

Hot drinks help fight cold and flu

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A hot drink may help reduce the symptoms of common colds and flu, according to new research by Cardiff University's Common Cold Centre.

New research at the Centre has found that a simple hot drink of fruit cordial can provide immediate and sustained relief from symptoms of runny nose, cough, sneezing, sore throat, chilliness and tiredness.

Published in the December 2008 edition of the clinical journal *Rhinology*, the research compared the effects of a commercially produced cordial apple and blackcurrant drink either 'hot' or at room temperature in 30 volunteers with common cold symptoms.

The Centre's Director, Professor Ron Eccles, is urging people suffering from colds or flu to have a hot drink to help reduce their symptoms.

Professor Eccles said: "It is surprising that this is the first scientific research on the benefit of a hot drink for treating cold and flu symptoms.

"With temperatures falling and Christmas just round the corner, cold viruses love this time of year. Having a bottle of fruit cordial in the cupboard and making a hot drink could help fight off the symptoms of festive cold and flu. The big advantage of this type of treatment is that it is cheap as well as safe and effective."

Source: Cardiff University

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