CAYENNE PEPPER



The Remedy-Keeper's Kitchen Book · Volume 1

Cayenne Pepper

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Who this is for. This book is for the person who keeps a red shaker on the table, or is about to, and wants to do it properly for ninety days: the right amount, taken the right way, with a written record at the end. It's set in large print for a kitchen table. It assumes you've cooked for a long time and don't need to be talked down to. If you've taken cayenne for years, you'll find the amounts the trials used set beside your own habit. If you're starting on Monday, every day is laid out.

The honesty rule. Cayenne is a food. It sits beside a prescription, before anything ever becomes a prescription, and never instead of one. Nothing here replaces a pill, a test or a visit. Where a trial exists, the book gives you its size. Where no trial exists, the book says so instead of filling the gap with a story.

The pharmacist line. If you take warfarin, clopidogrel, aspirin or any other blood thinner, one question at the pharmacy counter comes before Day 1. You'll read that line more than once, on purpose.

Who made this. The people behind this book make videos and books about kitchen remedies. We're publishers, not doctors or pharmacists, and we haven't met you. Every study figure comes from a published trial or review, listed at the back with its PubMed number so you or your family can check it in a minute.

Part One · Before Day 1

Read this page first

This is the pills card in full. Read it before the first pinch, and print the short version from Part Three for the fridge door.

Blood thinners. Warfarin, clopidogrel, aspirin, or any other medicine that thins the blood: ask your pharmacist before you start. Capsicum, the pepper family, is on the pharmacists' list of plants that may add to bleeding when you're already on a blood thinner. The evidence behind the list is thin, mostly lab work, animal studies and single case reports, and the warning is small. Small isn't none. It costs one question at the counter, and then you know.

Blood-pressure pills. Cayenne is added alongside a prescription, never instead of one. The pooled trials found no change in blood pressure from cayenne, so there's no reason to touch a pill, and every change to blood-pressure medicine goes through the person who prescribed it.

Who leaves it alone. Anyone with a stomach ulcer, and anyone in a reflux flare. Anyone who's pregnant. Whoever has been told by a doctor to keep spice out. And anyone on a blood thinner who hasn't asked yet.

The red flags. Cold hands or feet that are new, or on one side only, or painful when you walk, or turning white or blue: doctor first, not a spice. Those are the signs of things a pepper can't reach, and the visit is short.

Chest pain. Chest pain is an emergency call. Nothing in this book treats a heart attack, and no spice ever will.

Your stomach. Cayenne burns some stomachs. Start with a pinch, always with food or in a drink with milk, never dry on an empty stomach. If it comes back as reflux or pain, that's your answer, and you stop. There's no prize for pushing through.

What the trials actually measured

Every claim about cayenne belongs on one of three shelves: tested in people, tested in a dish or in animals, or handed down by tradition. Below is the whole shelf, one paragraph per claim, with the trial named.

The warmth. Tested in people as a feeling; the sensor was found in the lab. Soon after a pinch, many people feel warmth in the face or chest, sometimes the fingertips. Capsaicin, the hot part of the pepper, lands on a sensor in your nerve endings that also answers a hot stove. The 2021 Nobel

The amounts the trials used

Trial	Form	Amount	How long	Who
Bortolotti 2002 (stomach)	red pepper powder, before meals	2.5 g a day	5 weeks	30 people with a sore stomach after meals; reflux disease excluded
Karrer & Bartoshuk 1991 (the burn)	capsaicin solution on the tongue	10 or 100 parts per million	daily testing, then one to six days off	volunteers; the abstract gives no ages or head count
Shirani 2021 (blood pressure)	red pepper or capsaicin, various	varied by trial	varied	pooled clinical trials to 2020
Cheng 2026 (blood pressure)	whole chili, red pepper powder, paste, pepper juice	varied by trial	some 12 weeks or longer	14 studies, 16 trial arms
Whiting 2012 (calories)	capsaicinoids and capsinoids	varied	varied	20 trials, 563 people

Week 1 · The Morning Cup

- **This week's amount:** a pinch, one sixteenth of a teaspoon, once a day, with breakfast. Hold it all week.
- **The kitchen preparation:** the morning cup.
- 1 cup of coffee or black tea, made the way you like it
- 2 tablespoons of milk, or 1 tablespoon of cream
- 1/16 teaspoon of ground cayenne (use the 1/16 spoon this week if your set has one, or half of the 1/8 spoon, leveled, so you learn the size of a pinch)
- your breakfast: toast, eggs, oatmeal, whatever it is

Pour the cup. Add the milk first, then the pinch, and stir well. Drink it with your breakfast, not before it. The powder settles, so stir again halfway through, and if the last sip is the hottest, leave the last sip. Tea drinkers do the same. If you drink neither, a small cup of warm milk does the job.

