

H-O-T...Foods are the Best!

Can hot foods be too hot? Millions of people love spicy foods, but there are many negative side effects to eating those spices. In fact, they can ruin your intestines.!

The stomach is affected most when you binge on a lot of spicy foods all at once. It tends to get inflamed and ulcers and gastritis can appear which causes strong stomach pains. One known type of food that has a lot of spices in it is Indian food. In making this delicious cuisine, they put a ton of red chili powder and other spices.

List of spicy foods:

- Spicy chips such as Takis or Flamin' Hot Cheetos
- Hot sauces like sriracha, buffalo wing sauce, and Tobasco sauce
- Red chili powder
- Wassabi
- Jalapeno peppers

I, for one, really enjoy eating spicy foods. There is just so much taste in the food, I cannot resist; however, there has to be a limit. There have been many cases where too much spicy food has led to stomach bleeding and severe constipation. So don't stop those spicy food binges, just make sure you limit the amount of spicy foods you eat over time. Enjoy your food wisely.