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## Chicken soup and sickness

Chicken soup has been a popular home remedy for the common cold since at least the 12th century. Eating chicken soup while you have a cold will not do you any harm, but it will not cure your cold.

Drinking warm liquids, such as soup, may give you relief from your symptoms for a short time. The steam from chicken soup may open up congested noses and throats. Soup also provides fluid, which thins mucus and helps prevent dehydration.

## References

Barrett B. Acute respiratory infection colds and flu. In: Rakel D, ed. *Integrative Medicine*. 5th ed. Philadelphia, PA: Elsevier; 2023:chap 19.

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