- **Why this week:** Soon after the first cup, many people feel it: warmth in the face or the chest, now and then the fingertips. Some feel nothing the first morning, and that's normal too. What you feel is capsaicin pressing a heat sensor in your nerve endings, the one the 2021 Nobel committee described as "a sensor in the nerve endings of the skin that responds to heat." Picture a doorbell wired to that sensor. The pepper presses it, the bell rings, and the room is no warmer. The nerve reports heat whether or not one extra drop of blood arrived. That's why this week's diary word is about where you felt it, not what it did. You start at

a pinch because the stomach lining meets capsaicin the same way your tongue does, and it doesn't get a vote until it's too late. The stomach trial kept anyone with reflux disease out, and this book does the same.

- **Write this down:** the word is where the warmth showed: face, chest, fingers, or nowhere. The number is your stomach, 0 to 3. Do the hand test as well and keep the hand word underneath; from Week 2 it becomes the main word.
- **Stop if:** the burning lasts past the meal, or it comes back as reflux or stomach pain. Once, drop to half a pinch for two days. Twice, stop for good; this isn't the remedy for you, and that's a fair result. If you're on a blood thinner and haven't asked yet, this week doesn't start until you have.

The pills card

BLOOD THINNERS (warfarin, clopidogrel, aspirin, others): ASK THE PHARMACIST BEFORE DAY 1. BLOOD-PRESSURE PILLS: cayenne sits beside them, never instead. Any change goes through the prescriber. LEAVE IT ALONE: stomach ulcer · reflux flare · pregnancy · told to avoid spice. STOMACH BURN, REFLUX OR PAIN: stop. CHEST PAIN IS AN EMERGENCY CALL. No spice treats a heart attack.

The amounts card

A PINCH = 1/16 TEASPOON. WEEK 1: a pinch a day. WEEK 2: an eighth, then an eighth plus a pinch, then a quarter. WEEKS 3 TO 13: hold at 1/4 teaspoon a day. THE CEILING. Two eighths: cup and dish. ALWAYS WITH FOOD. MILK, NOT WATER, FOR THE BURN. Stomach says no? Hold a lower rung.

The red-flag card

COLD HANDS OR FEET THAT ARE NEW · ONE-SIDED · PAINFUL WHEN YOU WALK · WHITE OR BLUE: DOCTOR FIRST, NOT A SPICE. Four things a pepper can't reach: narrowed leg arteries · Raynaud's · a slow thyroid · low B12. A short visit, one tube of blood, a cuff on the ankle. A hand still cold after 90 days is a blood test, not a bigger pinch.

Ludy & Mattes 2011 · A gram of red pepper at one meal, and a skin thermometer

Physiol Behav 2011 · PMID 21093467

- **What they did:** One meal, served three ways: a set gram of red pepper, each person's own preferred amount, or none. They measured energy used, core and skin temperature, and appetite. Everyone ate every version, on different days.
- **Who:** Twenty-five men and women, average age 23, lean. Thirteen ate spicy food regularly; twelve didn't. Purdue University.
- **How long and how much:** One meal at a time: "a standardized quantity (1 g)" of red pepper, or the preferred amount, 1.8 g a meal for regular users and 0.3 g for non-users.
- **What moved:** After the 1 g meal, energy use and core temperature were higher than after no pepper. Skin temperature was lower. The non-users ate less afterward; the users didn't.
- **What didn't, or wasn't measured:** The skin probe sat at the neck; that detail is in the full paper, not the abstract. Young, lean people, one meal, not people with cold hands.
- **What it means at your table:** No trial has found warmer hands or feet from eating cayenne, and the one skin thermometer on file, at the neck, read slightly lower after a gram of red pepper at a meal.

