

## Quick Take~ No. 24

### The Scoop on Chicken Soup: Does it really make a common cold better?

By: Jennifer Keith...

[www.spigotscience.com](http://www.spigotscience.com)

Was Grandma right about chicken soup aiding a common cold? Some say it is psychological, some say it is comfort food and others, including some researchers, feel it does help! There's no cure for the common cold. But if you're sick, chicken soup may help you feel better. Researchers say that chicken soup acts as an anti-inflammatory and temporarily relieves congestion. The use of chicken soup as a congestion cure dates back centuries.

One researcher, Dr. Stephen Rennard conducted laboratory tests to determine why chicken soup might help colds. He started with his wife's homemade recipe. Using blood samples from volunteers, he showed that the soup inhibited the movement of neutrophils, the most common type of white blood cell that defends against infection. Dr. Rennard believes that by inhibiting the migration of these infection-fighting cells in the body, chicken soup essentially helps reduce upper respiratory cold symptoms.

Researchers can't identify the exact ingredient in chicken soup that made it effective against colds, but say it may be the combination of vegetables and chicken that work together. The combination of these ingredients not only helps inflammation, but it contains lots of healthy nutrients, increases hydration and tastes good.

Discussion:

- What is it about chicken soup that helps us get better from a cold?
- Do you think Dr. Rennard's research proved anything about chicken soup aiding a common cold?
- What is your favorite home remedy when you are home sick with a cold?

Photo: Wikipedia- Chicken Soup

