



It's official! Chocolate is better than cough syrup for sore throats

Description

Is **chocolate better than cough syrup** for soothing sore throats?

It's the cold season, which means you may be throwing all sorts of lozenges, sprays and syrups down your throat in a bid to **keep your voice fighting fit** (not to mention audible).

Well, here's some good news. You can throw away that horrid-tasting medicine and enjoy some **chocolate** instead!

According to one doctor, [chocolate](#) is better for your throat than cough syrup.

Professor Alyn Morice, who is head of cardiovascular and respiratory studies at the [University of Hull](#) (and founding member of the International Society for the Study of Cough) says having a bar of **milk chocolate** is better for a cough than over-the-counter medicine.

Plus, we all know which one **tastes better!**

Professor Morice told the [MailOnline](#): "Chocolate can calm coughs."

"I know that might sound like something out of Mary Poppins, but as an **independent clinician** who has spent years researching the mechanism of cough, I can assure you the evidence is actually as solid as a bar of Fruit & Nut."

Morice has recently pored over the results of the largest "real-world study" of an over-the-counter cough remedy ever undertaken in Europe.

The study suggests new medicine which contains **cocoa** (the main ingredient of chocolate) is **better than a standard linctus** (thick liquid cough syrup).

Researchers found that when they compared patients who took the **chocolate-based medicine** to patients taking regular medicine, the former saw a significant improvement with their symptoms in as little as two days.

Chocolate as medicine



The study, entitled **ROCOCO**, was a randomised controlled trial of 163 patients.

But Morice says he isn't the first to come up with this kind of **theory**.

In fact, he claims researchers at [Imperial College](#) in London found **theobromine** "an alkaloid component in cocoa" is "better at suppressing the urge to cough than codeine".

"The idea that chocolate could cure a cough might sound a bit mad, but the ROCOCO researchers believe the benefits are primarily down to the **demulcent properties of cocoa**," says Morice.

"This simply means it is stickier and more viscous than standard cough medicines, so it **forms a coating** which protects nerve endings in the throat which trigger the urge to cough.

"This demulcent effect explains why honey and lemon and other sugary syrups can help, but I think there is something more going on with **chocolate**.

"I'm sure it has a **pharmacological activity**, some sort of inhibitory effect on the nerve endings themselves."

Although, he did add that chugging down a mug of your **favourite hot chocolate** won't have the same effect on your cough as an actual bar of chocolate.

Even with this [research](#), and as great as it all sounds, it's probably best to check with your GP if home remedies of bars of chocolate don't work!

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