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Subject: Re: Spicey food remedies

Posted by [Tupolev TU-95 Bear](#) on Fri, 23 Jul 2010 18:30:20 GMT

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I love spicey food (taco's fajita's curries and even hot kebabs.

But for some reason i end up with the shitters the next day But yeah for me the beer is the only option for me to cool down

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