

Chapter 1 : 17 Health Benefits of Cayenne Pepper

Cayenne pepper has been used for a variety of ailments including heartburn, delirium, tremors, gout, paralysis, fever, dyspepsia, atonic dyspepsia, flatulence, sore throat, hemorrhoids, menorrhagia in women, nausea, tonsillitis, scarlet fever, and diphtheria.[1, 2] Let's take a look at some of the best health benefits cayenne pepper has to offer.

Side effects Cayenne pepper is a hot chili pepper in the Capsicum family that is frequently added to dishes to enhance their flavor. This article looks at the nutritional content of cayenne pepper, its possible health benefits, how to incorporate more cayenne pepper into the diet, and any potential health risks. This feature is part of a collection of articles on the health benefits of popular foods. Fast facts on cayenne pepper Here are some key points about cayenne pepper. More detail is in the main article. The chili originated in Central and South America, and it is named after a city of the same name in French Guiana. Cayenne pepper has been a part of Native American cuisine and medicine for at least 9, years. Many of the health benefits of cayenne pepper are attributed to the ingredient capsaicin. The pepper contains vitamin C, vitamin B6, vitamin E, potassium , manganese, and flavonoids. Open wounds or breaks in the skin should not be exposed to capsaicin. What is cayenne pepper? Cayenne pepper is a versatile spice that can be added to many different meals easily. The thin, red pepper has a deceptively mild smell but a powerful, fiery taste. The peppers are often dried and ground to make a powdered spice used for seasoning. The peppers are also used in their whole form in Korean, Sichuan, and other Asian cuisines. Capsaicin, the active ingredient in cayenne peppers, gives the powder its spiciness and is used to treat aches and pains of the muscles and joints. Cayenne pepper has also been used in traditional Chinese and Ayurvedic medicines to help treat circulatory problems and increase appetite. Benefits Cayenne pepper may have a range of health benefits. Relieving pain Capsaicin, the active ingredient found in cayenne peppers, may have pain-relieving properties. Capsaicin has also been shown to reduce the amount of substance P, a chemical that carries pain messages to the brain. With less substance P, fewer pain messages reach the brain, and less pain is felt. Creams or ointments containing 0. The suggested use for chronic pain is to apply the topical cream or ointment four times daily to the site of pain. However, there are reports of side effects. Animal studies have also shown a decrease in pain when taking capsaicin orally or by injection. Capsaicin is currently used in topical ointments and creams to relieve pain and tenderness from osteoarthritis, nerve pain from shingles , pain after surgery, pain from diabetic neuropathy , and lower back pain. Capsaicin has been investigated in relation to cancer treatment and pain relief related to cancer. It appears to be effective in reducing pain. However, conflicting results have shown that it may help prevent cancer, or that it may promote tumor growth. Burning calories and suppressing appetite There are many products containing cayenne pepper that claim to boost metabolism and promote weight loss. However, not all scientific studies agree. Researchers at Purdue University found that cayenne pepper consumption increased core body temperature slightly, which would, in turn, burn calories. Modest reductions in appetite were found in another study after the ingestion of 10 grams of cayenne pepper. However, this was a large dose, and it would need to be repeated at each meal. No follow-up studies have been carried out to show whether these small effects result in weight loss. The results of the research revealed that those who mixed cayenne pepper with their food burned an additional 10 calories 4 hours after eating their meal compared with those who did not add cayenne. Many studies have looked at cayenne or capsaicin combined with other ingredients, so the ingredient responsible for results cannot be differentiated. More research is needed before cayenne or capsaicin is used as a weight-loss supplement. Relieving congestion Cayenne pepper is often used as a home remedy for coughs, colds, and congestion. There are no studies to support this use, but cayenne may help to temporarily relieve congestion by shrinking the blood vessels in the nose and throat. Other people mix cayenne pepper and apple cider vinegar into a hot tea to clear the sinuses.

Chapter 2 : Top 10 Health Benefits Of Cayenne Pepper Powder

15 Cayenne Pepper Benefits 1. Helps Digestion One of the major cayenne pepper benefits is the positive effect it has on the digestive system.. Cayenne pepper helps produce saliva, which is important for excellent digestion as well as preventing bad breath.

