

# 9 benefits when eating bananas blackened

Is it beneficial or harmful to eat bananas when the skin has darkened?

Health researchers claim that bananas give us lots of health benefits. You can drink banana smoothies, protein-rich milk or just eat to lessen severe hunger. However, we often leave bananas until too many black spots appear. Recently, researchers in Japan have found some amazing benefits of dark spots in bananas, but we often throw them in the trash when the cover is dark. Let's explore the special benefits below.



## 1. Anti-cancer

Researchers point out that dark bruises on the banana peel contain a compound called Tumor Necrosis Factor (TNF) against cancer tumors. Therefore, when eating the darkened bananas we can prevent cancer.

## 2. Cure heartburn

Bananas significantly reduce the natural acidity in the stomach and resolve indigestion. Bananas are easy to digest so they won't make you bloated. After eating a banana, you will no longer feel uncomfortable. Therefore, instead of taking indigestion and heartburn, you can eat bananas to solve the problem right away.

## 3. Adjust blood pressure

In order to maintain your blood pressure stable, you need to have enough potassium in your blood and black bananas can provide enough potassium for your body. Bananas with dark-skinned shells are rich in potassium and contain low sodium content - which helps to prevent blood pressure changes.

## **4. Reduce your frustration**

Bananas contain tryptophan - an amino acid. Your body needs to use amino acids to produce serotonin, a neurotransmitter that binds thoughts together and is more alert. Therefore, bananas will help you feel calm and help you get a good night's sleep.



## **5. Cure constipation**

In fact, everyone knows bananas can cure constipation. Bananas contain high fiber content that helps intestinal functions to function effectively. So when you have gastrointestinal and gastrointestinal problems, try eating a banana to fix it!

## **6. Load energy instantly**

Bananas containing high levels of potassium help you recharge a large source of instantaneous energy after a hard workout. Potassium content in bananas helps your muscles avoid contractions. Other minerals and nutrients will help you endure endurance. We are not just saying it well, but it is a proven fact.

Besides, bananas also provide a lot of healthy nutrients, suitable for bodybuilders, you can refer [\*\*here\*\*](#).

## **7. Solving ulcers**

Pain means you have to endure severe pain and strict dietary restrictions because there are many spices and foods that make your condition worse and swell. However, bananas are so soft that they can quickly pass through the digestive tract and provide the body with the necessary nutrients.

## 8. Preventing anemia

Bananas are high in iron. Iron is one of the main components of blood cells that is responsible for transporting nutrients and oxygen in your body. Bananas supplement the need for iron deficiency in the body to reduce anemia - thought to be low in iron and red blood cells.



## 9. Reduce dysmenorrhea

Deep-peeled bananas contain a lot of potassium to help relieve menstrual muscle pain. In addition, bananas are rich in vitamin B6, which reduces the risk of flatulence and water retention in your body.

Bananas are a great addition to your meal. Make sure you eat when they are just starting to appear dark spots. Do not leave until the black outer shell is completely new, as it has lost its antioxidants and other nutrients. Ripe (or ripe) bananas are easier to digest.

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