Bortolotti 2002 · Red pepper powder for a sore stomach after meals

Aliment Pharmacol Ther 2002 · PMID 12030948 · the same trial as a letter: N Engl J Med 2002 · PMID 11907302

- **What they did:** A team in Bologna gave red pepper powder, or a matching placebo, before meals to people with functional dyspepsia. Each person scored their symptoms on a diary sheet every day. Neither side knew who had which. The New England Journal letter reports this same trial.
- **Who:** 30 patients with functional dyspepsia; reflux disease and irritable bowel ruled out. 15 on pepper, 15 on placebo.
- **How long and how much:** A 2-week washout, then 2.5 g a day for 5 weeks.
- **What moved:** Overall symptoms, pain, fullness and nausea were lower on pepper from the third week on. "The decrease reached about 60% at the end of treatment in the red pepper group, whilst placebo scores decreased by less than 30%."
- **What didn't, or wasn't measured:** Anyone with reflux was kept out. Thirty people, one trial. The authors' idea that the stomach's pain fibers calmed down is offered as a probably.
- **What it means at your table:** The best-tested effect in this book, in thirty people, at an amount this book never reaches.

Receipts

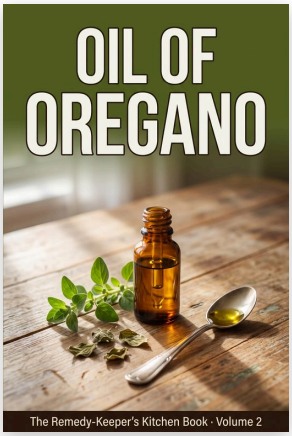
Every number, trial and quote in this book. Quotes are copied word for word from the PubMed abstract (E-utilities efetch, rettype=abstract), or for item 1 from the Nobel press release, and each carries its PubMed number (PMID). Items marked NEW were fetched for this book on Sep 24, 2026; the rest were verified for the production scripts on Sep 22–24, 2026.

1. The heat sensor and the 2021 Nobel line. "David Julius utilized capsaicin, a pungent compound from chili peppers that induces a burning sensation, to identify a sensor in the nerve endings of the skin that responds to heat." Nobel Prize in Physiology or Medicine 2021, press release, nobelprize.org (a press release, no PMID). That capsaicin fires the heat-sensing TRPV1 nerves, that the warmth is a feeling, and that no trial on file has found warmer hands or feet after eating cayenne: the production package TR-1.json, claim 1, supported-with-caveat. NEW. A skin thermometer after red pepper: Ludy MJ, Mattes RD. Physiol Behav 2011;102(3-4):251-8. PMID 21093467. Twenty-five lean adults, one meal, "a standardized quantity (1 g)" of red pepper (the full paper, PMC3022968, calls it cayenne red pepper and puts the skin probe at the neck): "Postprandial energy expenditure and core body temperature were greater, and skin temperature was lower, after test loads with 1 g RP than no RP." The full paper gives the size of the drop: "mean decrease = 0.11°C (0.19°F) and 0.23°C (0.31°F) over 270 min." Not the hands, not people with cold hands, one meal.

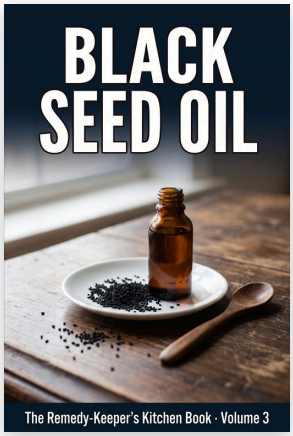
1. The burn fades; two to four days. Karrer T, Bartoshuk L. "Capsaicin desensitization and recovery on the human tongue." Physiol Behav 1991;49(4):757-64. PMID 1881981. Psychology Department, Yale University. Amounts: "10 or 100 ppm capsaicin," "daily testing." "The series showed a significant decrement in perceived

The other three.

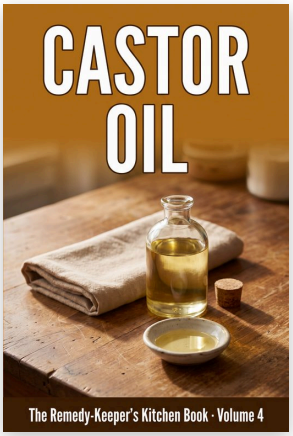
You started with cayenne pepper. The other three are written the same way: named trials, the amounts in household measures, the pills card and the red flags, thirteen weeks of kitchen recipes, in print you can read across the table.



Oil of Oregano



Black Seed Oil



Castor Oil

Start with one, lose nothing. The code below brings the other three for what's left of the set price, so all four together still cost less than the price of three.

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