Spicy Food- How Much Important and Avoidable it is in Our Diet by Mark Bennett

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Nowadays spicy food has become the top menu in many of the restaurants. It can surprise you to the extreme to know that even though this savory known as spicy food causes heart burns, it is still liked by people. By logging to your internet service provider like XFINITY internet, you will find that most of the delicious spicy dishes have their origin from India, Japan, China and Malaysian. The culture of these places involves consuming spicy food as a part of their daily diet.

Besides stimulating the cardiovascular system and good aphrodisiac, it makes you feel hot and causes a pain. The pain that is caused by the fiery spices secretes endorphins which can make you feel high. According to the ancient history involving spicy food, our ancestors discovered the spicy advantage around 7000 BC and often used it in food and religious rituals. Nowadays, spices are used in preserving food, cosmetics, and perfume.

Spicy food has become almost a part and parcel of our life that the people celebrate various festivals for it. The love of spicy food has lead to the establishment of various festivals like the International Spicy Food and the National Fiery Food show in the USA. Now let us look into the merits and demerits of the spicy food and how it affects the human body

Merits

The basic and most common merits of consuming spicy food are the following

Weight Loss

One of the best and unique methods to reduce weight is consuming spicy food. Many researches have shown that the main compound in chili and pepper, namely capsaicin has a stimulating effect which causes the body to burn calories while chewing food for twenty minutes. That is why fat people would rather eat sweets than eating spicy food.

Stress Buster

This can shock you that spicy food is a good source of stress buster. Consuming spicy food increases the production of the hormones that gives a sense of fun like endorphins and serotonin. This helps in relieving pain and gives the feeling of comfort and relaxation.

Preventing Flu and other contagious diseases

It is believed that spicy food is a good medication for preventing flu and cold. Capsaicin one of the basic ingredients in capsicums and jalapeno helps to increase transpiration and relieves flu-symptoms that interfere with and eliminate the disturbing symptoms of flu. Spicy foods will also help to open airways, reduces sinusitis and other flu-like symptoms that can disrupt your health.

Cancer Prevention

Many studies and researches have shown that regular consumption of spicy food will reduce the risk of cancer. The capsaicin slows the growth of cancer cells and in many cases kills the cancer cells without harming the surrounding healthy cells.

Demerits

The above were the basic advantages of spicy food and like an old English proverb that says with something good comes along with it a bad, excessive spicy food can cause the following things

Excessive Diarrhea

Spicy food can lead to excessive diarrhea. This is because spicy food speeds up the movement in the intestine that leads to diarrhea. When the food is up in the colon, the irritating effects of the food will be directly felt and the body will send more water into the bowel to relieve the symptoms of the irritation.

Insomnia

Do you know that spicy food can cause insomnia? The human body should be in a relaxed state when you go to sleep especially in the first cycle towards sleep. Spicy food can increase body temperature and triggers heart beat faster. So that is why you should avoid spicy food in the hours before bedtime.

Inflammation of the Stomach

Sometimes consumption of spicy food can cause the gastric surfaces to become brittle and vulnerable. That is often called as gastritis or inflammation of the stomach. Spicy food has the properties that can cause a dangerous inflammation of the lining of the stomach.

Reduces the sensitivity of the tongue

Have you felt that your tongue is not able to sense the taste of food? Well it could be because your sensitivity is gradually wearing out. Consuming spicy food, could lead to the fatal disaster where your tongue can no longer function optimally which could lead to the lack of awareness of the portion of spicy food that can be tolerated by the stomach.

Now to conclude, it can be hard to avoid a diet that does not have spices in it. Seriously, the aroma and the taste which spicy food gives can make your mouth water. Whether it is the Indian or Chinese dish, the spicy flavor will just hook you up to have more.

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