

Is Honey More Effective Than Cough Medicine?

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December 22 2007 | 55,184 views

A research study has determined that children who get a dose of honey cough less and sleep better than those who get cough medicine with dextromethorphan (DM), the ingredient in most over-the-counter products for coughs.

DM cough medicines, which earn about \$50 million in sales each year, have previously been shown to be of little benefit to children.

Honey has long been used as a natural remedy for sore throats and coughs. A common natural cure is tea with honey and lemon.

Parents are advised not to give honey to any child under the age of 1 year; infants younger than that are at risk for botulism from honey.



Sources:

[Star Tribune December 3, 2007](#)

[Wired December 4, 2007](#)

[Archives of Pediatric and Adolescent Medicine December 2007; 161\(12\): 1140-1146](#)

[Organic Consumers Association December 12, 2007](#)