

# SPOTLIGHT ON MACA

## WHAT IS IT?

Maca, also known as Peruvian Ginseng (even though it is not part of the ginseng botanical family - it's actually in the radish family), is a root plant grown high in the Peruvian Andes. It is consumed as a food (usually in powder form) and for medicinal purposes.

It is used as a folk remedy to boost stamina, energy, mood, improve fertility and libido, and overall physical functioning.

Maca is often referred to as a “superfood” that is dense in amino acids, vitamins and minerals. It is also an adaptogen, which means that it supports overall health and strength. It is considered to be very beneficial for hormone balancing, endocrine and thyroid function enhancement and even immune system enhancement. These benefits are most likely related to its high content of amino acids.

## HOW TO USE IT:

Maca powder can be added to smoothies or bliss balls, sprinkled on porridge and can come in a capsule form as a supplement. The powder is beige in colour and has a butterscotch-like scent and flavour.

It does act on your endocrine system so it's something to have in moderation and because it might act like estrogen, if you have any condition that might be made worse by exposure to estrogen then you should talk to a trained professional about taking maca. Maca is not recommended for women who are pregnant or breastfeeding.

Like all powerful foods and supplements, it is recommended to seek advice before adding it to your regular diet.

## WHERE TO BUY IT:

- Health Food Shops
- Food co-operatives
- Online at [Honest to Goodness](#)