

History

Maca Root is a nutritional supplement from the Andes in Peru that has been called a 'superfood". The Peruvians have been using Maca root for thousands of years. It was first recorded in writing by the Spaniards back in the 16th century. In South America it has been used as an adaptogen (means that it works positively in your body even if you suffer from stress and other anxieties).

Alpaca manure is used to fertilize the Maca and it has been shown by researchers that: Quality of seed sources and soil content, as well as organic growing strategies and drying methods, all play a part in maximizing the quality of all active constituents.

Maca is mainly grown for the nutritional and health value of its root. The majority of harvested maca are dried. In this form, it can be stored for several years. Fresh roots are usually available only in the vicinity of the growers. The root can also be mashed and boiled (in much the same way as we would boil a sweet turnip), to produce a sweet, thick liquid, dried and mixed with milk to form a porridge.

The growing demand for Maca root is responsible for its rapid commercialisation in both Peru and Bolivia. Recently, specific [phenotypes](#) – colour of root; Cream, Black and Red. Cream is more favoured in Peru. Black is considered the strongest in energy terms, whilst Red Maca has been shown to reduce the prostrate.

Cream,Black and Red Maca all have similar tastes which is a light, nutty flavor and can be consumed in a number of ways, it makes a lovely tasting desert when added to banana, or sprinkled over a museli, soup or porridge. (Please note Maca root has detoxifying qualities which can be misinterpreted so read further on this).

Maca is a food staple in Peru and there are no known effects of toxicity

Benefits of Maca Root (See other articles on our site www.hsib.co.uk)

Maca has been used medicinally for centuries in South America and is known as an adaptogen - see above.

Some of the many benefits of Maca include:

- improve workout performance, endurance, stamina, strength & muscle gain;
 - raises testosterone in men & eliminates hormonal problems in women;
 - overall stress protection;
 - quicker injury recovery;
 - lowers high blood pressure, lowers cholesterol, increases energy levels;
 - increases metabolism, may help with weight loss / obesity;
 - improve sex drive & cures erectile dysfunction;
- Research to support these claims:

A double-blind, randomized, pilot dose-finding study of maca root (*L. meyenii*) for the management of SSRI-induced sexual dysfunction.

Dording CM, Fisher L, Papakostas G, Farabaugh A, Sonawalla S, Fava M, Mischoulon D.

Source

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'Maca was well tolerated. Maca root may alleviate SSRI-induced sexual dysfunction, and there may be a dose-related effect. Maca may also have a beneficial effect on libido.'

- can benefit macular degeneration & night vision loss;
- reduces the regularity & severity of asthma attacks;
- may ease symptoms of arthritis & joint pain;
- reduction of allergies to dogs, cats, seasonal pollens, etc;
- may cure chronic fatigue, relieves depression, aids in detoxification;
- can benefit macular degeneration & night vision loss;

How to use:

500mg of the highest quality 4:1 Maca extract (equivalent to 2,000mg of Maca root).

There is no recommended daily dose for Maca, but to benefit from its' use around 15grams, normally taken throughout the day (3 x 5grams doses),

Or 2 tablets per day and see how you feel.

If you are on any medication please consult your doctor in if any doubts prior to introducing a new item into your diet.