Belonging to the Capsicum genus, the hotness of cayenne on the Scoville scale is 30, to 50, Scoville heat units. It is used in whole and powdered form in different cuisines, particularly in south-western American and Mexican cuisine. It has been a part of Native American cuisine and medicine for thousands of years. The active compound capsaicin is what brings the heat to the table. In fact, many of the health benefits of cayenne pepper are also attributed to the capsaicin. Advertisements It also contains vitamins C, A, B6 and E, potassium, manganese, copper, iron and several flavonoids, which provide its powerful antioxidant properties. Capsaicin is approved by the U. Food and Drug Administration for use in over-the-counter products and can be found in creams and ointments. Regular intake of a very small amount of cayenne pepper is also beneficial for your health in many ways. Advertisements Here are the top 10 health benefits of cayenne pepper. Relieves Joint and Muscle Pain The compound capsaicin in cayenne pepper exhibits an anti-inflammatory effect that helps reduce pain and inflammation. Be it achy joints or tender muscles, cayenne pepper is highly effective. Over-the-counter creams or ointments containing between 0. Advertisements A study published in the British Journal of Anesthesia notes that topical application of capsaicin cream is effective for pain management. Also, a study published in Phytotherapy Research shed light on the effectiveness and safety of topical capsaicin cream in the treatment of chronic soft tissue pain. Using cayenne pepper, you can make a homemade pain-relieving ointment. Apply it on the painful joints and muscles. Leave it on for 20 minutes, then rinse it off. Repeat once daily until the pain is gone. Never use cayenne pepper on broken or irritated skin. It even encourages fibrinolytic activity and prevents factors that lead to the formation of blood clots. Advertisements With proper blood circulation, the risk of developing blood clots and several heart problems is reduced. It even helps lower blood pressure and get rid of blockages in arteries and veins. Drink this mixture twice daily. Supports Weight Loss This spicy ingredient helps to reduce appetite. This means less caloric intake throughout the day, which helps in reaching your weight-loss target. Plus, being a great metabolic-booster, cayenne pepper helps the body burn excess fat more quickly. Also, it aids in digestion and absorption of nutrients, which are essential for maintaining a healthy body weight. A study published in Clinical Nutrition notes that capsaicin as well as green tea suppressed hunger and increased satiety more during negative than positive energy balance. Supports Detoxification In addition to weight loss, cayenne pepper also supports detoxification, which in turn protects your body from diseases and promotes optimum health. Detoxification assists the liver and gallbladder to get rid of harmful toxins in the body. As cayenne is a circulatory stimulant, it raises the temperature of the body and kick-starts your metabolism to streamline the natural detoxification process. Plus, it activates the sweat glands, another important factor in detoxification. Drink it on an empty stomach daily for a period of 1 week. Repeat again after a month. Heals Sore Throat Cayenne is also effective when suffering from a sore throat. Capsaicin works as a natural decongestant to provide relieve from inflammation and even controls mucus production in the nasal passages. Plus, it helps eliminate infection causing germs. Prevents Cancer Cayenne pepper may help prevent cancer of the lungs, liver, prostate, breast and skin. This again is related to the goodness of capsaicin, which induces cancer cells to kill themselves in a process called apoptosis. A study published in Cancer Research reports that capsaicin inhibits the growth of androgen-independent, p53 mutant prostate cancer cells in animals. However, further studies are still needed to determine if the benefits of capsaicin extend to humans. This helps in the treatment and prevention of breast cancer. Simply include a little bit of cayenne pepper in your daily diet to reduce you risk of cancer. Relieves Headache Pain Whether you are suffering from a tension, migraine or cluster headache, you can reduce the pain with cayenne pepper. Capsaicin offers pain-relief abilities and healing powers. It is very effective for migraine pain. Capsaicin reduces the platelet aggregation factor, which is often responsible for the onset of migraine headaches by constricting blood circulation in your head. You can also get relief from a cluster

headache with capsaicin-based gels or ointments. A double-blind placebo-controlled trial published in *Cephalalgia* suggested that topical application of capsaicin cream is effective for treatment of cluster headaches. Capsaicin desensitizes sensory neurons by depleting the nerve terminals of substance P. Fights Common Cold Cayenne pepper also works as an anti-cold and flu agent and provides quick relief from common cold and flu symptoms, particularly congestion. The fiery effect of cayenne helps stimulate secretions, which in turn relieves nasal congestion and blocked sinuses. It even induces sneezing to help get rid of the mucus and allergens in your sinuses. When suffering from a cold, you can also sprinkle cayenne pepper on your soup or salad and add a little cayenne pepper to your ginger tea to help ease symptoms.

Improves Psoriasis Symptoms Topical application of capsaicin is effective in treating psoriasis. Its anti-oxidant and anti-inflammatory properties significantly improve itching and other symptoms. Plus, being an antimicrobial agent, it helps prevent infection. A study published in the *Journal of the American Academy of Dermatology* states that topical application of capsaicin effectively treats pruritic psoriasis. In this double-blind study, patients applied 0. It usually takes 3 to 7 days before you start noticing improvement in your skin condition. Do not apply it on the sensitive areas near the eyes and mucous membranes and always wash your hands thoroughly after using capsaicin.

Improves Oral Health Cayenne pepper is an excellent agent for supporting oral health and preventing gum disease that can range from gingivitis to periodontitis. Be it swollen gums, a toothache, bad breath, bleeding gums or dry mouth, cayenne pepper can help deal with these oral problems. It has pain-relieving and anti-inflammatory properties that can help reduce pain and swelling of the gums. As it stimulates saliva production, it can even treat dry mouth and bad breath. Put 2 or 3 drops of cayenne pepper tincture on a soft-bristle toothbrush. Use it to brush your gums for a few minutes. Rinse your mouth thoroughly with water. Follow this remedy 2 or 3 times a week to prevent oral problems.

