

The Lotus Flower



- ~ Associated with beauty and purity in Hinduism and Buddhism.
- ~ Lowers your blood sugar.
- ~ The ancient Egyptians believed the lotus meant rebirth .
- ~ The Lotus flower is a very popular tattoo.
- ~ Its root has a total of 59 calories.
- ~ It is one of the most important symbols in faith.
- ~ There are four different colors, blue, white, pink and red.
- ~ It soothes your stomach.
- ~ The flower is also used in many traditional Asian medicines.

