

# Chilies Soothe Gut Inflammation: A Spicy Solution

## **Description**

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Research has found that hot chilies may help with inflammatory bowel disease (IBD). IBD is different from inflammatory bowel syndrome (IBS) and can cause serious problems. Nearly 3 million Americans have IBD, with 70,000 new cases each year. Factors like genetics, diet, and changes in the gut microbiome can contribute to the rising rates of IBD.

Improving your gut microbiome can help reduce symptoms of IBD. Substances like capsaicin and endocannabinoids may also help by affecting your neuroimmune axis. These substances play a role in reducing inflammation in the gut and maintaining a balance between the nervous and immune systems. Studies have shown that these substances may have therapeutic benefits for IBD.

CBD, a component of the cannabis plant, has also shown promise in treating conditions like IBD. It works by interacting with receptors in your body to reduce inflammation and promote overall gut health. By making healthy lifestyle choices and consuming foods rich in antioxidants and fiber, you can support your gut health and potentially reduce IBD symptoms without the need for medication.

# **Vocabulary List:**

- 1. **Inflammatory** /ɪnˈflæməˌtɔri/ (adjective): Causing or related to inflammation.
- 2. **Microbiome** /,mai.krəʊ.bai.oʊm/ (noun): The collection of microorganisms living in a particular environment especially the human gut.
- 3. **Capsaicin** /kæp'seɪ.ɪ.sɪn/ (noun): A compound found in hot peppers that can cause a burning sensation and may have health benefits.
- 4. **Endocannabinoids** /ˌɛndəˈkænəˌbɪnɔɪdz/ (noun): Naturally occurring compounds in the body that bind to cannabinoid receptors and play a role in various physiological processes.
- 5. **Therapeutic** /,θετθ'pju:tɪk/ (adjective): Relating to the treatment of a disease or disorder.
- 6. Antioxidants /,ænti'a:ksɪdənts/ (noun): Substances that inhibit oxidation and can protect cells from damage.

# **Comprehension Questions**



#### **Multiple Choice**

1. What is the potential benefit of hot chilies in relation to inflammatory bowel disease (IBD)?

Option: Reducing inflammation in the gut

Option: Increasing symptoms of IBD

Option: Causing serious problems in IBD patients

Option: Inducing IBS

2. How many new IBD cases are reported in Americans annually?

Option: 3,000 Option: 7,000 Option: 70,000 Option: 300,000

3. What role do capsaicin and endocannabinoids play in relation to IBD?

Option: Increasing inflammation

JEWS.COM Option: Maintaining gut microbiome balance

Option: Inducing IBS

Option: Alleviating gut issues

4. How does CBD potentially help in treating conditions like IBD?

Option: Promoting inflammation Option: Reducing overall gut health

Option: Interacting with body receptors to reduce inflammation

Option: Causing gut imbalances

5. Which lifestyle choices can potentially support gut health and reduce IBD symptoms?

Option: Consuming processed foods Option: Avoiding fiber-rich foods

Option: Making healthy lifestyle choices

Option: Skipping meals

6. What is the main difference between IBD and IBS?

Option: Genetic factors Option: Symptoms severity

Option: Gut microbiome composition Option: Inflammation levels in the gut



## Answer

Multiple Choice: 1. Reducing inflammation in the gut 2. 70,000 3. Alleviating gut issues 4. Interacting with body receptors to reduce inflammation 5. Making healthy lifestyle choices 6. Inflammation levels in the gut

# Vocabulary quizzes

#### Multiple Choice ( Select the Correct answer for each question. )

1. What type of fasting involves alternating periods of eating and fasting?

Option: A. Ketogenic Option: B. Intermittent Option: C. Vegan

Option: D. Paleo

2. What term refers to all the chemical reactions in the body that involve energy transformation? ESL-NEWS

Option: A. Digestion Option: B. Metabolism Option: C. Circulation Option: D. Respiration

3. Which process is responsible for the production of heat in the body?

Option: A. Thermogenesis Option: B. Photosynthesis

Option: C. Mitosis Option: D. Osmosis

4. Which substances help protect cells from damage caused by free radicals?

Option: A. Probiotics Option: B. Antioxidants Option: C. Hormones Option: D. Antibiotics

5. Which macronutrient is essential for building and repairing tissues in the body?

Option: A. Fat Option: B. Protein

Option: C. Carbohydrate

Option: D. Fiber



6. What type of diet excludes t	he protein gluten found in grains like wheat barley and rye?
Option: A. Vegan	
Option: B. Mediterranean	
Option: C. Gluten-free	
Option: D. Pescatarian	
7. Food can cause illness if it is	with harmful bacteria or other contaminants.
Option: A. Enriched	
Option: B. Sterilized	
Option: C. Contaminated	
Option: D. Preserved	
8. Who is responsible for settin	g and enforcing public health policies?
Option: A. Doctors	
Option: B. Officials	
Option: C. Scientists	
Option: D. Researchers	
9. What approach focuses on a	voiding the occurrence of diseases or injuries?
Option: A. Treatment	
Option: B. Detection	
Option: C. Prevention	
Option: D. Cure	voiding the occurrence of diseases or injuries?
	e of complete physical mental and social well-being?
Option: A. Illness	
Option: B. Sickness	
Option: C. Health	
Option: D. Disease	
Gap-Fill ( Fill in the blanks	with the correct word from the vocabulary list. )
11. A	is a unit of energy that is used to measure the energy content of food and
the energy expenditure of activ	/ities.
12. It is	to consult a healthcare provider before making significant changes to you
diet or exercise routine.	
13. Scientists conducted an	to test the effects of the new drug on metabolism.



14. The new supplement is designed to assist in	weight loss efforts.		
15. The gut plays a cru	cial role in digestion and overall health.		
16. Spicy foods contain	a compound that can increase metabolism and fat		
burning.			
17 are molecules prod	uced naturally in the body that bind to cannabinoid		
receptors.			
18. The new therapy shows promising	effects in treating chronic pain.		
19. Consult a registered	for personalized nutrition advice.		
20. The daily intake of	vitamin C varies based on age and gender.		
21. Health officials are investigating the cause of the recent foodborne illness			

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

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- 22. fat surrounds internal organs and has been linked to increased health risks.
- 23. rate can affect weight management and overall health.
- 24. Authorities are the sources of water contamination in the area.
- 25. Chronic conditions can lead to long-term damage in the body.
- 26. play a role in appetite regulation and mood control.
- 27. Brown fat activation can increase and calorie expenditure.
- 28. To lose weight you need to create a deficit through diet and exercise.
- 29. Consuming fruits and vegetables rich in can help boost your immune system.
- 30. Athletes often increase their intake to support muscle repair and growth.
- 31. Understanding the basics of can help you make healthier food choices.

## **Answer**

Multiple Choice: 1. B. Intermittent 2. B. Metabolism 3. A. Thermogenesis 4. B. Antioxidants 5. B. Protein

6. C. Gluten-free 7. C. Contaminated 8. B. Officials 9. C. Prevention 10. C. Health

Gap-Fill: 11. Calorie 12. advisable 13. experiment 14. aiding 15. microbiome 16. capsaicin 17.

Endocannabinoids 18. therapeutic 19. dietitian 20. recommended 21. outbreak

Matching sentence: 1. Visceral 2. Metabolic 3. Investigating 4. Inflammatory 5. Endocannabinoids

6. Thermogenesis 7. Calorie 8. Antioxidants 9. Protein 10. Nutrition

#### **CATEGORY**

1. Health - LEVEL2

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