

# The Lotus Flower



The Lotus Flower is known as a bad thing. In Odysseus's world most people know not to eat it.

In reality the lotus flower can be very healthy for you. Soothes the stomach, lowers cholesterol, digestive issue, and eases menstrual cycle.



It is a symbol of awakening to spiritual reality of Hinduism and Buddhism



The roots of a lotus flower have a wide range of health benefits. It improves digestion, reduce cholesterol, lower body pressure, prevent cancer, relieves depression.



Health Benefits of Lotus Root | Organic Facts. (2013, October 30). Retrieved November 9, 2015, from <https://www.organicfacts.net/health-benefits/vegetable/lotus-root.html>

The roots of lotus flowers can be cut and used as a vegetable. It can also be fried and used in a cuisine.