

# Chilis Cool Gut Inflammation: Spicy Relief in a Bite!

## Description

New research suggests that hot chilies can help with inflammatory bowel disease (IBD). IBD is different from irritable bowel syndrome (IBS) and can cause serious health issues. Nearly 3 million Americans have IBD, with around 70,000 new cases each year. Genetics, environment, diet, and gut bacteria may all play a role in developing IBD.

Hot chilies, specifically the substance capsaicin, may help reduce inflammation in the gut. This substance triggers the production of anandamide, which interacts with the immune system in the gut. Another compound found in the cannabis plant, cannabidiol (CBD), is also being studied for its potential to help with IBD and other conditions. CBD may reduce inflammation in the gut without causing psychoactive effects.

To improve gut health and possibly prevent or manage IBD symptoms, focus on eating fermented foods, blueberries, coconut oil, caprylic acid, and omega-3 rich foods like fish. These foods can support a healthy gut microbiome and reduce inflammation.

## Vocabulary List:

1. **Chilies** /'tʃɪlɪz/ (noun): Small hot-tasting fruits of plants of the genus Capsicum used in cooking.
2. **Inflammatory** /ɪn'flæmə,tɔ:ri/ (adjective): Causing or relating to inflammation particularly in a physiological context.
3. **Capsaicin** /kæp'seɪ.tɪ.sɪn/ (noun): The active component in chili peppers that gives them their heat.
4. **Anandamide** /ə'nændə,maɪd/ (noun): A neurotransmitter that plays a role in pain memory appetite and mood regulation.
5. **Cannabidiol** /,kæn.ə'bɪd.i.ɒl/ (noun): A compound found in cannabis believed to have potential therapeutic properties.
6. **Microbiome** /,maɪ.krəʊ.bæɪ'ɒm/ (noun): The totality of microorganisms including their genes in a particular environment such as the gut.

## Comprehension Questions

### Multiple Choice

1. What substance found in hot chilies may help reduce inflammation in the gut?

Option: Anandamide  
Option: Capsaicin  
Option: Cannabidiol  
Option: Caprylic acid

2. Which compound from the cannabis plant is being studied for its potential to help with IBD?

Option: Anandamide  
Option: Caprylic acid  
Option: Capsaicin  
Option: Cannabidiol

3. What is a recommended food to support a healthy gut microbiome and reduce inflammation?

Option: Sugary snacks  
Option: Processed foods  
Option: Blueberries  
Option: Fried foods

4. Which condition can hot chilies potentially help with according to new research?

Option: High blood pressure  
Option: Inflammatory bowel disease (IBD)  
Option: Diabetes  
Option: Migraines

5. What substance triggers the production of anandamide in the gut?

Option: Caprylic acid  
Option: Capsaicin  
Option: Cannabidiol  
Option: Omega-3 fatty acids

6. What role does capsaicin play in interacting with the immune system in the gut?

Option: Increases inflammation  
Option: Reduces inflammation  
Option: No effect on inflammation  
Option: Harms gut bacteria

## Answer

**Multiple Choice:** 1. Capsaicin 2. Cannabidiol 3. Blueberries 4. Inflammatory bowel disease (IBD) 6. Reduces inflammation

## Vocabulary quizzes

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

1. What is the body's response to injury or infection?

- Option: Release of histamines
- Option: Inflammation
- Option: Muscle growth
- Option: Increased energy levels

2. Which term refers to the chemical processes that occur within a living organism in order to maintain life?

- Option: Digestion
- Option: Photosynthesis
- Option: Metabolism
- Option: Respiration

3. Which food item is known for its spicy taste due to the presence of capsaicin?

- Option: Tomatoes
- Option: Cucumber
- Option: Chilies
- Option: Carrots

4. What systematic investigation aims to discover new facts and information?

- Option: Hypothesis
- Option: Research
- Option: Opinion
- Option: Conspiracy

5. Which condition is characterized by a lack of healthy red blood cells?

- Option: Hypertension
- Option: Anemia
- Option: Hyperthyroidism
- Option: Arthritis

6. What practice involves abstaining from food for a certain period of time?

- Option: Gorging
- Option: Feasting
- Option: Fasting
- Option: Snacking

7. What is the treatment intended to relieve or heal a disorder?

Option: Exercise  
Option: Therapy  
Option: Prevention  
Option: Surgery

8. Which term describes a medical condition characterized by excessive body fat?

Option: Anemia  
Option: Obesity  
Option: Malnutrition  
Option: Weight loss

9. What is the active component in chilies responsible for their spiciness?

Option: Capsaicin  
Option: Caffeine  
Option: Vitamin C  
Option: Iron

10. Which term refers to the collection of microorganisms living in a particular environment?

Option: Ecosystem  
Option: Microbiome  
Option: Isotope  
Option: Hybrid

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Compounds with \_\_\_\_\_ properties are being studied for their potential in cancer treatment.

12. Maintaining \_\_\_\_\_ to a healthy lifestyle can lead to significant improvements in overall health.

13. A \_\_\_\_\_ is a substance formed when two or more chemical elements are chemically bonded together.

14. Regular screening for \_\_\_\_\_ cancer is important for early detection and treatment.

15. Nutrient-dense foods are \_\_\_\_\_ for maintaining good health and preventing

deficiencies.

16. A \_\_\_\_\_ is a unit of energy that is used to quantify the amount of energy in food and beverages.

17. Physical activity plays a key role in boosting \_\_\_\_\_ rate.

18. Adopting \_\_\_\_\_ practices is crucial for environmental conservation.

19. Addressing nutritional \_\_\_\_\_ is important for overall health and well-being.

20. Some synthetic chemicals can \_\_\_\_\_ the effects of natural hormones in the body.

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

21. Foods high in citric acid may contribute to the of the stomach.

22. The endocannabinoid plays a role in processes such as memory motivation and mood.

23. is a compound found in cannabis plants that is being researched for its potential health benefits.

24. Medications may have that can range from mild to severe adverse reactions.

25. One common symptom of motion sickness is often accompanied by dizziness.

26. Chronic diseases such as arthritis are often associated with responses in the body.

27. The process of is essential to stop bleeding and promote wound healing.

28. Regular exercise has a range of effects on both physical and mental health.

29. Adopting a healthy that includes balanced nutrition and exercise can improve overall well-being.

30. is a commonly used medication to relieve pain reduce inflammation and prevent blood clots.

## Answer

**Multiple Choice:** 1. Inflammation 2. Metabolism 3. Chilies 4. Research 5. Anemia 6. Fasting 7. Therapy 8. Obesity 9. Capsaicin 10. Microbiome

**Gap-Fill:** 11. Anticancer 12. adherence 13. compound 14. colorectal 15. valuable 16. calorie 17. metabolic 18. sustainable



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19. deficits 20. mimic

**Matching sentence:** 1. acidity 2. anandamide 3. Cannabidiol 4. side effects 5. nausea 6. inflammatory 7. clotting 8. beneficial 9. lifestyle 10. Aspirin

## CATEGORY

1. Health - LEVEL1

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