Warnings and Safety Measures Never apply capsaicin cream on open wounds or broken skin. Avoid contact with your eyes, nose and mouth. Do not use capsaicin creams on children under 2 years of age. After applying a capsaicin cream, be sure to wash your hands. Do not use a heating pad or take a hot shower before or after using a capsaicin cream. Always consult a doctor before using a supplement containing capsaicin. If ingestion of cayenne pepper causes stomach irritation or heartburn, consult your doctor. Keep fresh cayenne pepper in the refrigerator in a plastic bag and store dry powder in an airtight container in a cool place. If eating cayenne pepper causes a burning sensation in the mouth, eat cold yogurt for quick relief.

Chapter 3 : The Incredible Health Benefits of Cayenne Pepper : Ecorazzi

Cayenne peppers may have many health benefits that are the result of their active component, capsaicin. They may reduce your appetite and help lower blood pressure, among many other benefits.

Helps Digestion One of the major cayenne pepper benefits is the positive effect it has on the digestive system. Cayenne pepper helps produce saliva, which is important for excellent digestion as well as preventing bad breath. After this initial pain reaction from the cayenne pepper, the nerve fibers have a depleted substance P, or pain chemical, and the sensation of pain is lessened.

Prevents Blood Clots Blood clots are blockages in your arteries and blood vessels that limit blood flow through your circulatory system. Cayenne encourages fibrinolytic activity and helps prevent blood clots. This is also the reason why cayenne pepper is effective in preventing heart attacks. The capsaicin in cayenne pepper helps to clear away artery-narrowing lipid deposits, and dilates arteries and blood vessels to clear away clots. It reduces the amount of substance P, a chemical that carries pain messages to the brain. When there is less substance P, the pain messages no longer reach the brain and you feel relief. Studies have found that cayenne pepper relieves pain after surgery, such as a mastectomy or an amputation. Cayenne pepper has the power to soothe inflammation and bloating that comes from allergies, food sensitivities and infections. Studies have found that cayenne pepper does not stimulate, but inhibits acid secretion, stimulates alkali and mucus secretions and particularly gastric mucosal blood flow, which helps in the prevention and healing of ulcers. The scaly patches are areas of inflammation and excessive skin production. Two trials showed that 0.

Boosts Metabolism Cayenne pepper benefits also include its ability to regulate your metabolism. Cayenne pepper has been found to effectively suppress hunger and normalize glucose levels. Studies have repeatedly shown that antioxidants like vitamin A are vital to good health and longevity; they benefit eye health, boost immunity and foster cell growth. This important and beneficial vitamin has the power to balance cholesterol, fight free radicals, repair damaged skin, balance hormones, repair damaged skin and hair, improve vision and increase energy levels and cayenne pepper is an important provider of vitamin E.

Prevents Allergies Because cayenne is an anti-inflammatory agent, it has the power to prevent allergies and the symptoms related to allergies. A food allergy, for example, is a measurable response to consuming a specific food. Food allergies, or intolerances, can be caused by a condition known as leaky gut intestinal permeability, when proteins and food particles pass through the gut and cause systemic body inflammation. Leaky gut is like having the gates broken from your intestines to your bloodstream so that toxins, microbes and undigested food particles can now get through. Take my leaky gut test if you want to know if you have it. When this happens, it causes inflammation throughout your body, leading to a variety of diseases. One study conducted at University of California at Los Angeles School of Medicine found that this important ingredient in cayenne pepper is able to inhibit the growth of cancer cells and prevent the activation of new dangerous formations. Similar effects have also been found in liver tumors when they were exposed to cayenne pepper.

Anti-Fungal Properties The final cayenne pepper benefit is its ability to kill fungus and prevent the formation of fungal pathogens. Cayenne pepper was investigated to determine its in vitro antifungal activity, and the results found that it was active against 16 different fungal strains, including Candida. Candida is a fungus that aids with nutrient absorption and digestion, when in proper levels in the body. When it overproduces, however, the typical candida symptoms may appear; this includes hormone imbalance, joint pain, digestive problems and a weak immune system. From seeds found on the floors of caves that were ancient human dwellings and from ancient fossil feces, scientists have found that people were eating peppers as early as B.C. Cayenne is one of the main foods of the Hunzas in Asia, along with apricots and their pits, millet and other simple foods. Once at home, store your peppers inside the refrigerator in a plastic bag; they will stay fresh for about a week. Dry peppers are also available at the supermarket, especially health food stores. Dry peppers can be stored using airtight containers in a cool and dark place. Go for powders that are authentic and branded products there are even organic options. Fresh cayenne chili peppers can be used to make spicy drinks, sauce, chutney or can even be used for pickling. Taking cayenne pepper that is dried or powdered, you can add to meals for a spicy and healthy kick. If you want a quick fix that will help you to

