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.

Eating just 1 banana a day increases immunity.