

# Enlightening Minds and Blossoming Lotus

## Health Benefits

- ~Soothe Stomach
- ~Lower Blood Sugar and Cholesterol
- ~Eases Menstrual Cycle
- ~Digestive Issues
- ~Stops bleeding

The root of the Lotus can be cut and used as a vegetable or fried into a cuisine.

In reality the Lotus leaves can help with tons of health benefits

In the book it makes the people happy and take all of their fears and worries out of the way. This does not seem all that bad, considering they probably wouldn't have made it back home in the right mind anyway.



After all, the lotus plant is not that bad and can be used for various good things.