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div><div><div>Lotus has long been popularly used in Traditional O

riental Medicine and is known for its many amazing health benefits, such as <

span>beautifying the skin, preventing cancer, fighting inflammation, and cont

rolling blood sugar levels.</div></div></div><

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><div>Health benefits of lotus | Vinmec</di

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iv><div>While there's limited research on the human hea

lth effects of consuming lotus, it's thought that these antioxi

dant compounds might protect against diseases that stem from oxidative stress. I

n particular, they may have anticancer effects, protect against Alzheimer's

disease, and prevent liver damage (8 , 9 , 10).</div></div></di

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<div>5 Unique Health Benefits of Lotus - Healthli

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