**SCFAs** = Short Chain fatty Acids

In our intestine, bacteria help us digest fibre! After this digestion, bacteria produce SCFAs that can travel throughout our body and produce beneficial effects.

**GUT-BRAIN axis**: Fibre feed good bacteria in the intestine. This prevents inflammation of the intestine and improves our mood and fight against depression and brain disorders!

*Bacteria* in our intestine help us digesting fibre! After this digestion, bacteria produce SCFAs that can travel throughout our body and produce beneficial effects.
Chillies contain capsaicin as a mechanism of defence against animals. Birds can eat chillies as they don’t feel the heat from capsaicin and they are useful to disperse the seeds around.

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Capsaicin is a molecule that activates TRPV1 receptors that are expressed in neurons throughout our body where they regulate pain and heat sensations.
Caffeine looks like Adenosine, the brain chemical responsible for sleepiness.

Caffeine blocks Adenosine actions, causing more brain firing activity.

**ALERTNESS**: caffeine is a potent stimulant and can stop drowsiness.

**CONFUSION**: caffeine may overstimulate the brain.

**INCREASED BLOOD PRESSURE**

**RAPID HEARTBEAT**

**UPSET STOMACH/HEARTBURN**

**DIARRHEA**

**HYPERVENTILATION**

**INCREASED URINATION AND BLADDER ACTIVITY**

**PREVENTION OF CALCIUM ABSORPTION**

**INCREASED RISK OF OSTEOPOROSIS**

INTERESTING FACTS

**Caffeine** is found in tea shrubs, cacao and kola trees, guarana and yerba mate.

**Caffeine** has pesticide and herbicide properties to help protect naturally the plants from pests as it can be toxic to insects.

**Caffeine** can be found in medication, tea, chocolate, vitamin supplements, beauty products and even decaffeinated coffee.

**Caffeine** stays in the body between 3-12 hours.

World’s most widely used psychoactive drug even by spiders!!!