experience these amazing cayenne pepper benefits, an easy way to get it in your body is by mixing cayenne powder in a drink with water and lemon, which is similar to the drink consumed during the cayenne pepper diet, so it will give you the same detoxifying results. Capsaicin capsules are also available for purchase. There are also creams that contain capsaicin, the main component of cayenne pepper, that can be found in most stores. These creams are used to treat skin infections, sore muscles and tension. By rubbing a small amount of cream on the affected area, you will feel the pain and irritation subside. Also, be sure to wash your hands after applying capsaicin cream because it can cause a burning sensation on your hands; try washing with vinegar and water for the best results. Recipes with Cayenne Pepper There are a ton of ways to add cayenne pepper benefits to your diet and take advantage of these awesome benefits. It can be added to spicy foods – meat dishes, nuts and seeds – and even drinks. If you want to cleanse, lose body fat, boost energy and help reverse disease, then adding natural detox drinks to your diet can help you improve your quality of life – fast! Do you enjoy spicy buffalo sauce? This recipe is an all time favorite; the wings have all the flavor of conventional wings without the gluten and artificial ingredients. Try it in this spicy roasted pumpkin seeds recipe.

Chapter 4 : What Is Cayenne Pepper Good For? - theinnatdunvilla.com

Learn About the Specific Health Benefits of Cayenne Pepper and How It Can Help You. by Glenn Reschke. What are the health benefits of cayenne pepper (Capsicum)?The purported therapeutic benefits are almost too unbelievable, but its reputation keeps growing among medical researchers as well as alternative health aficionados and deservedly so.

Post-surgical neuropathic pain More recently, capsaicin has become available as an over-the-counter cream for temporary relief from muscle and joint pain, and as a medically prescribed patch. You may have seen the capsaicin cream marketed under the brand names Capzasin or Zostrix. If you suffer from general aches and pains, arthritis, back or nerve pain, this cayenne pepper derivative may help. The medically prescribed patch is designed to treat the chronic pain that often follows a bout of shingles. According to the Centers for Disease Control, one in three Americans will develop shingles in their lifetime, with the risk of contracting the disease increasing after age 50. The most common complication from shingles is postherpetic neuralgia PHN , which is severe pain in the areas where the shingles rash occurred. Cayenne is used to treat cancer. Multiple studies show that capsaicin is effective in treating lung cancer and pancreatic tumors , as well as breast and bladder cancers. Capsaicin cream can help prevent a heart attack. Cardiovascular disease is the number one cause of death among adults in the United States. Research from the University of Cincinnati shows that rubbing capsaicin cream on the skin during a heart attack may prevent or reduce damage to the heart while other interventions are administered. Lead researcher Keith Jones, PhD, suggests that this remedy be applied in the ambulance or at the ER to prevent a possible heart attack. Cayenne peppers are high in nutrients. Cayenne peppers grow on a shrub and turn deep red as they ripen. Native Americans have used them as both food and medicine for over 9,000 years. While capsaicin is the most active ingredient, the peppers are also plentiful in vitamins A, B-2, B-6 and C, as well as essential minerals such as iron, potassium and magnesium. How to Cook with Cayenne Cayenne pepper is a versatile spice that can be sprinkled over soups, cooked in stir-fries and stews, added to egg dishes and used to flavor salsas and marinades. It also pairs nicely with fish dishes. The seeds and the surrounding ribs are the hottest part, so you might want to discard them. A melon baller works well to dig out the scorching insides of the peppers. If you just want to add a little kick to a stir-fry, add the whole pepper, then remove it after cooking. More Articles from Lorie.

Chapter 5 : Cayenne Pepper (Capsicum) Medicinal Use and Health Benefits

Many of the health benefits of cayenne pepper are attributed to the ingredient capsaicin. The pepper contains vitamin C, vitamin B6, vitamin E, potassium, manganese, and flavonoids.

