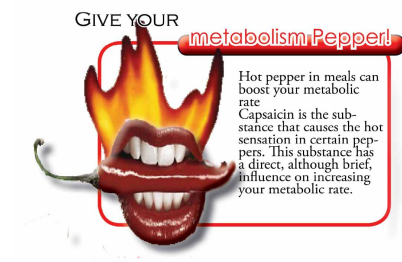


Give your metabolism: Pepper!

Written by

DATE_FORMAT_LC2 - Last Updated DATE_FORMAT_LC2



Give your metabolism: Pepper!

Hot pepper in meals can boost your metabolic rate

Capsaicin is the substance that causes the hot sensation in certain peppers. This substance has a direct, although brief, influence on increasing your metabolic rate.

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