

Children's Health



Soothe Children's Coughs Naturally And Affordably With Honey

(NAPSA)—Each year, consumers spend billions of dollars on over-the-counter (OTC) medications to soothe their coughs. However, many parents are left looking for alternative remedies in light of recent announcements that dextromethorphan (DM)—the most common OTC treatment—is not recommended for children by the American Academy of Pediatrics or the American College of Chest Physicians.

For centuries, honey has been used to help soothe coughs. Emerging research is beginning to confirm this approach. A study by Penn State College of Medicine found that buckwheat honey is an effective and safe alternative to OTC cough medicine. In the study, children aged 2 to 5 years received $\frac{1}{2}$ teaspoon of buckwheat honey, children aged 6 to 11 years received 1 teaspoon and children aged 12 to 18 received 2 teaspoons. Compared to DM and no treatment, just a small dose of honey given before bedtime provided the greatest improvement of nighttime cough and sleep difficulty in children over 1 year of age.

“Our study adds to the growing literature questioning the use of DM in children, but it also offers a legitimate and safe alternative for



Children with coughs can be soothed by a concoction of herbal tea and honey.

physicians and parents,” said Ian Paul, M.D., M.Sc., a pediatrician, researcher and associate professor of pediatrics at Penn State College of Medicine and Penn State Children's Hospital.

Pure honey contains just one ingredient: honey. Affordable and safe to take as often as needed for children over 1 year of age, a teaspoon or two of buckwheat honey can soothe and relieve the irritation of a cough. Time and rest are the most important healing factors, but adequate fluids are also essential. In between the teaspoons of honey, keep your child

well hydrated with warm herbal tea sweetened with honey.

For more information about how honey can help soothe children's coughs and for more honey recipes, visit www.honey.com.

Honey Soother *(Makes 4 servings)*

- 3 tea bags chamomile**
- 1 cinnamon stick**
- 3 cups boiling water**
- $\frac{1}{4}$ cup honey**

Place tea bags and cinnamon stick in a 1-quart teapot. Add boiling water; steep 3 to 5 minutes. Remove cinnamon stick and tea bags; discard. Stir in honey.

Honey Notes

- The color and flavor of honey differ depending on the bees' nectar source (the blossoms).
- There are more than 300 unique kinds of honey in the United States, originating from diverse floral sources such as clover, eucalyptus and orange blossoms.
- In general, lighter-colored honeys are mild in flavor, while darker honeys are usually more robust in flavor.