

7 HEALTH BENEFITS OF CAYENNE PEPPER

- 1. Can lower blood sugar and blood pressure levels.
 - 2. Contains anti-irritant properties.
 - 3. Clears congested sinuses.
 - 4. Boosts heart and cardiovascular health.
 - 5. May help ease discomfort and pain associated with a toothache.
 - 6. Contains anti-inflammatory properties.
 - 7. May boost your metabolism.