

What are three key points that I will be communicating about:

1. Eating hot sauce has health benefits.
2. There are multiple different kinds of hot sauce that go with different foods.
3. Hot sauce releases endorphins and make you feel good

f) Which references will I be using to support my points:

<https://www.healthline.com/nutrition/is-hot-sauce-good-for-you#nutrients>

Liang, Tian, X.-Y., Chen, J. N., Peng, C., Ma, K. Y., Zuo, Y., Jiao, R., Lu, Y., Huang, Y., & Chen, Z.-Y. (2012). Capsaicinoids lower plasma cholesterol and improve endothelial function in hamsters. *European Journal of Nutrition*, 52(1), 379–388.

<https://doi.org/10.1007/s00394-012-0344-2>

www.chillychiles.com

<https://secretaardvark.com/blog/hot-sauce-good/>

<https://www.everydayhealth.com/diet-nutrition/why-spicy-foods-hurt-good/>

Let me see by a show of hands here, who has heard of the show, “Hot Ones”? If you’re unfamiliar with the show, the host interviews his guests while eating increasingly spicy chicken wings and the guest has to answer while dealing with the effects of spicy food. The first couple of wings are not very hot, but are surprisingly tasty, luring the guest into a false sense of security before cranking up the heat. By the end of the show, the guests are sweating and cursing, but much more alive than the start of the interview. They feel the spice, and feel the rush that the heat can bring to you. This is why you should eat hot sauce.

The heat that comes from hot sauce comes from a chemical called capsaicin, which binds to receptors on your tongue that are responsible for detecting heat, and give the sensation of something being spicy (Gruenemay, 2017). Your body, thinking that it's on fire, releases endorphins to help with the pain and makes you feel good, working as a natural painkiller. (Gruenemay, 2017).

While this sounds like it must be doing something terrible to your body, hot sauce is surprisingly good for you. According to webmd and the Secret Aardvark hot sauce company, capsaicin is helpful in reducing inflammation, lowering blood pressure, reduces risk of heart disease, has an antioxidant effect and helps to increase your metabolism, aiding in losing weight. These benefits all come from a sauce that you can add to almost any meal.

For a lot of people, hot sauce is just another condiment that can add a bit of flavor to your food, maybe make some dish they made a little less bland and that's it. Hot sauce can be so much more. The big sauces that have dominated the market have most people thinking hot sauce is just salty, vinegary and with barely any heat to offer but according to chillychiles.com, there are literally thousands of hot sauces to expand your idea of what they can be. Cayenne peppers and

jalapenos make up most of the milder sauces on the market, but habaneros, ghost peppers, scorpion peppers and carolina reaper peppers are being blended up to make super hot sauces, and also add a unique flavor for those willing to brave the heat.

Some hot sauces have unique ingredients or special flavors to cater to different dishes, like pineapple, blackened garlic, caramelized onions, mushrooms or even blueberry to add spice and dimension to a whole host of foods other than tacos and hot wings. Have you ever tried hot sauce on ice cream? Or thought of putting hot sauce on popcorn or peanuts? The culinary choices are almost endless.

There are also sauces that can be so hot, in my experience, parts of your body can go numb, you could feel a headrush, or even experience a feeling akin to a runner's high without the exercise. After the heat goes away, you're left with a sense of euphoria or at the very least, a delicious taste in your mouth. You feel alive and engaged with your meal. So next time you're out to have some wings, or it's taco tuesday, maybe think about reaching for the hot sauce, because sometimes, a little spice is nice.