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Lotus has long been popularly used in Trad  
itional Oriental Medicine and is known for its many amazing health benefits, suc  
h 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

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While there's limited  
research on the human health effects of consuming lotus, it's t  
hought 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 Ben  
efits of Lotus - Healthline