

# The Lotus Plant



This is where the seeds of the Lotus Plant are kept. The seeds are used for various ailments such as diarrhea and inflammation.



These are the petals of the Lotus flower petals and can be used to make a tea and help with fever or sunstroke.

The root which is not shown in the picture has many purposes in medicine. Such as blood circulation, mental clarity, blood pressure, digestion, weight regulation, etc.

**Lotus Flower is not fatal to people, it is actually very healthy for you.**