Capsicum increases metabolism by immediately influencing the venous structure. It is nothing short of amazing with its effects on the circulatory system as it feeds the vital elements into the cell structure of capillaries, veins, arteries and helps adjust blood pressure to normal levels. Considering that heart disease is the number one killer in America, this is significant. It stimulates the peristaltic motion of the intestines and aids in assimilation and elimination. When taken internally, it warms the body and has even been used by some herbalist doctors to help heal and rebuild flesh due to frostbite. Notwithstanding its hot taste, paradoxically it is actually superb for rebuilding the tissue in the stomach, facilitating healing with stomach and intestinal ulcers. Cayenne pepper for ulcers is not something most would have considered but I can testify to that remarkability capability of this remarkable medicinal spice. He said, "A teaspoon of cayenne should bring the patient out of the heart attack. Instead of all the pressure being centralized, it is equalized and the clotting becomes more rapid. How should you take it? Ideally orally in a drink. Drink it with warm distilled water but if that is unavailable, purified water will substitute nicely. Start by mixing about a quarter of a teaspoon in a glass of warm water. Then, down the hatch. Some, though, like the African Birdseye Capsicum powder can come in anywhere from 90, to ,! Needless to say, you should scale back your dosages of this until your body acclimates to its heat. Capsicum antifungal properties are significant although this is not its primary health benefit. Capsicum has been shown in some studies to be active against phomopsis and collectotrichum -- both are fungal pathogens. These fungal pathogens affect fruits especially strawberries and are not directly related to humans. According to Zhen-Yu Chen, Ph. Why is this important? Because by blocking it, the muscles can relax and widen, which allows more blood to flow. Cayenne is a vasodilator and decreases the production of compounds that are made by the human brain that cause high blood pressure. Cayenne works on the muscle tissue of coronary arteries to halt and slow the inflammatory process that can lead to dreaded atherosclerosis. By the way, the word "Capsicum" is another term for cayenne pepper and is used interchangeably. That is how Dr. Key Health Benefits of Cayenne Pepper While cayenne is brilliant for heart-related health, it has a whole host of other health benefits as well. This is really its core competency and is one of the prime cayenne pepper health benefits. In an article reported on March 16, by Reuters, the main ingredient in Capsicum, capsaicin, was found to destroy prostate cancer cells. Here is what the article said, "Capsaicin led 80 percent of human prostate cancer cells growing in mice to commit suicide in a process known as apoptosis, the researchers said. Prostate cancer tumors in mice fed capsaicin were about one-fifth the size of tumors in untreated mice, they reported in the journal Cancer Research. The only preparation is to have it reduced to a fine powder. For a dose, take from half to a teaspoonful in hot water or tea sweetened with honey. This vinegar is an excellent stomachic. A dose of ten grains of finely powdered capsicum seed, given with an ounce of hot water, two or three times a day, sometimes shows wonderful effects in cases of delirium tremens. It is used externally as a counter-irritant in the form of ointment, plaster, medicated wool, etc. Capsicum is highly effective in causing hemorrhoids to regress; and these fruits have the same action on varicose veins. The results are attributed to alkaloids or glucosides in the peppers. We have always held the saliva is the key that unlocks the door to digestion. Capsicum would stimulate their flow of saliva as they return to a healthier attitude toward eating. It returns the blood to its homeostatis; it will help it clot when it needs to and keep it thin when that is required. For sores and wounds it makes a good poultice. It is a stimulant when taken internally as well as being antispasmodic. Good for kidneys, spleen and pancreas; wonderful for lockjaw; will heal a sore ulcerated stomach; Capsicum is a specific and very effective remedy for yellow fever, as well as other fevers and may be taken in capsules followed by a glass of water p. What about side effects? So, there you have it. Capsicum is literally one of the greatest health secrets in the world. It, therefore, takes the dedicated seeker of truth to find out for themselves -- and that is why I put up this website.

Chapter 6 : Cayenne pepper: Health benefits, nutrition, dietary tips, and risks

In fact, many of the health benefits of cayenne pepper are also attributed to the capsaicin. It also contains vitamins C, A, B6 and E, potassium, manganese, copper, iron and several flavonoids, which provide its powerful antioxidant properties.

Cody Rhodes I used to get stomach aches when i took the capsules too; but then I started mixing it with water and drinking it and the stomach aches went away Its only a theory but im assuming this is because when we eat something hot the body sends messages to the stomach to get ready for something hot. Also my acid re flux is gone and my hiatal hernia has not given me any problems and my ankle that used to give me problems tore my acl when i was 17 no longer hurts. You can get a pound of cayenne for 12 bucks on ebay and its 90, heat units. I usually take a tablespoon of cayenne followed by the a teaspoon of cinnamon the cinnamon overpowers the taste of the cayenne and is great for you. Any way you can take it is probably fine. The other reason is that the medicine is immediate when you drink the tea, so those taking it for heart attack would need to do it that way, from what I understand. The two books I have about cayenne mention that it can be taken in small amounts for morning sickness along with some ginger , but neither mention anything about safety in breastfeeding. As with most herbal medicines, I would say that you should abstain from taking them while pregnant or breastfeeding, unless you are under the care of a knowledgeable naturopath or herbal medicine doctor. If there was some medical condition that required it cancer or severe heart disease, for example , then I would discontinue breastfeeding to take the medicine in therapeutic doses. They should know if it would be detrimental to the baby. You can buy capsules in bulk online; though a local health-food store might also have them. Mine only sells a small bottle and I use way more than would be justified by buying them there. A pound of organic cayenne will last a relatively long time. Seth I started swapping out salt for cayenne in all of the dishes I eat at home , about three years ago. My dad had ulcers, and a friend told him to take Cayenne by the spoonfuls to help it. His ulcers went away. This was the first time herbs were ever put into gelatin capsules. From there, they put many other herbs into gelatin capsules after crushing them. Their company is now worldwide and brings in about 40 million a year and is about 40 years old. Leave it alone and you will recover in 5 days. Greg G Hey Cody, Thank you for this information. I started putting on my food today. I thought it would burn like crazy as I had radiation treatment for a tumor in the base of my tongue and hot stuff is just too hot. But, this was not bad over my vegetables. I need to get to doing more exercise. Thank you for sharing all this info. I am going to try the cayenne, cinnamon and honey tea and see how this helps also. GG fransjbs About 3 tea spoons a day, morning, afternoon and night, 1 teaspoon in a glass of hot water with a bit of honey or lemon will do the tric for high blood pressure and cholestrol and combine with termaric it will even help with arthritis jphillip martin Thanks for the useful tips. I have a question, i drink a mixture of olive oil, fresh lemon juice and fresh apple juice, can I mix or add a teaspoon of cayenne in that mixture? Julia Can one use to much??! I love spicy foods I incorporate it in my diet everyday. I use cayenne pepper every morning on my toast or eggs, and a lot of it.. Is this to much??? Also was wondering if cayenne will cause acid reflex?? I was told spicy foods have a really bad effect on the esophagus??? Thx Julia Worker I usually take two capsules of cayenne in the morning with food and sometimes with dinner in the evenings. Is there a min. Mine is 40, Worker I would think drinking it as a tea at least once a week would be wise. Johnn Did any ony try drinking it through a straw? MaggieAnn I love the possibilities of all that cayenne pepper can do. What are your thoughts. Would just drinking the warm water take this away or should it be one or the other? Julia Wow, Alan, I am impressed! I am nearly 70 yrs old and am a woman.. I am not the Julia above.. I am Julia L.

