

The East London Garden Society

Plant Facts

Chilli Peppers

Capsicum fruits, also known as red pepper or chilli pepper, have been

Senior author Dr Bo Xu commented, "It highlights that dietary factors may play an important role in overall health." Xu, a cardiologist at Cleveland Clinic, went on to say in a press release:

"We were surprised to find that in these previously published studies, regular consumption of chilli pepper was associated with an overall risk-reduction of all-cause, cardiovascular disease and cancer mortality. The exact