

THE DREADED “LINGERING COUGH”

We've all been there. The cold is gone. The fever is gone. The mountain of used tissues is gone. But that cough? That cough has apparently signed a long-term lease and refuses to move out. FOR WEEKS!! You feel perfectly fine otherwise, but that cough won't let go like cat or dog hair on your clothes.



Well, researchers may have stumbled onto an unexpected remedy: coffee and honey.

Not just coffee. Not just honey. Coffee *and* honey.

Scientists tested three different mixtures on people who still had a cough three weeks after an upper respiratory infection. One group got honey and coffee. Another got honey and a steroid (prednisolone). The third got honey and guaifenesin, the active ingredient found in cough medicines like Mucinex and Robitussin.

To keep things fair, a pharmacist made all three mixtures look and taste the same. Participants drank their assigned mixture three times a day for a week without knowing which one they had.

The results?

The honey-and-coffee combo absolutely ran away with the trophy. It reduced cough frequency by about 93%.

The steroid mixture? Around 20% cough reduction. At least it did a little something. Barely.

The expectorant mixture? Let's just say it contributed moral support.

As an added bonus, the coffee-and-honey mixture also appeared to help people suffering from throat irritation caused by radiation treatments, chemotherapy, and bone marrow transplants. Nice!

Want to try it?

Mix 5 parts honey with 1 part instant coffee to create a thick "jam." Then dissolve 1 tablespoon of the mixture in about 7 ounces of warm water and drink it three times a day, roughly every 8 hours.

Who would've thought the secret weapon against a stubborn cough might be hiding somewhere between breakfast and dessert?

Coffee and honey: helping people stop coughing long enough to tell everyone about coffee and honey.