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The Benefits of Cayenne Pepper

A natural cure for many ailments

Cayenne pepper does wonders for the body, recent studies reveal
PrincessDominique

While the benefits of garlic and black pepper are common knowledge by now, as also is the fact that nutritionists stress we should include them both in our meals, at least once a day, cayenne pepper has been somewhat overlooked from this perspective. Malcolm Taw, MD, assistant clinical professor at the UCLA Center for East-West Medicine, says that recent research shows precisely which the beneficial effects of cayenne pepper are.

For starters, it lowers blood pressure. Capsaicin, which is the main extract of cayenne pepper, "releases neurotransmitters in the body that help the vascular system expand, allowing blood to flow more easily." They also initiate diuresis that lowers blood pressure, which makes cayenne pepper ideal for those suffering from hypertension.

A recent study has also showed that cayenne pepper is ideal to ease pain. While this might sound like an old-fashioned remedy, this alone should not be reason to discard its potential, Taw stresses. Capsaicin is said to lower the levels of substance P in the body, the neurotransmitter that signals pain, which makes of cayenne pepper an adequate ally in the fight against twinges in the lower back and chronic arthritis.

Last but not least, cayenne pepper is ideal in the fight against disease, just like the other two ingredients mentioned before also are. "Since Americans get way more sweet and salty foods than any others, adding spice helps balance things out. This balance can improve circulation, help with digestion, and detoxify the body - all of which can help prevent disease," Taw says.

The conclusion is a simple one: a teaspoon of cayenne pepper added to soups and other warm foods can do wonders for our health. Moreover, if the heat is more than what we can stand, tincture is said to bring about the same benefits, while also being easier to absorb by the body. Nevertheless, before embarking on a cure of this type, experts advise we see a doctor first, since capsaicin is known to interact with ACE inhibitors, blood thinners and H2 blockers.

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