

Home health remedies: Fact vs. Fiction

OSF HealthCare Newsroom

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BROADCAST SCRIPT

INTRO:

AS FALL ROLLS IN – COLDS AND VIRUSES BECOME MORE COMMON. PEOPLE HEAD TO THEIR LOCAL PHARMACY OR DOCTOR’S OFFICES FOR ROUTINE VACCINES – AND SICK PATIENTS HOPE FOR TREATMENTS TO RELIEVE WITH AILS THEM. BUT SOME SOCIAL MEDIA VIDEOS ARE OFFERING DIFFERENT OPTIONS – SOME THAT CAN BE DONE FROM THE COMFORT OF YOUR OWN HOME... AND DON’T REQUIRED ANY PRESCRIPTIONS OR VISITS TO THE DOCTOR.

TAKE VO

TWO OF THE HOME HEALTH REMEDIES GETTING MAJOR EXPOSURE ON PLATFORMS LIKE TIKTOK – IS A MIX OF ONION AND HONEY IN A JAR... AND CHOPPED GARLIC WITH HONEY IN A JAR.

As fall rolls in, colds and viruses become more common. People head to their local pharmacy or doctor’s offices for routine vaccines, and sick patients hope for treatments to relieve what ails them.

But some social media videos are offering different options, some that can be done from the comfort of your own home and don’t require any prescriptions or visits to the doctor. THE ONION AND HONEY MIXTURE IS KNOWN AS A “HOMEMADE COUGH SYRUP.” ASHLEY SIMPER... MANAGER OF DIETETIC SERVICES WITH OSF HEALTHCARE... SAYS WHILE ONION HAS NUTRITIONAL QUALITIES... AND CONSUMING HONEY CAN REDUCE COLD SYMPTOMS... RESEARCH SHOWS THE COMBINATION OF THE TWO AREN’T AS HELPFUL AS IT MAY SEEM.

TAKE SOT

“There are no clinical trials that show a direct correlation between eating red onion, or red onion extract, and reducing the symptoms of a cough. There are a lot of great things in red onion, but it’s not directly linked to the reduction of the cough,” Simper adds.

VO TAG

ON THE OTHER HAND – THE GARLIC AND HONEY MIXTURE IDEA SHOWS MUCH MORE PROMISE.

TAKE SOT #2

“When you ingest garlic on a regular basis, you can lower overall total cholesterol, triglycerides, blood pressure and it can help prevent the onset of a cold,” Simper says. “But it can’t treat a cold. The research has found that when people are taking garlic regularly and have been exposed to some heavy metals, down the road, they show there are fewer heavy metals in their body if they’re consuming garlic

regularly. These studies were done with garlic tablets or supplements, they're not done with eating garlic."

VO TAG #2

THE COMPOUND IN GARLIC WITH HEALTH BENEFITS IS CALLED ALLICIN. THERE ARE THINGS TO KEEP IN MIND ABOUT THIS RESEARCH – THE CLINICAL TRIALS WERE DONE WITH GARLIC TABLETS... OR SUPPLEMENTS... AND THE BENEFITS DIDN'T JUST HAPPEN OVERNIGHT. THE RESEARCH SHOWS TAKING THE GARLIC SUPPLEMENTS FOR THREE MONTHS OR MORE IS WHEN YOU FIND THE HEALTH BENEFITS.

SIMPER REMINDS PEOPLE THAT BABIES UNDER 12 MONTHS OLD SHOULD NOT EVER CONSUME HONEY... AND IF YOU'RE ON A BLOOD THINNER... TO AVOID EATING GARLIC IN LARGE AMOUNTS... AS THE LARGE AMOUNT OF GARLIC CAN THIN OUR BLOOD. SHE ADDS THAT FOR THE HONEY AND ONION COMBO... IT DOESN'T MATTER IF THE HONEY IS RAW OR PASTEURIZED. BUT IF YOU MAKE THE HONEY/GARLIC MIXTURE... YOU'LL WANT TO USE RAW HONEY BECAUSE THE YEAST IS STILL IN IT. AND YEAST HELPS THE FERMENTATION PROCESS.

ADDITIONAL SOTS:

"There is a risk of botulism -- a rare but serious illness caused by a toxin that attacks the body's nerves -- in honey. We don't want anyone under the age of 12 months to consume it," Simper says. "The recommended dose for those age 12 months and up until age 18, is ½ teaspoon to two teaspoons. For adults, the research shows a tablespoon of honey."

"In terms of using honey for the cough suppressant, it really shouldn't matter whether you choose raw or the commercial, pasteurized honey. There's no significant difference in the nutritional value there," Simper says. "When it comes to the fermenting of the garlic, when you mix the honey and garlic together, they want you to have the raw honey because it has the yeast still in it. The yeast is what helps the fermentation process."

"In honey, the antimicrobial and antioxidant properties are what have been linked in research to show the decreased inflammation of the throat," Simper says.

"The research supports the reduction of cold symptoms when you have honey. It's not going to prevent or treat a cold, but it can reduce the severity of a cough," Simper says. "In 14 clinical trials, it has shown to reduce the severity and frequency of cough better than an antihistamine like Benadryl and just as good as a cough suppressant like Robitussin.

"What people need to keep in mind is these studies with the garlic were done with garlic supplements, so you can't isolate this concoction to having the health benefits. It certainly is not going to hurt anybody, there's not really any significant side effects to consuming these, except what we mentioned already," Simper says.

“I would encourage people to eat more onion and garlic in their diets, in addition to a variety of other healthful foods like fruits, vegetables and whole grains. We know that isolated foods aren’t what’s going to give you all of these disease-fighting properties,” Simper says. “It’s the variety of foods in the diet that have all the vitamins, minerals and antioxidants and you need to eat them regularly in order to fight disease.”