

Abide by the Lotus



The Lotus Flower was said to be dangerous to the human body, little do most people know the flower can enhance the human body.



Do you have a cough? If so, mix some Lotus seed powder with some honey and your cough will instantly go away.



The Lotus flower has often been confused with the water lilies but the Lotus and the water lilies are not related.



The Lotus Flower is very human-friendly. It is known to help with many issues with your body. One thing that people may really enjoy about the Lotus, is how it helps eliminate acne!



The flowers are usually found on thick stems rising several centimeters above the leaves.



Roots of the Lotus flower are planted in the soil of the pond or river bottom.

