

Science reveals the personality of those who like spicy food

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Two scientists Paul Rozin and Deborah Schiller at the University of Pennsylvania (USA), will reveal to you the personality of those who like to eat spicy based on the research results of human chili eating habits.



Accordingly, **people who like to eat hot peppers are often those who love adventure** .

A survey of American students also showed that people who like chili are interested in adventure activities such as parachuting, driving fast or swimming on ice.

When participating in adventure games, these young people have many difficulties to overcome mental fear. But if you eat chili, they will easily accept the risks to participate in these games. Peppers can increase excitement in young people, according to Rozin.



In addition, Deborah Schiller also revealed that chili lovers always seek adventure. They often get excited when they do something new, like change, willing to take risks, have strong emotions before every situation.

Moreover, because of their curious nature, they are very boring if themselves and life are not interesting.



We have 5 basic tastes including sweet, salty, bitter, sour and sweet meat (umami flavor). And spicy is not considered a taste.

Spicy feeling makes us feel pain in the mouth and stomach. The reason is that there are many compounds in chili called capsaicin, which can stimulate the pain receptors in the tongue. If you accidentally get a capsaicin compound in your eyes or nose, we may suffer twice as much pain.

1. The proven benefits of eating spicy food are good for health

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