

Spicy Foods

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Ah, spicy food. Is there anything better than a spicy meal, especially if it is homemade? There is nobody around to tell you that it's too hot, nor too cautious cook too afraid to add spice, and no one watching you sweat bullets and gulp your concoction melted as you like. But spicy food can damage our sense of taste? When do we know that we had too thereof? And do quesosakatenango peppers really cause hallucinations that sends you on a quest to find your soul-mate (for all fans of The Simpsons)? One can experience stomach problems and other conditions if the meal is a bit too spicy. In addition, constantly eating hot food can have permanent negative effects on the body. Here's what you need to know about the negative impact of spicy foods may have. Now that you know which foods can cause harm, which is why they should not be squandered.

Geographic tongue Food potent things can cause a condition known as geographic tongue (genign migratory glossitis). It is of the opinion that geographical tongue is an allergic reaction to certain foods. Whether it is not clear allergies, but spicy food is usually the perpetrators. The condition seems to be very quick and irritation produced by the Education strange patterns on the tongue. After an outbreak can be a weakened sense of taste up to a month. It will disappear with time and is not dangerous, but it can also be a little irritating.

Gastritis An overabundance of spicy food can cause gastritis. Gastritis is inflammation of the stomach lining. It is usually caused by infection, but spicy foods like peppers are also believed to reduce the protective barrier of the stomach. Gastritis may produce chronic ulcers of the stomach by allowing its own acids eat away at the lining. Ulcers can heal with time, like any other injury, but we should eat lighter meals.

Acid Reflux

In some people, spicy foods can trigger acid reflux disease, which is not a bad thing, but it can be annoying. Restaurant kitchen often seems to get this condition - that all men live rots after a good Italian meal at their favorite bistro is not the result of bad manners, the body is not able to handle all this strange, spicy cuisine.

Chronic acid reflux disease can also lead to esophageal cancer, but only in rare cases. Cutting down on peppery cooking is a good first step to reduce this risk. Acid reflux, especially at night, can also erode the teeth.

Bad breath Garlic and onions are among the worst nauseating things a guy can eat, and they are also cause bad breath. Granted, bad breath is not a nuisance, but it can sometimes spell disaster, especially on a nice first date. So avoid spicy food on those nights.

Insomnia Here is probably the one most people do not know that spicy food is bad for sleep. The reason is quite simple. The body needs to slow down before they snooze and spicy foods increase body temperature (this is the reason why we sweat after a fiery foods consumed). If something happens to consume fluid before you go to bed, it can disrupt sleep. The first cycle of sleep is especially sensitive to hot food. Damage to taste buds Finally constantly eat hot meals can permanently reduce the sensation of taste. I hear often that other people assure that they are accustomed to the combustion of chili peppers. It is true that people are less likely to feel after years of abuse burning spicy, but not received, because the body "used" to the sensation of the question. Over time, the wear buds, which makes it reduces the feeling nothing other than being worn down by chronic abuse. This is no different than people getting "used" to loud music in clubs in both cases, the body suffers permanent damage.

by Bassy