Chapter 7 : 3FatChicks on a Diet! â€“ Diet & Weight Loss Support

The first of many cayenne pepper benefits is that it helps to relieve achy joints and muscles. Capsaicin, the substance that gives cayenne its spicy taste, is the active ingredient in many over.

Historically, cayenne pepper has been used for a variety of ailments including heartburn, delirium, tremors, gout, paralysis, fever, dyspepsia, atonic dyspepsia, flatulence, sore throat, hemorrhoids, menorrhagia in women, nausea, tonsillitis, scarlet fever, and diphtheria. The Health Benefits of Cayenne Pepper

1. **Anti-Irritant Properties** Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea. Cayenne pepper aids in breaking up and moving congested mucus.
- Anti-Fungal Properties** In vitro tests have found that CAY-1, a compound found in cayenne peppers, effectively suppressed the development of 16 different fungal strains, while remaining completely non-toxic to animal cells.
- Digestive Aid** Cayenne is a well-known digestive aid. It stimulates intestinal peristaltic motion, aiding in both assimilation and elimination.
- Helps Produce Saliva** Cayenne stimulates the production of saliva, an important component of digestion and maintaining optimal oral health.
- Useful for Blood Clots** Cayenne pepper helps reduce atherosclerosis, encourages fibrinolytic activity, and prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke.
- Detox Support** Cayenne is a known circulatory stimulant. It increases the pulse of our lymphatic and digestive rhythms. By heating the body, the natural process of detoxification is streamlined. Cayenne also induces sweatingâ€”another important process of detoxification.
- Anti-Bacterial Properties** Cayenne is an excellent preservative and has been used traditionally to prevent food contamination from bacteria. Researchers also found that regular consumption of chili peppers aligned with reduced rates of death from respiratory disease, heart problems, cancer.
- Supports Weight Loss** Scientists at the Laval University in Quebec found that participants who took cayenne pepper for breakfast were found to have less appetite, leading to less caloric intake throughout the day. Cayenne is also a great metabolic booster and aids the body in burning excess fat.
- Promotes Heart Health** Animal studies found that capsaicin reduced serious heart arrhythmias and improved cardiac blood flow.
- Remedy for Toothache** When applied directly to the site, cayenne may help ease pain of a sore tooth.
- Topical Remedy** As a poultice, cayenne has been used to treat snake bites, rheumatism, sores, wounds, and lumbago. This one is purely subjective, and those with sensitive palates may disagree, but many people find that a dash of cayenne can add a little delicious zest to otherwise bland food.

Do you enjoy cayenne? Have you noticed any benefits from adding it to your diet? Leave a comment below and share your experience with us. Darling Biomedical Library, Lv, Jun, et al. Population Based Cohort Study. Recommended articles by Dr.

Chapter 8 : 9 Health Benefits of Cayenne Pepper

Improving oral health is also one of the effective health benefits of cayenne pepper. In fact, this spicy ingredient is a powerful agent for improving oral health as well as preventing gum problem that may extend from gingivitis to periodontitis.

