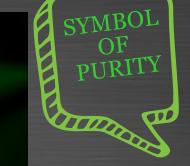
The Lotus plant is known to be bad or wrong in the Odyssey and in reality, the Lotus plant is very beneficial.



## **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

not poisonous good for animals shades animals

Red **White** Blue **Pink** 

Overall, Lotus is a very healthy plant with many medicinical benifits.

