**Word 770**

**2016 11.01 Health Matters**

**Cayenne Pepper – Good for What Ails Your**

**Joe**

**Welcome to Health Matters. Today we’re reporting on cayenne pepper and its many health benefits.**

**Kristen**

**If you check out cayenne pepper online, you’ll find claims that cayenne can stop a heart attack in its tracks. Doctors warn, however, that administering cayenne to someone having a heart attack is NOT a good idea. And is actually dangerous. For a variety of reasons.**

**Dave**

**The claim that cayenne pepper is a way to stop heart attacks may stem from studies that show the positive effect cayenne pepper has on mice hearts and heart cell tissue. These studies show that cayenne has potential for helping to prevent heart disease.**

**Joe**

**Researchers are exploring the possible ways that cayenne pepper may minimize the damage caused by heart attacks. And strokes as well. So far, they’ve found that capsaicin (cap-SAY-sin) – the active ingredient in cayenne pepper – caused an 85 percent reduction in the death of heart cells. How this can be translated into preventive medicine for human heart health is being researched at the U.C. Davis in California. And in other places.**

**Kristen**

**Regions around the world that use cayenne pepper in cooking have lower rates of heart disease. Namely Mexico, China and Southeast Asia. Many experts believe this may be related to the effect of the active nutrients found in cayenne pepper. Like other antioxidant-laden fruit, vegetables and spices, cayenne pepper has powerful properties that help heart troubling cholesterol and triglycerides (try-GLISS-er-eyeds).**

**Dave**

**Cayenne pepper also works to insure that blood platelets don’t clump together. Platelets clumping causes blood clots and can lead to strokes. Clumped platelets also increase the dilation of coronary vessels. Cayenne pepper helps to maintain normal blood pressure levels.**

**Joe**

**Cayenne pepper makes many contributions to keeping human body systems in a state of high functioning. For example, it is a digestive aid and supports weight loss. Canadian scientists found that study participants who used cayenne pepper for breakfast had less appetite during the day. This led to eating less throughout the day, so the study participants took in less calories. Also, cayenne gives a significant boost to overall metabolism, and this helps the body to burn excess fat tissue.**

**Kristen**

**In addition, cayenne pepper increases the production of digestive enzymes and the flow of gastric juices. And it relieves intestinal gas. This helps the body to assimilate and eliminate food digestion byproducts and toxins. Because cayenne is a stimulant that heats the body, it streamlines the natural processes of detoxification. Also, cayenne sweating -- another body process that detoxifies.**

**Dave**

**Capsaicin is being studied for its ability to reduce pain, especially when applied to the skin. So far research indicates that it is an effective remedy for headaches, including migraine headaches. Studies are underway to determine its potential for helping with osteoarthritis, rheumatoid (ROOM-a-toyed) arthritis and joint or muscle pain related to fibromyalgia (FIBE-row-my-AL-jah).**

**Joe**

**The way cayenne works to relieve pain is interesting. Researchers explain that it stimulates a pain response in a different part of the body. Once that happens the brain focuses on the new site. After the initial pain reaction from the cayenne pepper -- which is far more bearable than the migraine -- the actual chemical in the nerve fibers that is causing the pain is depleted. So the pain sensation is lessened.**

**Kristen**

**Cayenne has been used to relive pain after surgery. Such as an amputation or a mastectomy. It has also been used to alleviate pain from nerve damage in the feet or legs that is caused by diabetes or by lower back injuries.**

**Dave**

**The list of cayenne health benefits is a long one. And it has a long history as well. Chinese and other Asian healing traditions have used cayenne in medicinal formulas for centuries.**

**Joe**

**Cancer researchers report that cayenne slows the growth of cancer cells in animal studies. This has led to the hope that it can protect against breast, bladder, prostate and oral cancers.**

**Kristen**

**There are so many other health benefits to cayenne that we’re going to continue this report next week. In the meantime, we hope you’ll give cayenne a try. For some it can take getting used to. Fresh cayenne peppers deliver the most punch. But powdered cayenne has plenty to offer.**

**Joe**

**Health Matters is a production of KIDE Hoopa CA.  Produced and written by Cynthia Poten. Engineered by Joseph Orozco.  Our readers were Kristen Marshall, David Moon and Joseph Orozco.  For this audio and more information, visit our download area at  www.kidefm.org. Thank you for listening. Your health adds to the health of our community.**

**Sources and Links**

[**http://www.naturalhealth365.com/cayenne-pepper-stop-heart-attack-1145.html**](http://www.naturalhealth365.com/cayenne-pepper-stop-heart-attack-1145.html)

[**http://www.globalhealingcenter.com/natural-health/benefits-of-cayenne-pepper/**](http://www.globalhealingcenter.com/natural-health/benefits-of-cayenne-pepper/)

**https://draxe.com/cayenne-pepper-benefits/**