

Do Ripe Bananas With Brown Spots Fight Cancer ?

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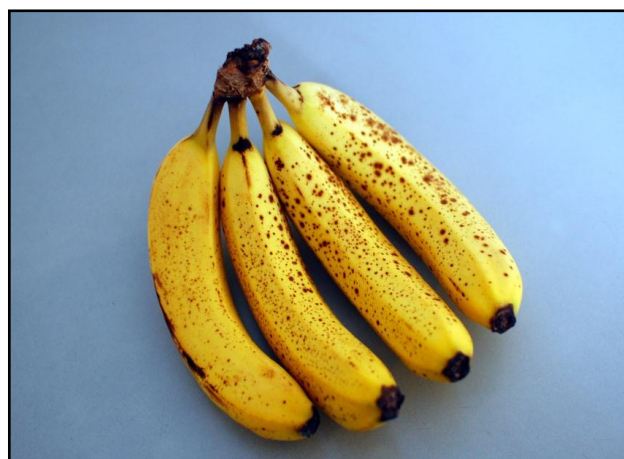
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Dear Editor in Chief,

Are you also one of them who favour the ripening of bananas till they get dark spots before eating? Most of people have been told that the riper banana has less nutritive benefit, but now a large group of people are there who believe the fact that the riper the banana, the better the anti-cancer quality. Researchers carried out by Japanese have proven that the ripe bananas have the quality to fight with cancer. The dark brown spots occurred on ripe yellow bananas produce such type of substance that is called Tumour Necrosis Factor (TNF) that diminishes cancerous tumours. With the ripening of banana, the level of its antioxidant increases simultaneously. This strengthens your immune-system and increases the number of white blood cells. It has been proven that a ripe banana is eight times more effective than their younger green siblings in cancer-fighting competency of white blood cells.¹

Japanese Studies on Bananas for Cancer

A research was done by Haruyo Iwasawa and Masatoshi Yamazaki, Japan. Their extracts from different fruits, including bananas were injected to lab mice. The observed result of this controlled experiment showed that among all



the fruits' extracts, injected into the mice, banana carried out the most improvements in the total health of the mice. Bananas increased the number of white blood cell count in the blood and they also restricted the rise of cancer cells by producing a powerful substance called TNF, in their bodies.² The consumption of an over-ripe banana facilitates the body for the production of a potent substance popular for the prevention and fighting with cancer, which is known as the Tumour Necrosis Factor (TNF).

Stop Tumours in their Tracks

TNF is a cytokine that consists of little signalling molecules. In this there is a complex system that communicates and influences the

activities and movements of fundamental cells. In fact, TNF is such type of protein which is enabled with the ability to communicate with cells and control their cellular functions and organize their movements. Thus, TNF inhibits the growth of abnormal cells such as cancerous cells.

As tiny as the small TNF molecule looks, encapsulates the powerful functions to serve the body. TNF is helpful in the prevention of cancer because it destroys assured groups of tumour producing cells, by the pumping of excess water into the detrimental cells and burst them from the pressure.³

Anti-oxidants in Bananas

Bananas have some antioxidants which cause the destruction of free radicals. Free radicals are such type of molecules which devastate through the blood stream by causing the development of cancerous cells. The antioxidants in bananas are capable to decrease the free radical damage in the body and fight with cancer in its initial stages by destroying free radicals.⁴

Yellow vs. Green

Both yellow and green bananas have high fibres, vitamin B6, vitamin C and potassium. Both types of bananas nurture your gastrointestinal functions and help in digestion. Green bananas are benefitted for being less sugary. Although, when a banana starts ripening, its starch substance contains simple and easy-to-digest sugars that raise blood sugar levels. Insulin resistant individuals or diabetic patients should observe their consumption of sugary ripe bananas. With the rise of cancer-fighting substances of ripe bananas, the micronutrient profile (vitamin and mineral content) decreases a little bit. Thus a mix up of fruits with both fully ripe and green-tinted bananas is the solution of your dilemma of choosing which one from the both.^{1,4}

Enjoying a Ripe Banana

To acquire the maximum advantage, grasp the banana before it reaches its peak ripe stage and turns fully brown. Keep them in refrigerator to prevent more dip in vitamins and minerals. If your banana has been fully ripe and sugary, you can enjoy it by adding it and bake it as part of a delicious banana & bread treat.

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