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Lotus has long been popularly used in Traditional Oriental Medicine and is known for its many amazing health benefits, such as beautifying the skin, preventing cancer, fighting inflammation, and controlling blood sugar levels.

[Health benefits of lotus | Vinmec](#)

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While there's limited research on the human health effects of consuming lotus, it's thought that these antioxidant compounds might protect against diseases that stem from oxidative stress. In particular, they may have anticancer effects, protect against Alzheimer's disease, and prevent liver damage (8 , 9 , 10).

[5 Unique Health Benefits of Lotus - Healthline](#)

healthline : health : 8-uses-for-lotus

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No. Call of Duty: Warzone Caldera required an online connection to game servers in order to play. Call of Duty: Warzone Caldera shut down on September 21, 2024, and the game servers are no longer be available.

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