

Maca

Botanical name: *Lepidium meyenii*

Energetics/Actions: Sweet, warm, moist, adaptogen, aphrodisiac, nutritive

Description

Maca has been cultivated as a food for over 2000 years. It was originally grown by the Inca who consumed it as a strengthening tonic. Maca is a nutritious root that is high in vitamin C, iron and copper. It is a member of the brassicaceae family (along with broccoli, cauliflower, kale and other superfoods). The Quechua of Peru use maca to promote mental acuity, physical stamina and fertility.



Uses

Mental acuity and concentration: Traditionally used in Peru to improve performance in school.

Hormone balance: Maca improves libido and may improve sperm quality in men.

Depression: Improves symptoms of depression.

Menopausal symptoms: May improve symptoms of hot flashes and insomnia for women during the menopausal transition.

Dose

Powdered root: 1.5-5 gm a day

Capsules: 500 mg a day

Tincture: ½ teaspoon up to 3 times a day

*Purchase from a reputable herb company that tests for contaminants. Lead has been found in maca.

Safety Information

Not for use with thyroid conditions. Do not use in pregnancy or while breastfeeding. Talk to your health care provider if you have any hormone sensitive conditions, for example, endometriosis or breast cancer.