

Chilli Pepper



•CHILLI PEPPER•

•HEALTHCARE CONVENIENCES•

Prevents blood coagulation and improves blood circulation

Clears respiratory tracts in coughs and colds

Improves digestion

Relieves pains

Stimulates burning of calories

MAIN NUTRIENTS

at 10 g of total weight of fresh red chilli pepper

Kilocalories /Kilojoules 3/11

Beta-carotene (μg) 410

Vitamin C (mg) 22,5

As always only small quantities are consumed, its part in need for energy, vitamins and minerals can be disregarded.

HEALTH AND NUTRITION

THERAPEUTIC CHARACTERISTICS

- ***Prevents blood clot formation*** Stroke and cardiac arrest are caused by blood clots which can clog blood vessels. Chilli pepper stimulates circulation and reduces danger of blood clot formation.

- ***Clears respiratory tracts and opens skin pores***

Hot chilli peppers stimulate formation of sweat, tears and slime (running nose). Chilli warms, increases running of slime and clears respiratory tracts, relieving cough and cold symptoms.

- ***Improves digestion***

Chilli stimulates secretion of gastric juices. Gastric acid is required not only for digestion, but also for combating bacteria.

- ***Relieving pains***

For an unknown reason chilli relieves pains.

- ***Increases exchange of nutrients***

Research shows that 3 g of chilli sauce per meal increased burning of calories by 25 percent in average for several

hours.

RECOMMENDED AMOUNTS

Skin of chilli pepper contains more capsaicin, so that it is used in smaller amounts for the same medical effect. For example, 2 tea spoons of fresh chilli pepper are sufficient to improve circulation and functions of respiratory tracts. If consumed regularly even smaller amounts are sufficient for health prevention.

Important notice

Great amounts of chilli can increase the risk of stomach cancer. Don't touch your eyes or open wounds if you have touched chilli before. It has not been clearly explain yet, if people with stomach ulcer can tolerate hot chilli.