

# LOTUS

The Lotus plant is known to be bad or wrong in the Odyssey and in reality, the Lotus plant is very beneficial.



SYMBOL  
OF  
PURITY

## HEALTH BENEFITS

- Soothe Stomach
- Lowers Blood Sugar and Cholesterol
- Eases Menstrual Cycle
- Digestive Issues
- Stops Bleeding
- Helps Coughing

Can be used as a snack, fried vegetable, or fried cuisine.

- >Leaves-tortilla
- >Seeds-raw and unripe or ripe and cooked
- >Rimiosones-soups

Red  
White  
Blue  
Pink

not poisonous  
good for animals  
shades animals

Overall, Lotus is a very healthy plant with many medicinal benefits.