

# It turns out this is why everyone craves hot pot when it's cold

Have you ever wondered, why do so many people like to eat hot pot in winter? The answer below will make you want to eat hotpot immediately.

Hot pot is always a favorite dish in gatherings and chores when it's cold. Sitting by the hotpot, there is smoke and smell of smoke, fragrant and 'cut the wind' with your friends. But have you ever wondered, why do so many people like to eat hot pot in winter? The answer below will make you want to eat hotpot immediately.

1. Delicious cockroach milk and 4 times the milk cow's milk, but are you ready to enjoy it?
2. What does the body shape say about your health?
3. Why do you always bathe every day and still hate?



When you feel cold, your body's metabolism is slower, so we often choose to eat warm foods that will warm us up, increasing our body temperature.

According to research by experts, when eating hot foods like hot peppers or hot peppers or satay, the body will produce more dopamine - a neurotransmitter that is synthesized in the brain that makes you happy , happier.

In addition, the spicy flavor of chili will make the sensation increase, you will feel excited and satisfied.



Now that you understand why eating hot pot in winter we have such a great feeling. Do not hesitate anymore but do not call friends to make pot hotpot only!

See also: [How to recognize the apricot sugar](#)

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