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Subject: Re: Spicey food remedies

Posted by [R315r4z0r](#) on Fri, 03 Dec 2010 19:06:33 GMT

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Ryu wrote on Fri, 23 July 2010 13:41 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.

Spicy foods mess up your taste buds. The more spicy foods you eat, and the more you try and "bare the heat," the more you screw up your ability to taste.

So, pretty much, if you "take the pain like a man" long enough, you will start to feel the effects less and less the more you have. But not because you're building up some immunity to the spice, it's because you're eroding your ability to taste the food you put in your mouth.

This is one of the reasons why I don't eat spicy food. It's not worth it.

However, I've also heard that anything carbonated is good for getting rid of that spicy feeling in your mouth. So things like soda work pretty well.

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