



Login | Register

Sun, 08 Jul 2012 Walnut Creek | 16.1C

See

HOME NEWS

- Politics
- Hold Ye Front Page
- Captain Crunch
- Sun City
- Forces
- Weather
- Sun Says
- Malaria No More

VIDEO SPORT

- 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

DEAR DEIDRE

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

MYSTIC MEG

- Monthly Stars
- My Psychics
- Offers

MOTORS

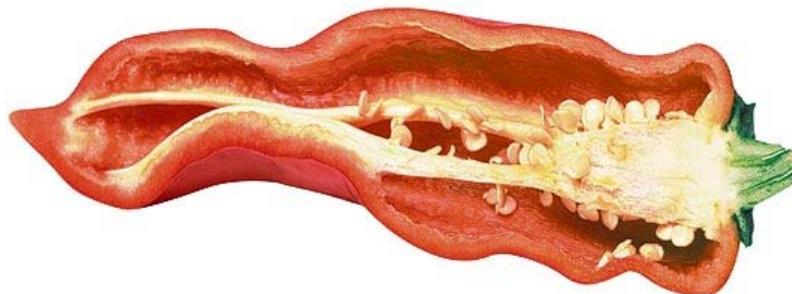
News

GOT A STORY? EMAIL : TALKBACK@THE-SUN.C

Latest celeb n

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.

YouView

Tweet 6

32 comments

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.

Related Stories



110,000 super obese drain NHS of £450million

A NEW generation of mega-fat Brits is costing the NHS more than £450m

Poor's junk diet swamping NHS



GET **Sun** ON YOUR SMARTPHONE CLICK HERE

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

Soft rape judge in blunder number two

JUDGE who let teen rapist go free is blasted again over soft sentence given to paedo

73 comments



Al-Qaeda ninjas in new training video

SIX masked assassins fire automatic pistols in new terror camp footage

57 comments



Killer crash car swerved into family 'on purpose'

TODDLER and an unborn baby died in horror smash



Flume puts out the Olympic flame

THE Olympic torch got a drenching and had to be re-lit after it was taken rafting

21 comments



4G internet

No annual contract

No activation fee

Shipping included

GET CLEAR



CLEAR

Latest n

Silverstone is soaked amid flood chaos

MARSHALS had to sweep course clear of surface water so F1 stars could drive laps

12 comments



Eating spicy food is a three-way flab-fighter

CHILLIES could cure UK's obesity epidemic because they are potent fat-fighters

32 comments



Great White seals the fate of this little chap

MERCILESS predator bursts



SCOTTISH SUN
IRISH SUN

SUN BINGO
Play online

BUSINESS
Directory

BETTING
£25 free bet

SUN LOCAL
Classifieds

CASINO
£150
Welcome
Bonus

VEGAS
GAMES
£25 bonus

CASHBACK
Earn free
cash

JOBS
Search 1000s

SUN GIFTS
Personalised

metabolism.

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.

e.little@the-sun.co.uk

Ads by Google

Drexel U MS Online

Advance Your Career with Top-Ranked Master's on Your Time. Apply Now.
www.Drexel.com/MasterDegrees

Public Relations Master's

The George Washington University. Benefit From Online Learning!
publicrelations.gspmonline.com

Zenni Optical® Eyeglasses

Turn Any Glasses Into Sunglasses. Add Tint For Just \$4.95. Order Now!
www.ZenniOptical.com

[Back to top of page](#)



32 comments

Log in or register with

You must be logged in to comment

+ Follow this conversation



POST YOUR VIEW

Sort by

Newest First

Oldest First



bankerbetter

0 likes

I've always put chilli on my burgers!



cipher

0 likes

curry tonight then, excellent news.



doverdefence

1 like

and you never see a fat mexican.....

from the ocean to devour its
prev off coast of Cape Town
24 comments



**70% discount on
Olympic souvenirs**

PRICE cut has prompted
fears that shoppers are
shunning the goods
42 comments



**37 per cent don't know
the first line of God
Save the Queen**

OVER a third of Brits don't
know opening line of anthem
42 comments



**Cops sell PSP with
cannabis in its case**

BUNGLING cops sold
console without realising its
carry case contained drugs
18 comments



**Blitz will foil fake
foreign students**

THOUSANDS of foreign
students will be barred from
Britain in a visa crackdown
40 comments



**Boris Johnson on
rate-fixing fallout**

LONDON Mayor says
bank-bashing MPs are
putting up to a million jobs at
27 comments



**Andy gets his oats
before big final**

ANDY Murray has a simple
recipe for Wimbledon glory —
a bowl of porridge
32 comments



**Legalise drug use, say
Brits in shock poll**

SIX out of ten Brits say they
would back trials in which
users escape prosecution
87 comments



**RBS axes Brits: Bank
moves jobs abroad**

ROYAL Bank of Scotland is
AXING British jobs and
sending them to India
77 comments



**Pilot law to tackle
domestic violence**

PILOT scheme to protect
women is set to start —
thanks to a Sun campaign
21 comments



**Olympics campsite
turned to mudbath**

A SITE set to house 3,500
workers is like a quagmire —
days before they move in
12 comments



**Skint EU chiefs build
swanky £350m HQ**

THE swish base, complete
with lavish restaurants and a

