

Woman's Day

LIVE WELL EVERY DAY

Spend Smart: New Rules for Tough Times

Save Your Life!
25 Medical Mistakes
To Avoid

Operation
Get Organized
Systems and Strategies
That Work



Red-Hot Dinners
and Sweets
to Share

The Truth Behind Honey Home Remedies

Find out how a favorite sweetening condiment can help with coughs and more

By Dana Gottesman Posted February 11, 2009 from *Woman's Day*; March 3, 2009

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Can honey heal? Ronald Stram, MD, director of The Center for Integrative Health and Healing in Delmar, New York, examines the evidence.

Claim: It eases [sinusitis](#).

The Data: Canadian researchers found that honey killed off more bacteria in lab samples than antibiotics did.

Should You Try It? No. Until there's proof that it works in humans, stick with antibiotics.

Claim: It makes a burn heal faster.

The Data: A review of studies found that smearing honey on a burn may help it heal up to 5 days faster.

Should You Try It? For moderate burns, yes (get help for severe ones). Use a medicinal kind, such as manuka honey, found in natural food stores.

Claim: It stops a nagging cough.

The Data: A study in the Archives of Pediatrics & Adolescent Medicine found that a teaspoon of honey before bed worked better than [cough medicine](#).

Should You Try It? Yes, and you can give it to kids as long as they're older than 1 year (honey can be toxic for young babies).



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