

Chocolate, the Wonder Drug

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Studies performed at the Imperial College of London revealed that a cocoa alkaloid suppressed the urge to cough better than codeine, a highly addictive opiate drug. And research at University of Hull found that a **new cocoa-based drug** was better at relieving coughs than other over-the-counter cough syrups.

Developed by British researchers, the medicine — called **Unicough** — features “a thick demulcent which in the buccal cavity forms a soothing film over the mucous membrane.” In plain English, chocolate relieves irritation of the tissues in your mouth and throat, helping suppress that nagging urge to cough.

It's available in U.K. pharmacies now.