Organization both recommend honey as an effective cough suppressant.³ Honey offers an effective and natural alternative to over-the-counter cough medicine.

NATURE'S SECRET TIPS

Time is the most important healer of throat irritation caused by coughs. For relief of the irritating symptoms:

- » Try a spoonful of honey to soothe and coat your throat. Take a spoonful straight, as often as you need to relieve the irritation caused by a cough. In between, keep up your liquids with a steaming cup of tea sweetened with honey. For added vitamin C, try mixing in orange, grapefruit or lemon juice.

DON'T FORGET*

Honey may be introduced into a child's diet after the age of one. Honey is a versatile and wholesome food for older children and adults.



"When children and adults are sick with a cough and sore throat, honey is the natural solution I recommend because it's effective and tastes great." **Nurse Barb Dehn, RN, MS, NP.**

HONEY COUGH SYRUP



1½ tablespoons lemon zest (*from about 2 lemons*)

¼ cup peeled, sliced ginger, or
½ teaspoon of ground ginger

1 cup water

1 cup honey

½ cup lemon juice

In a small saucepan, combine lemon zest, sliced ginger and 1 cup of water. Bring mixture to a boil, simmer for 5 minutes, then strain through into a heat-proof measuring cup. Rinse the saucepan out and pour in 1 cup of honey. On low heat, warm the honey, but do not allow it to boil. Add the strained lemon-ginger water and the lemon juice. Stir the mixture until it combines to form a thick syrup. Pour into a clean jar with a lid.

Note: This can be refrigerated for up to 2 months.

For children ages 1 to 5, use ½ to 1 teaspoon every 2 hours. For children ages 5 to 12, use 1 to 2 teaspoon every 2 hours. For children 12 and older and adults, use 1 to 2 tablespoons every 4 hours.*

Recipe courtesy of Nurse Barb Dehn, RN, MS, NP.

For more information and recipes, visit www.honey.com.

¹ Paul IM, et al. Effect of honey, dextromethorphan, and no treatment on nocturnal cough and sleep quality for coughing children and their parents. Archives of Pediatric and Adolescent Medicine, 161(12)

² Cohen HA, et al. Effect of honey on nocturnal cough and sleep quality: a double-blind, randomized, placebo-controlled study. Pediatrics, Volume 130, Number 3

³ Department of Child and Adolescent Health. Cough and Cold Remedies for the Treatment of Acute Respiratory Infections in Young Children. Geneva, Switzerland: World Health Organization; 2001.