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Subject: Re: Spicey food remedies

Posted by [Pyr0man1c](#) on Sun, 19 Dec 2010 09:58:24 GMT

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Ryu wrote on Fri, 23 July 2010 12:41 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.

Milk

Flour. If you can eat flour.

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