

Eating red peppers reduced by 13% the risk of death by stroke, cardiovascular

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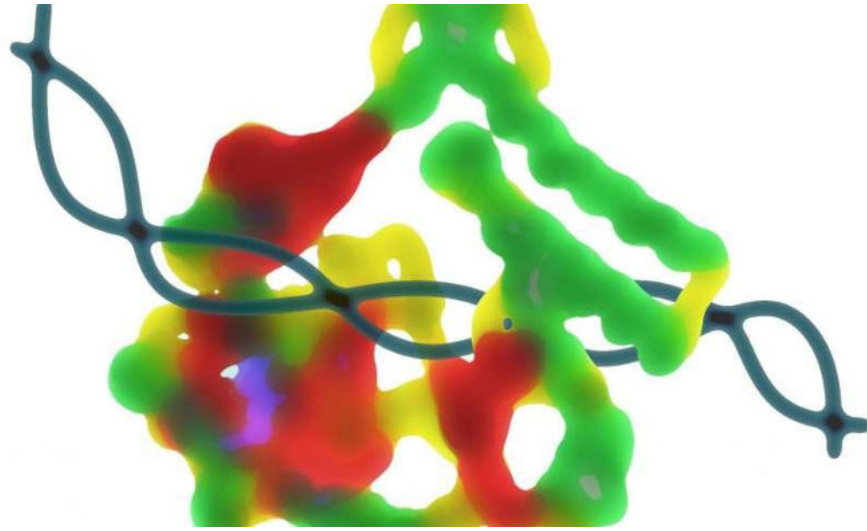
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Accordingly, a group of medical scientists at the University of Vermont have discovered that eating red peppers will reduce the death rate caused by stroke, chronic cardiovascular disease .

Research indicates that daily consumption of **red peppers** will reduce the risk of death caused by **cardiovascular disease, stroke** and those who regularly eat red peppers with lower **cholesterol** levels, which is a beneficial factor. A lot for health.



Scientists are not yet sure which factors *are responsible for this 'beneficial medical mission'* , but it is possible that a compound mentioned in red pepper is **capsaicin** .



" *Capsaicin is considered to be a major component in red chili, it plays an important role in preventing blood-forming fats, regulating coronary blood flow, and it is resistant to bacteria.*" should be able to change the microbial system in the gut "- Mustafa Chopan scientist from the University of Vermont, USA said in a statement.

To reach this conclusion, the researchers conducted online medical data checks of more than 16,000 Americans during a 23-year period. The results showed that people who regularly use red chili fall into the young, Mexican, married, some people are smoking, drinking, low income . And these people have concentration Low cholesterol in the blood, health is safer than those who don't and rarely use red pepper in daily meals.

Before, over the centuries, red chili is still used by our father as a **spice** capable of **treating diseases** .

Not just red peppers but recently, a study published in Biological Chemistry shows that Indian pepper has a chemical that has just been discovered that can prevent the body from secreting harmful enzymes that **these** harmful **enzymes** often see in cancer tumors .

' *Our new discovery continues to once again explore the important medical value of red peppers and is a basis for people to change their minds and supplement red chili in their daily meals. .*

This research has just been published in the journal PLOS ONE.

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