



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** /ɪnˈflæməˌtɔːri/ (adjective): Causing or related to inflammation.
2. **Microbiome** /ˌmaɪ.krəʊ.bai.əʊm/ (noun): The collection of microorganisms living in a particular environment especially the human gut.
3. **Capsaicin** /kæpˈseɪ.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** /ˌθerəˈpiu:tɪk/ (adjective): Relating to the treatment of a disease or disorder.
6. **Antioxidants** /ˌæntiˈɑːksɪdənts/ (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
 - 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?
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 the 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 setting and enforcing public health policies?

- Option: A. Doctors
- Option: B. Officials
- Option: C. Scientists
- Option: D. Researchers

9. What approach focuses on avoiding the occurrence of diseases or injuries?

- Option: A. Treatment
- Option: B. Detection
- Option: C. Prevention
- Option: D. Cure

10. Which term refers to a state 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 activities.

12. It is _____ to consult a healthcare provider before making significant changes to your diet or exercise routine.

13. Scientists conducted an _____ to test the effects of the new drug on metabolism.



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14. The new supplement is designed to assist in _____ weight loss efforts.
15. The gut _____ plays a crucial role in digestion and overall health.
16. Spicy foods contain _____ a compound that can increase metabolism and fat burning.
17. _____ are molecules produced 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.)



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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Author

aimeeyoung99