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[5 Unique Health Benefits of Lotus - Healthline](#) : health : 8-uses-for-lotus

[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 \(8 , 9 , 10 \).](#)

[Unsurprisingly, Stumble Guys is very similar to Fall Guys](#), with players racing through various zany obstacle courses. This includes many original levels, though a few are more clearly inspired by Fall Guys courses.