

The Lotus Flower



The Lotus Flower is known as a bad thing. In Odysseus's world most people know not to eat it.

In reality the lotus flower can be very healthy for you. Soothes the stomach, lowers cholesterol, digestive issues, and eases menstrual cycle.



The roots of a lotus flower have a wide range of health benefits. It improves digestion, reduces cholesterol, lowers body pressure, prevents cancer, and relieves depression.

It is a symbol of awakening to the spiritual reality of Hinduism and Buddhism.



The roots of lotus flowers can be cut and used as a vegetable. It can also be fried and used in a cuisine.



Health Benefits of Lotus Root | Organic Facts. (2013, October 30). Retrieved November 9, 2015, from <https://www.organicfacts.net/health-benefits/vegetable/lotus-root.html>