



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** /ˈtʃɪlɪz/ (noun): Small hot-tasting fruits of plants of the genus *Capsicum* used in cooking.
2. **Inflammatory** /ɪnˈflæməˌtɔːri/ (adjective): Causing or relating to inflammation particularly in a physiological context.
3. **Capsaicin** /kæpˈseɪ.ɪ.sɪn/ (noun): The active component in chili peppers that gives them their heat.
4. **Anandamide** /əˈnændəˌmaɪd/ (noun): A neurotransmitter that plays a role in pain memory appetite and mood regulation.
5. **Cannabidiol** /ˌkæn.əˈbɪd.i.əl/ (noun): A compound found in cannabis believed to have potential therapeutic properties.
6. **Microbiome** /ˌmaɪ.krəʊ.baiˈoʊm/ (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: Chillies
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



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

Date Created

2024/09/16

Author

aimeeyoung99

ESL-NEWS.COM