

There are many types of anti-cancer fruits in Vietnam that few people pay attention to

In particular, this kind of fruit is very popular in the autumn and mid-autumn seasons like this.

1. The best parts of food are often discarded by people
2. List of 10 most rare and delicious voted fruits in the world

On September 9, every year, on the fruit stalls, we also found people selling pink fruits with very eye-catching yellow and orange. This fruit is one of the most popular fruits grown in Asian countries in general and Vietnam in particular. In our country, every occasion near the Mid-Autumn Festival, pink fruits are more and more popular because this is an important fruit in the Mid-Autumn Festival tray.



In addition to being a fruit that is effective for our health, ripe persimmons also have an effective anti-cancer effect.

Why is pink capable of fighting cancer?

According to oriental medicine, persimmons are soldered, have effects on the heat of the apple, lemongrass of sputum pepper, puree, only thirsty, sue, cures, blood pressure . help reduce constipation, aches due to the disease hemorrhoids or diseases such as hemorrhage, dry cough, sore throat, high blood pressure.



In addition to the above nutrients and uses, the rose also contains a large amount of catechin and polyphenol antioxidants, which have excellent anti-inflammatory properties. In addition to high levels of beta carotene, compounds such as sicutol and betulinic acid also contribute to the fight against dangerous cancer.

With these beneficial compounds, persimmons are considered 'medicinal herbs' that can be used to fight free radicals - agents that cause cell damage and also cause cancer. Antioxidants will neutralize these free radicals and prevent DNA damage.



In addition, the fruit contains lots of Vitamin C, which helps prevent oxidation, boosts the immune system, helps the body prevent and treat some common diseases like colds, flu, lung infections, asthma. . Pink also helps to beautify women, because the composition of persimmons contains vitamin A, iron helps ruddy skin and maintains the true composition of blood, improves skin health and hair.

Notes when eating pink



Although persimmons have many uses and benefits for such bodies. But it is not always and everyone can eat pink freely, because sometimes it will be counterproductive for people who use them incorrectly. Therefore, when eating rose, you also need to remember a few points:

1. Do not eat at hungry because it can affect the stomach as well as stone formation.
2. Do not eat pink peel can form stones in the stomach.
3. People with diabetes, diarrhea, stomach disease should avoid eating pink.
4. Do not eat pink with food: sweet potatoes, goose meat, fishy stuff.

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