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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 : news : health-news : nutrition : health-benefits-of-lotus

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5 Unique Health Benefits of Lotus - Healthline : health : 8-uses-for-lotus

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But the new decade meant a new way of life. Eventually, MLS players had enough. Instead of openly complaining, according to USA Today in February 2024, just before Covid broke out across North America, the league and its players' union finally granted the use of charter flights as a part of th