

Ice cream? Spices? Sore throat hacks that work

SOT

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OSF HealthCare family medicine physician

"I know it feels good. But it will increase mucus production in most people. That's going to exacerbate the [throat] irritation," she explains. "We also don't want a lot of sugar." (:10)

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"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)