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Honey better for coughs than antibiotics – 28th August, 2018

Level 0

Doctors say people with coughs should take honey instead of visiting a doctor. Honey will usually work better than antibiotics. A cough usually gets better on its own in a few weeks. Many of us go to a doctor if we have a cough. Doctors say this can be a waste of time. Antibiotics do little to make a cough go away.

We use antibiotics too much so they are getting weaker against viruses. Medicines are working less. This is creating dangerous superbugs. Honey can help to soothe a sore throat. It is a traditional remedy for coughs. Honey may be good for children - they love honey but don't like medicine or doctors.

Level 1

Doctors are advising people with coughs to drink or eat honey or get some medicine from a drugstore instead of visiting a doctor. In most cases, honey will work better than antibiotics. Most of the time, a cough gets better on its own in a few weeks, even without medicine. Many of us go to see a doctor if we have a cough. Doctors in England say this can be a waste of time. They say antibiotics do little to make a cough go away.

We use antibiotics too much. This can be bad because antibiotics are getting weaker against viruses, so medicines are working less. This is creating superbugs, which are dangerous to our health. Honey can help to soothe a sore throat. A hot drink with honey is a traditional remedy for coughs. People sometimes add lemon to it. Honey may be good for children because they dislike medicine but love honey. Also, children do not like visiting a doctor.

Level 2

Doctors have some advice for people with coughs. They are telling people not to visit a doctor but to drink or eat honey or get some medicine from a drugstore instead. Doctors say that in most cases, honey will work and people do not need antibiotics. The doctors added that most of the time, a cough will get better on its own in two to three weeks, even without medicine. Many of us go to see a doctor at a hospital or clinic if we have a cough. Doctors in England say this is usually a waste of time. They say antibiotics do little to make a cough go away.

Doctors say we use antibiotics too much. This can be bad for us. Many viruses are becoming resistant to antibiotics, so medicines are working less. Doctors say this is creating superbugs. These can be dangerous to our health. Doctors say honey can help to soothe a sore throat and make other symptoms disappear. A hot drink with honey is a traditional remedy for coughs. People sometimes add lemon or ginger to it. Honey may be good for children with coughs. Many children do not like medicine but love the taste of honey. Younger children usually do not like visiting a doctor.

Level 3

Doctors in the United Kingdom have some new advice for people with coughs. They are advising people not to visit a doctor to get treatment. Instead, people who have a cough should drink or eat honey or get some medicine from a drugstore. The doctors say that in most cases, honey and over-the-counter medicines will work and people do not need antibiotics. The doctors added that most of the time, a cough will improve on its own within two to three weeks even if you take nothing. Many of us visit a doctor at a hospital or clinic if we have a cough. Public health officials in England say this is largely a waste of time. They say antibiotics do little to make a cough go away.

Doctors say we are using antibiotics too much and this can be bad for us. Many viruses and infections are becoming resistant to antibiotics, so medicines are becoming less effective. Doctors say this is leading to the creation of superbugs. These can be very dangerous to our health. The doctors said honey can be very effective in soothing a sore throat and making other symptoms disappear. A hot drink with honey is a traditional and well-known remedy for coughs and sore throats. People also add lemon or ginger to it. Using honey may be better for children with coughs. Many children do not like the taste of medicine but love the taste of honey. Younger children generally do not like visiting a doctor.