

MACA... The Inca Superfood

What is Maca?

Maca is a root vegetable or tuber from a perennial that grows in the harshest, most difficult farmlands in the world - the extreme high plains of Peru. It is a delicacy, with a sweet and mild flavour with a butterscotch like aroma. Its potato like tubers can be dried and stored for years with no appreciable loss of nutritional value.

The Benefits of Maca

It is especially rich in iodine, 10.2% amino acids, 59% complex carbohydrates 8.5% fibre, 2.2% lipids, and essential minerals such as calcium, magnesium, phosphorus, potassium, iodine, manganese, copper, silica, sodium, zinc and iron. It contains vitamins B-1, B-2, B12, C and E, and is a source of glycoside steroids.

- Increases fertility (a chief attribute)
- Used by weightlifters as a natural and safe alternative to anabolic steroids.
- It helps to restore balance or homeostasis to the body.
- Used to increase energy and promote improvement in both stamina and endurance.
- Is especially beneficial to those who suffer from chronic fatigue syndrome.
- Increases mental clarity.
- Balances hormones in men and women.
- HRT alternative (relieves vaginal dryness, skin crawl and depression)
- Menopause (endocrine system balancer and a great soy-substitute)
- PMS (monthly hormonal regulation).
- Anemia (bio-available iron).
- Osteoporosis (bone-building through bio-available minerals ie calcium, silica, phosphorus).
- Thyroid deficiency (primarily because of its iodine content)
- Erectile dysfunction and male impotence for men
- The Peruvian Indians believe it to be **an aphrodisiac**. In North America it is marketed as Nature's Viagra.

Start with a ¼ teaspoon in the morning for 3 days, working to 1 teaspoon once or twice a day until a feeling of wellbeing has been restored.