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12 weird home remedies: Fact or faked?



Chocolate eases coughs

Fact or fake? Fact!

When you have a cough, chocolate not only makes the medicine go down easier but it may actually *be* the medicine. "Chocolate contains theobromine, which acts very effectively as a cough suppressant," says Teitelbaum. Theobromine works by suppressing the firing of the vagus nerve, which is a key feature of a chronic cough, according to a study published in *The Journal of the Federation of American Societies for Experimental Biology*. Since it's found in cocoa beans, theobromine is present in all chocolate products but is higher in dark chocolate, unsweetened baking chocolate and cocoa powder than in milk chocolate. An exact amount of chocolate has yet to be determined, but 2 ounces of dark chocolate for adults and 1 ounce for children may help, says Teitelbaum.

