



Many research has been done on red pepper and its medicinal properties. Chillies originally come from Central America. The Spaniards, Portuguese and Dutch traders of the 17th century have spread this vegetable throughout the world. Chili peppers are called hot peppers as well. Other names are: red and green pepper. In the Netherlands some people know the pepper under the Indonesian name Lombok. The pepper is named after the island where the Dutch had grown a lot of hot peppers at the time. In South American Surinam, people grow a variety called 'Madame Jeanette'. These ones can be yellow or red and are even more spicy than normal hot pepper.

Peppers grow indoors

In Meso-American countries, over 50 kinds of peppers are sold on the markets. Hot pepper plants grow well in tropical areas. A hot pepper plant can grow in Western Europe under summer conditions. This applies especially to the Madame Jeanette and the medusa, two variants of hot pepper. The medusa grows raised peppers at the top of the plant and is named of the mythic entity Medusa who wore snakes instead of hairs.

Dried pepper

Peppers can be eaten when they have been dried. Hang them in a dry room for a while. When it is dry you may want to pulverize it in a grinder. According to most lovers, a fresh pepper is more delicious and easier to use than dried pepper powder, which is usually sold as cayenne pepper or chili powder.

Cayenne pepper is a dried pepper powder named after Cayenne, the capital of the South American country French Guyana. In early days, Cayenne was an important city in the pepper trade.

Capsaicin

Capsaicin makes sure that endorphins are released into the body. This works as painkillers and gives an euphoric feeling. That's why some people get so excited about hot food. It really gives a smile upon your face by a small dose of euphoria. Capsaicin is used for medicines to soften pain. Also derivatives such as capsaicinoids have medicinal benefits. These are anti-cancer agents.



The nutritional value of hot pepper

Pepper works preventively against many diseases through the action of vitamins, minerals and bioflavonoids. People who eat hot peppers prevent themselves from cold. Pepper keeps the airways open, what you notice immediately when you eat it. Bacteria are eliminated by capsaicin. In addition, there is a lot of vitamin C in it. Just 14 gram contains about 10% of vitamin C that is required for the Recommended Daily Quantity according to European standards. It also contains vitamin A, B1, B2, B3 and B6.

Minerals and bioflavonoids

Hot pepper contains the following phytonutrients: beta-carotene, alpha-carotene, lutein, zeaxanthin and cryptoxanthine. These are carotenoids and provide an antioxidant effect by preventing damage from free radicals in the body through eliminating these free radicals. In addition, hot pepper contains potassium, manganese, iron and magnesium.

Preventive from sinusitis

The capsaicin prevents sinusitis (conjunctivitis). This is caused by bacteria or viruses. Capsaicin has antibacterial activity. Due to the curative, antibacterial action of capsaicin, the red pepper falls into the category of medicinal food.

Hot pepper against cancer

In addition to the antibacterial activity, capsaicin prevents cancer. Scientific research on mice has shown that cancer cells eliminate themselves when they get into contact with hot pepper. This sudden death of a cancer cell is called apoptosis. In particular, prostate cancer is prevented very well by eating hot pepper, according to scientific research.

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Hot pepper, good for the heart

According to research from 2017, red pepper may extend life. Researchers suspect that capsaicin is an important substance to counteract arteriosclerosis, thereby reducing the risk of a number of different fatal heart diseases. Red pepper contains vitamin A and vitamin C and it contains many bioflavonoids. Some of the bioflavonoids keep the blood vessels elastic. This is because of the action of these substances as antioxidants. This prevents plaque, oxidized cholesterol in the blood vessel walls and therefore multiple cardiovascular diseases. Chili peppers are good for the heart. The hot pepper works cholesterol-lowering because there are triglycerides in the pepper. Triglycerides like triacylglycerol play an important role in the metabolism of humans. It helps to break down clots in the blood.

Hot pepper against type 2 diabetes

Scientific research has shown that after the meal, the body needs less insulin to lower the blood sugar level when consuming hot pepper. Occasionally using hot pepper in a omelette, soup or salad helps to reduce insulin control.

Anti-inflammatory action

Red pepper possesses substance P. This is a substance that consists of no less than 11 different amino acids. These plant based proteins have an important function in the central nervous system and in the spinal cord nerve. In addition, substance P fights low grade inflammation. In this way, it helps prevent all kinds of diseases, since low grade inflammation is a common co-factor for the developing of diseases as diabetes, cancer, cardiovascular diseases, ADHD, food intolerances, food allergies and mental diseases.

Hot pepper against Crohn's disease

Capsaicin is a medicine against Inflammatory bowel disease (IBD). There are two forms of IBD, Crohn's disease and Ulcerative Colitis, an inflammation of the large intestine. Overgrowth of H. pylori-bacteria often happen in these patients. Capsaicin will kill this bacteria overgrowth.

Hot pepper against obesity

Some people get hot and sweaty from red pepper. That's because red pepper is thermogenic. That means at the same time that energy is consumed after eating red pepper, fat is burnt. Red pepper helps to maintain body weight. Some like it hot and slim, they use red pepper daily.



A

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B

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

C

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

D

E

[Eggplant](#)

[Endive](#)

F

[Fennel](#)

[Food as medicine](#)

G

[Garlic](#)

H

[Horseradish](#)

[Hot pepper](#)

I

[Iceberg lettuce](#)

K

[Kale](#)

L

[Leek](#)

[Lettuce](#)

M

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

N

[Nettle](#)

O

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

P

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

R

[Root celery](#)

[Romaine lettuce](#)

S

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

T

[Taro](#)

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W

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