

# The proven benefits of eating spicy food are good for health

Spicy dishes from turmeric, ginger, garlic ... have many health benefits. For example, eating spicy helps to live longer, helping to enhance metabolism. If you haven't eaten spicy, you should try it soon.

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2. What does the body shape say about your health?
3. 12 meals causing fever to social networks of postpartum women at Japanese hospital

Ginger, garlic, chili . are familiar spices known for their characteristic hot spicy taste and are very beneficial for health. However, many people are wondering whether these spices are really good for health. If you are wondering about this, the following article will give you reasons to change the way you look at these spices, and there is no reason not to add it to regular dishes. day.



## 1. Spicy eating helps live longer

Have you ever thought, spicy eating can help increase life expectancy. According to the National Center for Disease Control and Prevention in collaboration with Harvard University (USA), research shows that people who regularly eat spicy food 6 or 7 days a week will help increase the age. life expectancy, 14% reduction in mortality.

## 2. Spicy eating enhances metabolic activities



People with poor digestive systems can use some spicy spices such as turmeric, pepper and chili, these foods help boost metabolism and slow down the appetite process. Besides, turmeric also helps reduce the growth of adipose tissue in the body.

The effect of spicy eating is relatively mild, so eating spicy foods will not help you lose weight. But if you want to set your body more slender, spicy eating is also one of the support methods worth trying.

### **3. Spicy food fights inflammation**

In turmeric contains a Curcumin compound, if you use turmeric daily, it will help reduce the inflammation that takes place in the body. Apart from turmeric, ginger and garlic are also natural anti-inflammatory foods that have been used for thousands of years. In addition to anti-inflammatory, they can treat many other diseases such as arthritis, immune system disorders, and symptoms of headache and nausea.

### **4. Spicy food helps fight cancer cells**



According to UCLA research, foods containing capsaicin like pepper will inhibit the progression of cancer cells, such as prostate cancer, while the active ingredient does not hurt Other normal cells.

## **5. Spicy food helps kill bacteria**

Turmeric and ginger are two foods that are resistant to oxidation and contain strong antibacterial substances. This shows that they can fight and kill harmful bacteria in the body.

## **6. Spicy food helps you relax**



When stressed, stress many people often choose to listen to music, play games, or go to sleep . to relieve, relax their minds. Apart from the above, there is another very simple way to eat spicy foods. When eating spicy foods,

your body will immediately release active substances called endorphins and dopamine which are active ingredients that boost your mood, make your mood happy, more excited. Not only will it help to change your mood, but it also helps you reduce excess fat in your blood. That's why spicy dishes are an integral part of today's meals.

### **Do not abuse spicy foods**



Although eating spicy brings many benefits to health, however, it is not so abusive to backfire. When overuse of Capsaicin, a compound found in spicy pepper, they can lead to some bad reactions such as stomach pain, diarrhea, and vomiting if you eat too much.

The reason is that this substance has a stimulating effect on the nervous system. However, this substance does not leave long-term damage to the body.

Many people believe that spicy eating leads to the formation of ulcers in the stomach, however, the current evidence confirms that capsaicin helps protect against *H. pylori* ulcerative bacteria. Capsaicin is also a pain reliever when applied or used through the gastrointestinal tract.

Therefore, if you are practicing spicy eating, increase your intake from low to high, to avoid unwanted adverse effects on your body. When you eat a spicy dish compared to your stamina, you can eat some sweet food, they will help you "fire" quickly.



### Who should not eat spicy?

1. People with heart disease, brain disease, blood pressure, high blood pressure, chronic tracheal inflammation, people with lung disease.
2. People with chronic gastric ulcers, people with esophagitis.
3. People with cholecystitis, gallstones.
4. People with hemorrhoids, are suffering from pinkeye or keratitis.
5. People with dermatitis and all skin diseases.
6. People who are taking oriental medicine, if they eat chili, will affect the therapeutic effect of the medicine.
7. The sick are skinny.
8. A nursing mother who eats too much will affect her baby through milk, her mother will be caught in the body while she is hot in her body, having trouble sleeping, or crying.
9. For pregnant women, eating spicy does not directly affect the mother. But according to scientists, mothers who eat spicy during pregnancy are more likely to develop allergies for children later. According to folk experience, she eats too spicy, she is prone to chrome, heat in her body.

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