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riental Medicine and is known for its many amazing health benefits, such as <
span>beautifying the skin, preventing cancer, fighting inflammation, and cont
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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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