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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](#)  
vinmec : news : health-news : nutrition : health-benefits-of-lotus

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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

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Pop It Master is a casual browser-based online game that has taken the world by storm. The game is based on the popular Pop It, Simple Dimple and Squish toys that are loved by many, but still unknown to some, especially the older generation. In Pop It Master you will interact with Pop It. The game concept is simple and mimics the real-life experience of playing with a Pop It toy. You will encounter Pop-its in different shapes and your