

Do you know the truth behind the Lotus Plant?

~ Many people are unaware of the benefits that the Lotus plant has. It's said to be harmful to the body, however, it is actually beneficial to the human body. ~

~ Soothes the stomach and helps maintain a steady digestive process.

~ Helps lower blood sugar and cholesterol

~ It helps relieve inflammation

~ Adding lotus to green tea can help with acne.

Facts about the Lotus Plant

~ Mixing honey and lotus seeds help to soothe your cough.

~ Helps relieve stress and help with relaxation

~ Helps lower the risk of strokes and heart attacks

~ Helps maintain enzymatic activity.

Lotus roots are a great source for Vitamin C.

Health benefits?

Lotus roots provide many important minerals.

Lotus Roots are very healthy option to those trying to manage their weight.

Fun facts about the Lotus Plant



Vitamins in the lotus roots have been proven help improve the health of eyes, skin, and hair.