

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



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



www.macaperou.com/index.php?p=lamaca

http://img.alibaba.com/photo/11148608/Maca_Lepidium_Meyenii_Walp_.jpg



www.rain-tree.com/gallery/maca-cultivation.htm

http://www.thehallcenter.com/store/popup_image.php?piD=335&osCsid=iheennlrk

www.yoga-abode.com/node/738

http://img.alibaba.com/photo/12166799/Maca_High_Power.jpg

<http://www.rawelements.ca/images/maca%20maple%20chunk.jpg>

www.natrol.com/womenshealth/16156-maca/

http://www.palitosgourmet.com/english/maca_snacks.html

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>