



CHILIS CRUSHED

Botanical Name: Capsicum annum

Common Name: Chili

Medicinal part: Seeds, veins, outer parts

Description: Chili is the Aztec name for Capsicum annum. It has been used both as a food and a medicine by Native Americans for over 9000 years. The Capsicum family includes bell peppers, red peppers, paprika, and pimento, but the most famous medicinal members of the family are cayenne and chile. The tasty hot peppers have long been used in many of the world's cuisines, but their greatest use in health comes from, surprisingly, conventional medicine.



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