
Subject: Re: Spicey food remedies
Posted by [Ryu](#) on Fri, 23 Jul 2010 17:41:37 GMT
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Seriously the burning sensation is good for you. It's great if you have the flu or a cold you can't shake off since your sinuses will just help you pour out snot and bad bacteria.

Man up and just handle it, Soon you'll become more tolerant to it.