Cayenne-pepper-seeds Health benefits of Cayenne Pepper Cayenne, also known as capsicum, is an extraordinary spice with amazing health benefits. From hypertension and cancer to arthritis and infections, cayenne treats a slew of your health woes, and all it takes is a dash to reap the benefits of cayenne. Listed below are some popular health benefits of using cayenne pepper: **Helps Digestion** Cayenne pepper has positive effect on the digestive system. It helps to produce saliva that is essential for excellent digestion as well as avoiding bad breath. Regular consumption of cayenne pepper helps to stimulate salivary glands that are needed to begin the digestive process. Apart from that Cayenne pepper also encourages the flow of enzyme production, which is essential for our digestive system to work accurately. **Avoid Congestion** Capsaicin present in cayenne encourages secretions that help to clear the mucus from the nose and lungs by clearing the sinuses and causing sweating. Apart from that tea mixed with cayenne pepper is supposed to be good for treating conditions of cold and flu. **Prevents Allergies** Cayenne is an anti-inflammatory agent that has power to prevent allergies and the symptoms related to allergies. A food allergy is a measurable response to consuming a specific food. Food allergies, or intolerances are caused by a condition known as leaky gut intestinal permeability , when proteins and food particles pass through the gut and cause systemic body inflammation. Regular consumption of Cayenne pepper helps to fight all kinds of allergies easily. **Prevents Blood Clots** Blood clots are actually blockages in the arteries and blood vessels that limit blood flow through your circulatory system. Cayenne inspires fibrinolytic activity and help to prevent blood clots. This is also the reason why cayenne pepper is effective in avoiding heart attacks. The capsaicin in cayenne pepper helps to clear away artery-narrowing lipid deposits, and opens arteries and blood vessels to clear away clots. As one of the key anti-inflammatory foods, cayenne pepper benefits also include weight loss. Cayenne pepper has the power to calm inflammation and bloating that comes from allergies, food sensitivities and infections. **Provides Detox Support** Regular consumption of cayenne pepper helps to stimulate circulation and eliminate acidity. Cayenne pepper restores the circulatory system by opening the capillaries and regulating blood sugar; it also helps the digestive system that moves bacteria and toxins out of the body. Cayenne pepper also increases body temperature and boosts metabolism. **Anti-Fungal Properties** Cayenne pepper has the ability to kill fungus and prevent the formation of fungal pathogens. Research against cayenne consumption found that it was active against 16 different fungal strains, including Candida. Candida is a fungus that helps with nutrient absorption and digestion, when in proper levels in the body. When it overproduces however, the typical candida symptoms may appear; this includes hormone imbalance, joint pain, digestive problems and a weak immune system. **Heart Disease** Research has proven that regular consumption of Cayenne pepper help to stop heart attacks. Cayenne helps to decrease cholesterol levels in the blood and helps to dissolve fibrin, which causes the formation of blood clots. It also reduces triglyceride levels. **Relieves Joint and Nerve Pain** Cayenne has very powerful pain-relieving features whenever applied to the skin. It lessens the amount of chemical that carries pain messages to the brain. When there is less chemical that carries pain messages to the brain, the pain messages no longer reach the brain and you feel relief. Studies have found that cayenne pepper relieves pain after surgery, like mastectomy or an amputation. It also eases pain from nerve damage in the feet or legs from diabetes, lower back injuries, osteoarthritis and rheumatoid arthritis, as well as fibromyalgia symptoms like joint or muscle pain. **Treats Psoriasis** Psoriasis occurs when skin cells replicate too rapidly, and it leads to swollen spots below the skin covered with whitish scales on top. Scaly patches are actually areas of inflammation and excessive skin production. Research has shown that 0. Regular use of capsaicin cream four times daily for six weeks shows a significant decrease in scaling, thickness, redness and itching. Other traditional uses and benefits of Cayenne pepper frutescens and C. Pepper has been used as a carminative and stimulant to dispel flatulence and to rouse appetite in European medicine. It is used externally as a strong

rubefacient stimulating the circulation, aiding the removal of waste products and increasing the flow of nutrients to the tissues. As rubefacient, it is mixed with cotton-seed oil, applied as cataplasm or as liniment. It is powdered and placed inside socks as a traditional cure for those prone to cold feet. Fruit is used for diarrhea, vomiting and dyspepsia in Peninsular Malaysia. It has been used internally after childbirth as a stimulant and is applied to the skin in childbirth as a counter-irritant. Leaves are used instead of the fruit for this purpose in Java. In Sarawak, the Iban and Malay apply a paste of the leaves mixed with ashes for ringworm; the Kenyah use pounded fruit and cooking ash to treat cuts and wounds; the Bisayas rub pounded roots on the legs to counter black magical spells; and the Melanau consume a leaf decoction to ease pain in urinating. It has been used to treat diabetes mellitus by traditional healers in Jamaica. The ancient Mayans reported to used it for treatment of coughs, sore throat and coughs. A weak fruit infusion can be used as a gargle to treat throat complaints. Fruit juice is applied to the tooth cavity for toothache by the Aztecs. Poultice of chili pepper is used as a poultice over affected rheumatic parts. Applied to the skin it soothes nerve endings and so has been used as a local anesthetic. Strong fruit infusion is used as a cure for scalp ringworm. It has proved effective in dilating blood vessels and therefore relieving chronic congestion of people addicted to drink. Other Facts frutescens can be used in chilli breeding for genetic improvement purposes. Hot pepper extracts is found to repel to exhibit toxic and repellent effects against spider mites. Capsaicin is also used in a gel-based product as a feral pigeon deterrent from specific roosting and loafing areas. Precautions Excessive consumption of red pepper may worsen symptoms of duodenal ulcers and cause gastroenteritis and kidney damage. Cayenne peppers when eaten cause severe irritation as well as hot sensation to mouth, tongue and throat. Avoid touching eyes with cayenne pepper contaminated fingers. If so, wash eyes carefully in cold water to reduce irritation. They may worsen present gastro-esophageal reflux GER condition. Eating cayenne in food is considered safe during pregnancy. But pregnant women should not take cayenne as a supplement. Cayenne does pass into breast milk, so nursing mothers should avoid cayenne as a supplement. Do not use capsaicin on open wounds or broken skin.

