

[IMAGE]

## **Fight Respiratory Infections Naturally**

By Editorial Staff

With all the talk of COVID-19 treatments, particularly medication and/or a vaccine to ensure you don't get infected in the first place, let's not overlook the fact that natural, non-drug options have been shown to be effective for respiratory infections in general. Case in point: honey. A new research analysis summarizes the evidence supporting honey's potential value. In the age of influenza, COVID-19 and whatever respiratory pathogen may come next, perhaps it's time to think natural, not pharmaceutical.

Researchers reviewed 14 studies that compared honey with "usual care" (antibiotics, over-the-counter medication, etc.), finding honey more effective in improving symptoms of upper respiratory tract infections, particularly cough frequency and cough severity. Anyone who's ever suffered an upper respiratory tract infection from any source knows cough is one of the most irritating and troubling symptoms, particularly if the cough is not productive (in other words, doesn't generate phlegm).

Beyond managing respiratory infection symptoms, honey may also serve a greater purpose, according to the researchers: "It provides a widely available and cheap alternative to antibiotics. Honey could help efforts to slow the spread of antimicrobial resistance." So, fewer drugs, more natural care – the same message chiropractic has been spreading since its inception more than a century ago.

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