Beat the Heat

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Do spices affect you in a way you don’t want to be affected? Perhaps you want to be relieved from the pain you suffer. Well my experiment might have what you are looking for! The results I found are perfect for finding what reliever is best to use in dire situations. My experiment had me drinking hot sauce, consuming items for relief, and hoping to never do this again. First I would prepare my materials for consumption, drink the half teaspoon of jalapeno hot sauce, and then eat the reliever and time how long it takes for the spicy feeling to return to my mouth. I did that twelve times for each reliever, totaling in at about 24 teaspoons of hot sauce drank, or about 4.1 fluid ounces. Using milk, sugar, wheat bread, and tomatoes, the master of heat defeat came out to be milk, with a dominating mean of 11.7 seconds of bliss! Concluding my experiment was a long awaited shower and tall glass of milk to keep my sanity intact. If you want to know more about my subject, do some research on what causes spice and find your own results with different relieving items such as fattier substances. Perhaps find out the worst reliever!

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