Chapter 9 : Top 10 Health Benefits of Cayenne Pepper | Top 10 Home Remedies

Cayenne Pepper and Medicinal Qualities. Dr. Patrick Quillin: "Cayenne pepper - prized for thousands of years for its healing power. Folklore from around the world recounts amazing results using cayenne pepper in simple healing and in baffling health problems.

Cayenne Pepper Benefits Health Benefits of Cayenne Pepper In recent years, cayenne pepper benefits has been burning its way up the medicinal herbal charts as it has become more recognized as a hot healer for many health conditions. Indeed, the herb that makes your face bead with sweat and forces you to gasp for water has become highly praised for its external use of health benefits. What are Cayenne Peppers? Cayenne - commonly known as red pepper, cayenne chili pepper, and capsicum is a native to Central America. However, cayenne owes its hot taste and hot healing powers from a compound found in its fruit called capsaicin, which provides us with the many health benefits of cayenne pepper. External Use Capsaicin not only gives this fiery herb its hot taste, but it also promotes potent pain relieving abilities, which may seem contradictory of its use. However, when applied to the skin, it blocks the neurotransmitter substance P, an inflammatory chemical responsible for carrying pain signals to the brain. As such, cayenne is often recommended for topical use to alleviate joint and muscle pain by many holistic experts as well as conventional physicians. It is often used to help ease the pain and inflammation associated with arthritis, and to combat symptoms of bursitis, fibromyalgia, diabetic neuropathy, cluster headaches, psoriasis, and shingles nerve pain. In one study, people who suffered from cluster headaches were instructed to rub capsaicin inside their nostrils and outside their noses. However, they also reported the side effect of burning nostrils and runny noses for about a week! Internal Use Cayenne also holds a long standing reputation as a digestive aid. When taken orally, it is believed that cayenne has the ability to stimulate the flow of saliva and stomach secretions gastric juices. Saliva helps break down carbohydrates through its enzyme properties, while gastric juices contain acids and enzymes that further break down food and, as such, helps in food digestion. It has been used for various gastrointestinal tract conditions such as alleviating cramps, stomachaches, and in relieving gas. In addition, this fiery herb has shown to harbor ulcer fighting properties by inhibiting the growth of H. Pylori, the bacteria that in many cases cause stomach ulcers. Many herbalists claim that cayenne benefits the heart and cardiovascular system by reducing cholesterol levels as well as enhancing blood circulation through the veins and arteries, and it discourages blood clotting. However, more studies are needed to validate these effects. Cayenne has also been touted for weight loss as a few studies has shown that this powerhouse herb can help boost metabolism and induce the body to burn off more fat. Side Effects and Precautions Generally, cayenne is considered a safe herb when taken at recommended amounts. However, you may want to use gloves when using externally. Although cayenne pepper benefits are substantial, medicinal amounts should be used in consultation with a physician. Some side effects may include stomach upset, diarrhea, or burning during bowel movements. Should this occur, reduce dosage or stop usage and contact your physician. Cayenne or capsaicin may increase the side effects of certain medications. When taken externally in the form of a cream, avoid contact with eyes, nose, and mouth. If you develop a skin irritation, discontinue use. This side effect should vanish after three or four days. Cayenne may also harbor blood-thinning properties and, as such, people on blood-thinning medications should consult a physician first before taking any drops or capsules of cayenne. If you are pregnant or nursing it is advised that you consult a physician before starting any type of supplementation. Tips on Choosing a Cayenne Supplement How to maximize cayenne pepper benefits! Look for a supplement that is formulated by a company that follows strict GMP compliance. Health supplements are not strictly regulated by the FDA and, as such, manufacturers do not have to guarantee the safety, effectiveness, or even the true content of their products. The potency or purity may be inconsistent or misrepresented - or worse - it could harbor very harmful contaminants! Manufacturers that are pharmaceutical GMP compliant adhere to the most stringent manufacturing standards. Cayenne is often used in herbal formulas for its synergist effects, which means it enhances the efficacy of others herbs in the formula. Therefore, make sure the supplement is created by someone who is qualified to create a supplement with ingredients that work in balance and synergistically

to offer the maximum results. Featured General Health and Wellness Product If you are interested in a nutrition-packed anti-aging product to serve as a foundation for vibrant health we highly recommend Total Balance from a company located in New Zealand. Total Balance contains a full spectrum of over 70 nutrients including vitamins, minerals, amino acids, specialty nutrients, potent antioxidants, and many herbal extracts. We hope this web page discussing cayenne pepper benefits was useful to you! As with all health supplements, make sure you consult your physician or other qualified medical professional before using Cayenne supplements. In addition, to reap the full cayenne pepper benefits - select a supplement from a company that follows strict GMP compliance.