

## What taste does the nose taste, is it good for health?

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Eat rusty nose. Many listeners feel horrible and unhygienic but there is a fact that almost everyone has ever tasted this "dish" once in their lifetime as a child. Even many adults are still addicted to this dish.

### So what is the smell of rusty nose that attracts many people?

According to the evaluation of a person who still retains the habit of eating the nose from early childhood until he is married, the nose is rusty, mixed with salty taste.

Rust is a dry state of a mixture of mucous membranes in the nose combined with dirt (sand and dust may be present) in the air. During the process of pruning, if you have strong hands, it may cause bleeding and of course, if the rusty nose has a slightly sour taste.

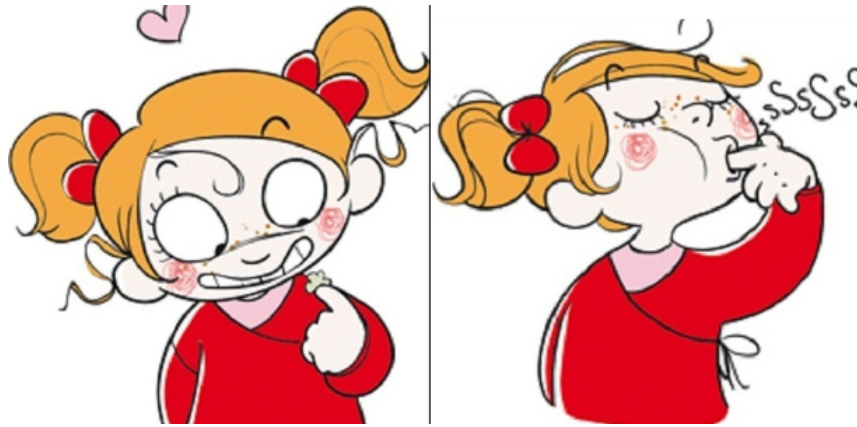


In summary, according to many people, nose rust is quite easy to eat, even for some special individuals, the dish can be considered delicious.

### Eating rusty nose is beneficial or harmful to health?

Basically, nasal rust has no nutritional value even very dirty. So, eating rusty nose is unsanitary and not good for health.

But, according to some studies of the science, the results are completely opposite, eating rusty nose is good for health.



Scott Napper, a Canadian professor of biology, thinks that eating rusty nose helps boost the body's immune system. According to him, the nose is an organ that filters bacteria and dust naturally when breathing. When these bacteria are introduced into the digestive system, they become a very good drug that helps the body's immune system to be healthier to fight certain diseases.

After knowing the unexpected benefits of this rusty nose, do people who consider it an unsanitary thing change their mind and courage to taste it?

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