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Subject: Re: Spicey food remedies

Posted by [R315r4z0r](#) on Sun, 19 Dec 2010 19:36:44 GMT

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xxxanonxxx wrote on Sat, 18 December 2010 23:28

Do you actually have any proof that it damages taste buds? Or did you just assume it?

I watched a show on TV that mentioned that it did. In fact, it was a mystery show that hindered on the idea of destroyed taste buds to catch the killer.

But after a Google search, I found out that it was just a myth. I think I just mis-interpreted what happened in that show I was watching.

So, yea.. I was wrong about them 'hurting' your taste buds, but, I read that some spicy foods can DULL your taste buds and make it hard for you to detect subtle tastes. For the most part, it is temporary though.

Earl Carstens, professor of neuroscience at the University of California at Davis . "When a person tells you they like spicy food because it enhances flavor, what they mean is they like the extra impact that spiciness has. The real taste of the food is actually reduced,"

[http://yourhealth.highpointregional.com/healthnews/HealthNewsFeature/hnf122208.h tm](http://yourhealth.highpointregional.com/healthnews/HealthNewsFeature/hnf122208.htm)

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