

Ice cream? Spices? Sore throat hacks that work

ANCHOR LEDE

Sore throats are pesky. They can be serious. And they're not just a winter thing, as evidenced by the new COVID variant causing sore throats that feel like razor blades.

Do a web search for sore throat at-home remedies, and you'll get a lot of results. Which ones work? Which ones might feel good in the moment but don't get the job done?

TAKE VO

OSF HealthCare physician Isha McConkey says to avoid sugary dairy foods like ice cream and popsicles. Those can cause cavities and increase mucus.

Hot soups, honey and gargling salt water are better. And you might even have luck with certain spices.

SOT

Dr. Isha McConkey (ISH-ah // muh-KONK-ee)

OSF HealthCare

"You can even add a little cayenne pepper. In some types of sore throats, it may make it worse. But most people find it can be very soothing. It has some numbing properties." (:08)

VO TAG

But, that's not a license to eat spicy food. For example, the acidity in tacos can make sore throats worse.

If your condition doesn't get better in a few days, go to an urgent care.