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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.

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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).