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Lotus has long been popularly used in Traditional Oriental Medicine and is known for its many amazing health benefits, such as beautifying the skin, preventing cancer, fighting inflammation, and controlling blood sugar levels.

Health benefits of lotus | Vinmec : news : health-news : nutrition : health-benefits-of-lotus

While there's limited research on the human health effects of consuming lotus, it's thought that these antioxidant compounds might protect against diseases that stem from oxidative stress. In particular, they may have anticancer effects, protect against Alzheimer's disease, and prevent liver damage (8 , 9 , 10).

5 Unique Health Benefits of Lotus - Healthline

healthline : health : 8-uses-for-lotus

Our challenging collection puts you in control of Fireboy and Watergirl. You can move each character at the same time to navigate through tricky levels. All Fire and Water games feature a mysterious temple filled with gems. Flip levers in the forest, press buttons in icy arenas, and activate moving platforms in the light temple. Your fiery friend can only acquire red diamonds, and the liquid lady must