

eWellness magazine

One banana a day!

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Did you know? According to the latest Japanese Scientific Research, a full ripe banana with dark patches on the yellow skin produces a substance called TNF (Tumor Necrosis Factor), which has the ability to combat abnormal cells. The more darker patches it has the higher its immunity enhancement quality; Hence, **the riper the banana the better the anti-cancer quality**. A yellow skin banana with dark spots on it is 8x more effective in enhancing the property of white blood cells than a green skin version.

Another survey was conducted very recently among 200 students at a school in London. They were given bananas along with their normal diet for their breakfast, break and lunch. Research proved **that potassium in bananas helped to increase their mental alertness and boost "brain power."** Having a banana at breakfast every day adds a nutrient to your body to support normal brain function.