

## Decongestion Hacks or Hazards? *(Interview Transcripts)*

**Brian Curtis, M.D., Vice President, Clinical Specialty Services, OSF HealthCare**

“These kinds of remedies like onions in your socks and a lot of these things have existed for centuries when they didn’t really understand the science behind how infections are passed. It just kind of grabbed hold and resurface every couple years, or even decades.” (:16)

**Brian Curtis, M.D., Vice President, Clinical Specialty Services, OSF HealthCare**

“It is purely anecdotal. Maybe you did it and your cold got better, but it actually would have probably gotten better whether you did the onion in your sock or not. But there is no harm in putting an onion in your sock and going to sleep with it – as long as you don’t need to sleep near someone else.” (:14)

**Brian Curtis, M.D., Vice President, Clinical Specialty Services, OSF HealthCare**

“They are a good source of vitamins and flavonoids which decrease your inflammation, so it is good for that.” (:06)

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“It would be pretty dangerous to put anything in your nose in case it got stuck so I would not recommend it. It would probably be similar to like when you eat horseradish, which causes a vasoconstriction within your nose, causes your eyes to water, and would cause you to have probably a little bit more excretions from your nose – but I would not put anything in your nose.” (:21)