



# The Lotus Plant

Health benefits and information

The lotus flower represents one symbol of fortune in Buddhism. It grows in muddy water, and it is this environment that gives forth the flower's first and most literal meaning: rising and blooming above the murk to achieve enlightenment.

The lotus root help boost the immune system, prevent various forms of cancer, balances your moods and relieves depression.

The lotus roots are a good option for people trying to manage their weight.

The lotus root also controls the levels of homocysteine in the blood, which is directly connected to causing heart attacks.