

Chicken Soup



Chicken Soup for a Cold

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A University of Nebraska Medical Center researcher tests the age-old remedy for the common cold. Stephen Rennard, M.D. took his wife's family recipe into his lab and discovered chicken soup slows cold symptoms. The Rennards cook and share "grandma's" famous recipe.

[Video](#)

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University of Nebraska Medical Center physician/researcher Stephen Rennard, M.D., challenged an age-old folk remedy by taking chicken soup from the kitchen to the laboratory. Since the results of the study were published in the International Journal Chest – the Cardioplummonary and Critical Care Journal, the research has been featured in thousands of newspaper, magazine and Internet articles, as well as on television and the radio throughout the world.



Intro