

A vibrant collage of various spices and herbs arranged on a wooden surface. The items include several bowls and trays containing: finely chopped green herbs, bright red chili peppers (both whole and sliced), dark brown peppercorns, light brown coriander seeds, a bright yellow powder, a bright red powder, a bright green powder, star anise, cardamom pods, and other aromatic spices. The text is overlaid on the center of the image.

**THE NATURAL HERB  
THAT KICKS YOUR  
METABOLISM  
INTO TOP GEAR**

## THE METABOLISM HERB

If you like a bit of zap to your food, cayenne pepper is the perfect addition as it naturally boosts your body's metabolism. If you consume just half a teaspoon with a meal, it has been proven to provide an increase in the standard metabolic rate.

It does this through a process called dietary induced thermogenesis, which is basically a fancy way of saying it increases the thermic effect of food. The key component responsible for this is capsaicin, and cayenne pepper has it in abundance.

Ideally, you should take 1g or more of capsaicin per meal. But if you don't like the taste or the heat, you can take it away from meals, and alternatively in different forms, such as capsules which you can swallow, or drinking it in a tincture.

## THE SCIENCE

Studies have been published in the [Journal of Physiology & Behavior](#), [Journal of Nutritional Science & Vitaminology](#), ([twice](#)), [International Journal of Obesity](#), [British Journal of Nutrition](#), ([twice](#)), [European Journal of Nutrition](#), [Journal of the Medical Association of Thailand](#), the journal [Chemical Senses](#), and the [Journal of Medicine and Science in Sports and Exercise](#) showing that cayenne pepper consumption provides a generous boost to energy metabolism.

It was mentioned before that the primary ingredient in cayenne pepper responsible for inducing increased metabolism is capsaicin. But [The American Journal of Clinical Nutrition](#) found that a second component, dihydrocapsiate, also had a thermogenic effect in humans.

As you can see, it's been studied extensively, and from many different angles. One interesting fact they found in the first study linked above, was that cayenne pepper is even more effective at inducing higher metabolism if the person is not a regular consumer of the herb.

## **WEIGHT LOSS**

The boost in metabolism that cayenne pepper provides is great for losing weight. When your metabolism is higher, it causes your body to burn through your fat reserves, and this includes the fat in common trouble zones, such as the fat around your stomach.

But the metabolism boost provided by cayenne pepper is just one of the ways it helps you lose weight. The journal [Appetite](#), and others above, found that the herb also makes you feel fuller after a meal, and makes you feel fuller for a longer time, meaning less food consumption.

Other studies, such as one in [The Public Library of Science](#), showed that cayenne pepper increased fat oxidation, and one in the [British Journal of Nutrition](#), showed that fat intake was reduced. So overall, it's been proven beyond doubt that cayenne pepper is great for weight loss.

**For further information on metabolism and weight loss solutions, as well as other medicinal uses for cayenne pepper, please visit [HealthGlade.com](http://HealthGlade.com)**