

QUESTION

what's the deal with so-called "natural" COLD REMEDIES?

We separate the scientific from the silly



CHICKEN SOUP

The broth may decrease inflammation, and with fluids, salts and good nutrition, it's definitely a great way to rehydrate. **GH ADVICE:** It's a real remedy, so go ahead and get slurping!



ECHINACEA

Research shows that the herb may have preventative benefits, but is unlikely to treat a cold. Tests of supplements revealed that some contained a different plant! **GH ADVICE:** Not worth your money. Skip it.



GARLIC

Some laboratory evidence suggests that the bulb has antiviral powers, but there isn't enough clinical evidence to prove it. **GH ADVICE:** Garlic is at least harmless and at most a little helpful. So why not grate a raw clove into your chicken soup?



SALT WATER

Gargling soothes the throat, rinsing away irritating debris and mucus. **GH ADVICE:** Go for it! Mix ½ tsp. salt into warm water and gargle a few times a day while symptomatic.



VITAMIN C

Studies show that upping intake may make certain people—mainly those who are deficient in the vitamin—feel better faster. **GH ADVICE:** It works...for some. If you need more C (as in, you don't eat enough fruits and veggies), add it to your diet with a daily cup of strawberries.



ZINC

Studies suggest it may stop the rhinovirus from multiplying and lodging in the throat. **GH ADVICE:** Take a lozenge containing 13.3 mg (or more) at the first sign of a sore throat, and take another two hours later.

—KATE ROCKWOOD

GH'S COLD EXPERTS: Elson Haas, M.D., director of the Preventive Medical Center of Marin in California and author of *Ultimate Immunity*; Geeta Maker-Clark, M.D., family physician with NorthShore University HealthSystem; Audrey Tatar, M.D., physician at Northwestern Memorial Hospital



ASK JACKIE

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Should I swap almond milk for my skim?

A: NOPE. Fortified almond milk and skim milk have about 90 calories per cup and contain calcium and vitamin D. But almond milk has just half the potassium and an eighth of the protein dairy does, and it usually contains artificial ingredients for "creaminess" and—unless labeled "unsweetened"—added sugar. See page 94 for more on this major gripe.

BOTTOM LINE: Stick with dairy or, if you're lactose-intolerant, drink unsweetened soy milk—it rivals skim in protein. Unsweetened almond milk is fine, too; it can add flavor to cereal and coffee and has just 30 calories per serving.

HAVE A QUESTION?

E-MAIL ASKJACKIE

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From Our Technology Lab

tried + tested

HIGH-TECH THERMOMETERS

These devices do a whole lot more than take your temperature. Of six new options on the market, GH has the hots for two

BEST FOR: Tracking an illness

It syncs with a sleek smartphone app to keep tabs on each family member's temperature highs and lows. You can also set it to offer helpful medication reminders. Vicks SmartTemp, \$25

BEST FOR: Avoiding overnight spikes

Place a wireless patch under your child's arm before bed. An alarm will sound on your phone if his fever rises to a temperature you preset. FeverFrida Thermonitor, \$70, fridababy.com

fridababy