MACA Extract 5:1

Maca root is grown in the high Andes and traditionally used by Peruvians as food and for healing. It is considered as safe to eat as any other vegetable food. However, it contains unique alkaloids which activate or balance the entire endocrine system, and also strengthen the immune system. This may initially cause various reactions as the body tries to adjust and find a new balance. This can be a problem especially with the elderly or those on medical drugs. Therefore one should always start with a low dose, increase gradually, and cut back temporarily if and when any problems arise.

The main use of Maca is as a supplement for menopausal and menstrual problems, infertility, libido, normalising thyroid, adrenal and prostate functions, increasing stamina, vitality and energy.

**Menopause:** Maca root is often used instead of hormone replacement therapy (HRT). While HRT can cause ovaries to atrophy, maca root simply helps to balance it by stimulating the pituitary gland. "Maca has proved to be very effective with menopausal patients in eliminating hot flashes and depression, and in increasing energy levels." It is also believed to work as well for male menopause problems.

**Infertility:** Many man and women use maca root supplements to help combat infertility as well. It may help prevent/alleviate enlarged prostate, ease male impotence, as well as enhancing sexual desire and performance. Clinical studies indicate that Maca improves these conditions without increasing testosterone levels.

**Menstrual Relief:** Maca is also considered effective in relieving menstrual symptoms. Sometimes women found it helpful to take maca only on days 1-14 of their cycle (day 1 being the first day of bleeding). Taken on other days some PMS may get worse and/or skin breakouts. Experiment and see what works best for you.

**Other Health benefits:** Maca reputedly increases stamina, vitality and energy levels, and may be especially good for patients with Chronic Fatigue Syndrome (CFS). It tends to improve alertness and concentration, helps to improve the body's ability to handle stress (by enhancing the function of the Hypothalamus-Pituitary Axis). It helps with the fat metabolism as it has anti-lipidaemia properties, improves blood sugar problems or diabetes conditions, and stimulates the pancreas and regulates the thyroid. As an alternative to anabolic steroids it helps to build muscle.

**Directions for using Maca Extract Powder**
Our Maca Extract is about 5 x stronger than normal Maca powder. Start with a small amount, such as a quarter of a level teaspoon (1 level teaspoon is approximately 5.6 grams). See how you feel after a week, then increase to half a level teaspoon. Keep re-assessing and increase up to one level teaspoon, or decrease as needed. It can be added to drinks, juices, smoothies, and mixed with foods.

For children try half of the adult dose to increase energy and improve concentration. With a thyroid condition or when elderly, or when using medical drugs be especially careful as medications may need to be reduced. Maca tends to make iodine less available, therefore use an iodine supplement in addition, such as 1 or 2 drops of Lugol's solution.
Maca is a food and should not produce any side effects. However, it is a stimulant and initially can intensify symptoms. If this occurs reduce dosage to a minimum and increase very slowly.

For more information see http://macasure.com/resources/articles/morton-walker.htm and http://www.thyroid-info.com/articles/macaq&a.htm

For orders see http://www.strideintohealth.com