

Chicken Soup for the...Nose?

We've heard of chicken soup for the soul, but for the nose? It's true, according to family doctor Don Colbert. "Chicken soup can help a cold or flu," he writes in *The Bible Cure for Colds, Flu and Sinus Infections*. "Hot chicken soup will actually help increase the flow of mucus and help clear out your sinuses."

Hot herbal teas and vegetable broths are also good for nasal congestion, Colbert says. But he advises that some foods can result in a buildup of mucus and should be avoided during a head cold or sinus infection. These include cold drinks, frozen treats, eggs, chocolate and food additives.