Maca

*Lepidium meyenii*

http://hubpages.com/hub/maca

Erin Kennedy
History

- Central Andean region-Peru
- Domesticated version grown for 2000 years
- Spanish warriors-less fertile at high altitudes

http://www.hispagen.org/america/Peru/Peru.gif
Traditional Cultivation

• Still practiced in Junin region
• Seeds mixed with debris, hand-scattered
• Sheep let into plot, push seeds into soil
• After frost, dug up by hand
• Washed, dried, stored in cloth bags
How Maca Can Be Used

- Food
- Drink
- Alcohol
- Antioxidant
- Anticancer
- Antidepressant
- Stress reliever
- Energy booster
- Fertility enhancement
- Aphrodisiac
- Relief of menopausal symptoms

http://img.alibaba.com/photo/11148608/Maca_Lepidium_Meyenii_Walp_.jpg
Maca as Food

Making “watia”
Aphrodisiac

- Long history of use as aphrodisiac, fertility enhancer
- Increases sperm count, sexual desire, energy, endurance
- Alternative to testosterone-effective even for healthy men
- Relatively few studies on humans
- Many tests on animals (rats, fish)

http://www.lloydandrew.com/Marketing/images/Spirulina%20MACA%20300%20tab.JPG