

Title:

Capsaicin: A Pain Relief Cream Straight Out of Your Kitchen

Word Count:

491

Summary:

Capsaicin is a common ingredient in many pain relief creams available on the market. This arti

Keywords:

pain relief cream

Article Body:

When we think of a chili pepper, we imagine it in adding its distinctive spiciness to food. Bu

But what is it about capsaicin that makes it so effective in relieving pain? The answer lies i

The brain responds to the burning sensation by releasing endorphins, the body's natural painki

Endorphins are a class of neurotransmitters produced by the body to respond to any kind of pai

While some studies suggest that it is only effective in a percentage of actual users, capsaici

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