**Spicy Foods Can Also Turn Healthy**

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Do you believe if there is a statement that said spicy foods can also turns healthy? Believe it or not but spicy foods can really turn healthy. I am sure, most of you ever had a friend who has a hobby of eating spicy foods. Although it is often to be a controversy, if the level of spiciness and the frequency are controlled, the consumption of spicy foods can also turn healthy. What are the the benefits of spicy foods for health? Check this out!



1. Helps Lose Weight

Unexpectedly, it turns out that spicy foods can increase the metabolism which affects on the weight loss. Some studies also showed that the presence of compound in chili and paprika which is called *capsaicin* that has a thermogenic effect, so it can make the body burns more calories after the meal eaten.

1. Prevent Cancer

The second benefit that be a proof that spicy foods can also turn healthy is, it can prevent cancer. The capsaicin is also believed to have an ability to kill cancer cells!

In addition to chili, spices like turmeric is also believed to contain a compound that can slow the spread and the growth of the cells of cancer. There is also an opinion that said, combining black pepper with turmeric can double the benefits.

 

1. Improving Mood

Spicy foods also believed to increase the production of *serotonin*. It is a hormone that will make you happy. This hormone helps us to be more happy and make the mood becomes more positive. For those who are stressed or depressed, you should try to consume spicy foods.

1. Healthy Heart

The last proof that showed spicy foods can also turn healthy is, it can make your heart healthy. Several studies have shown that there is a relationship between the consumption of spicy foods with the possibility of heart attack and stroke. Apparently that is caused by anti inflammatory effect that may minimize the risk of heart attack and it is also caused by the compounds in chili that can resist bad cholesterol.

Well, those are the benefits of spicy foods to our health. So, spicy foods can also really turn healthy. How? Interested to try consuming spicy foods more often? If yes, you should still note the frequency and its level of spiciness to get the healthy benefits that we have told above.

***Category : Heallth***

**Do Not Be Excessive In Drinking Tea!**

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Tea is identical with health. However, you should still limiting the number of its intake. In an excessive number, tea turns be bad for the bones and teeth, it make the teeth become more brittle.

A woman in Detroit, United States, suffering from a chronic pain in the pelvis bone, hands and feet. At first she suspected that she suffered from cancer, but the result of the doctor examination showed that her pain was due to the the excessive intake of tea. Everyday the woman drinking a jug of tea which was made of 100-150 tea bags. As the result, the level of flouride in her blood is very high, that make her bones are too solid and her teeth are brittle. The doctors at Henry Ford Health System found that the concentration of flouride in the woman’s blood reached 0,43 mg/ liter, it is higher than the normal level which can be tolerated, less than 0,10 mg/ liter. Dr Sudnaker Rao, the director of spine and research at Henry Ford Healthy System said that, actually most of us are able to spend flouride well, but if it is consumed too much, it can be a problem.

 

Anything that excessive is indeed not always good, as well as in drinking tea. The consumption of tea is basically safe if it is consumed in a normal amount, that is 1-2 cups per day. But if it is consumed excessively like more than 5 cups per day, it can lead to some negative effects that caused by the accumulation of caffeine in the tea.

The large amount consumption of tea can worsen diarrhea. In addition, the affeine consumption within the tea is also resulted in liver disorders. The excessive consumption of caffeine in drinking tea can also cause the heartbeat becomes irregular. The excessive consumption in drinking tea also cause another side effects.

 

The side effects that caused by the excessive consumption in drinking tea are :

1. The inhiition of iron absorption from foods which has a risk of causing anemia.
2. The anxiety and insomnia. The high levels of caffeine in the blood can aggravate the anxiety disorders and insomnia.
3. The bleeding disorders. The caffeine in the body can increase the risk of bleeding that should be reduced or avoided by people who get blood disorders.
4. Osteoporosis. Tea is diuretic, the excessive consumption of tea can increase the amount of calcium which is wasted through the urine.
5. Glaucoma. The excessive consumption in drinking tea may increase the pressure to the eyeballs that occurs within 30 minutes since the consumption and last up to 90 minutes later, so the people with glaucoma disorders should be not excessive in drinking tea.

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**The Relationship Between Laughter and Health**

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Laughter is a form of communication that human do. Several living species can also laugh, especially if it is being played or tickled. However, their laughter is different with human’s laughter. Different with the other communication forms such as, talking, laughing is done unconsciously. Someone will laugh reflexively if there is the trigger. The trigger usually that is something funny or something that makes people happy. However, sometimes human do not laugh because of something funny only. For example, when we are embarassed or being tickled, we will also laugh.

 

Of course you do not need to think when do you want to laugh or not. Laughter occurs spontaneously, just like that. So it is very difficult to laugh when it is forced, just like crying. There is not a certain scientific reason that cause someone to laugh. Laughter is a human action that is set by the brain. Laughter is one of the sign that you are the part of a group of people.

According to the science of Neurophysiology, there is a relationship between laughter with the activity of the brain which produces endorphins. There has not been found any “center laughter” in the human brain. However, the experts believe that the laughter is caused by the presence of the brain’s response to a stimulus which is associated by emotions.

The relationship between laughter and health is relationed especially in the blood vessel problems. That thing is reported for the first time in 2005 by the researchers from the University of Maryland Medical Center. Laughter can facilitate the flow of blood because when we are laughing, the heart pumping blood faster. There is other benefit of laughter for health, as you know laughter can prevent you from depression. That is because when a person laughing, they usually are happy at the time and then the body produces the endorphin hormones. If the level of depression decreased, then the immune body system will work better, so you become healthier. The Endorphin hormone is also known to have a soothing and calming effect.

 

Although laughter has many benefits for health, but there are some cases where people died because of an over zealous laughing. As said above, laughter makes the heart to pump the blood faster. If it is excessive, the work of the heart would be very hard and it can make the heart stop beating, especially if you have a heart medical history record.

 So, just laugh normally!

***Category : Health***