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- Politics
- Hold Ye Front Page
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- Forces
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- Football
- Euro 2012
- Dream Team
- Cricket

SHOWBIZ

- Bizarre
- Film
- Music
- Biz Sessions

TV

- Soaps
- Big Brother
- X Factor
- The Voice

WOMAN

- Fabulous Mag
- Mums & Dads
- Beauty
- Fashion

YOUR VIEW TRAVEL

- Travel News
- PAGE 3 FUN & GAMES

Competitions

- Gaming
- Gadget
- Virals

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- Worldwide
- Sex Therapy
- Teen Worries
- Kids in the middle

MYSTIC MEG

- Monthly Stars
- My Psychics
- Offers

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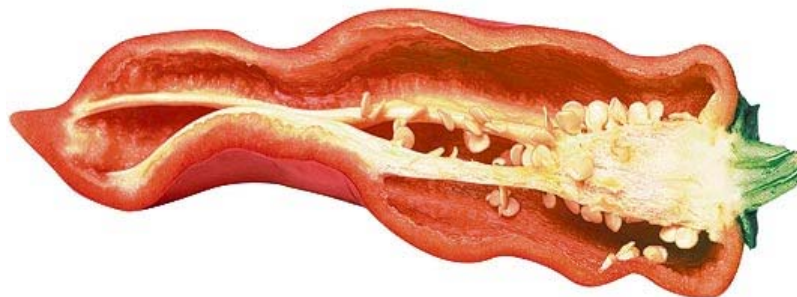
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It's the red hot chilli slimmers

Eating spicy food is a three-way flab-fighter



Chillies ... destroy fat cells

alamy

EXCLUSIVE By EMMA LITTLE, Health and Science Editor

Published: Today at 00:52

CHILLIES could cure Britain's obesity epidemic because they are potent fat-fighters, medics have discovered.

Research has found that the hot fruit battles the bulge in **THREE** ways.

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They burn fat, suppress hunger pangs — and boost overall calorie-burning rates.

Tests by food scientist Stephen Whiting proved chillies' key component — the chemical capsaicin that gives them heat — triggers an adrenalin rush.

This orders the brain specifically to burn fat cells — and tests found fat around the belly was burned most rapidly.

Midriff fat is the most dangerous, as it increases the risk of heart disease. Mr Whiting found chillies also helped to suppress appetite — plus they speeded up the body's overall metabolism, the rate at which a person burns off calories.

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For a decade, dieticians have studied the impact of chillies on the human

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But this is the first time the three-fold effect has been confirmed.

Mr Whiting, who is based at Manchester Metropolitan University, said: "If you eat chillies consistently for a good period of time, it will help you lose weight."

•
A SALT substitute made from seaweed has been created by British scientists.

Food scientists at Teesside University created the product, initially to flavour ready meals, with powdered dried seaweed from the Outer Hebrides.

Taste tests showed diners could not tell the difference.

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