

## **Krofter**

In the Andes maca is taken only as needed, not habitually. Also, like a lot of farmland here in the US, many maca fields are worn out, leaving the maca grown in them a poor quality.

Posted On 03/13/2017

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## **abe5680**

I have my standard hormone smoothie - half a cup of organic spinach, 12 almonds, 1/4 cup of pumpkin seeds, a banana and almond milk filled to the line whizzed up. That's the basic recipe, but I add a spirulina tablet or two, a teaspoon of combined cacao and maca powder, some hemp protein and some bee pollen to the mix also. Very nice and I find this very helpful to consume at least twice a week if I can. I like it because you actually have to chew it well also! I was aware it was good for hormones and adrenals and very high in vitamin C (why I was using it) , but wasn't previously aware it was a also good source of iodine - so now I like it even more and might up my dose! Thanks again Dr Mercola - I suspect so many of us are deficient in iodine, and I always prefer to get my nutrients from foods where possible.

Posted On 03/12/2017

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## **Almond**

Maca is esp. good in any recipe where you use squash or pumpkin. You can make a pumpkin pie smoothie with a cup of yogurt, 1/2-1 banana cut in chunks, 1/2 c. cooked squash (chilled leftovers), cinnamon, maca, pumpkin pie spices and sweetener to taste. Put it all in a blender until smooth.

Posted On 03/13/2017

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## seg

I guess since Maca and other super foods are high in sugars and carbs then we need to concentrate efforts and look for the real demon that is decimating our health..Suspect we might find some answers by looking at how our foods are "grown," what kind of soils are they grown in and what chemical cocktails are added to the soils..How about adequate sunlight and clean water, particularly rain water..Then we need to look at how they are "refined/processed/stored." More questions than answers and if you can't take it anymore, try this [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 03/13/2017

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## Kippers

Good posts Seg. Now, what about the more 'randy' effects of Maca? Think the bride will support maca usage? Maybe if she gets some too? It might help to get to the 'root of the problem!' But Stanley, Randy, Stoic what if the 'Zombies' get a hold of it? There could be a ZOMBOCALYPSE! We'll have to summon Billy G. from the Gates of Hell!

Posted On 03/13/2017

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## iamblessediam

Hi ALL -- My immune system thanks you both - laughing Buddha time;-))! Give me Rodney instead of the "chicken little drill" every time - nothing like chuckling throughout the day! Love, blessings and peace!

Posted On 03/13/2017

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**seg**

LOL Kip, yes you may have to hide the maca for a while just to preserve the superhero effect..And once in a while you can "slip" her some in her smoothie to raise the bar.. both bars in this case - bar none this is a super effective bar raising strategy lol.. Yam see for a while now i been saying to eat yer yams, good fir you and the flag bearer as well lol..

Posted On 03/13/2017

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**stevekill**

Not all superfoods are good for everyone. I tried one teaspoon of maca for a week in my smoothie. It was the only change that I made in my diet that week, and I started to feel sluggish and depressed. This was a very unnatural feeling for me, and I felt awful. Some research revealed that some people experience side effects, including fatigue. Apparently maca can stimulate estrogen production. Of course, my experience is just anecdotal. I am an extremely healthy male, age 62. I stopped taking maca immediately, and after one day I felt back to normal. I don't feel inclined to experiment with maca again.

Posted On 03/13/2017

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**seg**

Steve, Maca, like Ashwaganda, Holy basil, rhodiola etc are considered as adaptogens..You should try a smaller dose and then "slowly" work up to a larger dose..Remember the poison is in the dose ..Another biggie to watch out for is the quality of the maca..All in all, if you are doing well with what you were doing, then best bet is to stick with works for YOU..But if you want to try Maca then make sure the quality is good and take a much smaller dose and tweak accordingly..

Posted On 03/13/2017

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## RichardWolfstein

It seems that the sexual benefits of maca are particularly pronounced in people using SSRI antidepressants, according to this study. [www.ncbi.nlm.nih.gov/.../18801111](http://www.ncbi.nlm.nih.gov/.../18801111)

The study found that maca reversed SSRI-induced sexual dysfunction, and increased overall libido as well. No side effects were observed. So if your sexual desire is out of whack due to taking SSRIs then maca root might be your friend. The study confirms what all the mountain men of Peru have been saying for hundreds of years as well.

Posted On 03/13/2017

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## idajane13

I use this in powdered form in my coffee, along with oat milk, every morning. I like the way it makes me feel and it tastes like butterscotch to me. There is a little residue in the cup but not a deal. Thanks Dr for all your great information. I enjoy reading

your news letter every day.

Posted On 04/26/2019

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## SavvyE

Just curious, did you get the powder from Dr.Mercola's website?

Posted On 08/05/2019

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## 19beets

After being on Cenestin, an HRT, for over 10 years due to hysterectomy because of endometriosis, my estrogen levels were sky high. I tried bioidenticals for about a year then decided I'd stop those too. Unfortunately, I was also at that transitional age. The suffering I endured from hot flashes, irregular heartbeat, nervousness, general insanity! I was on a mission to resolve my symptoms naturally. I read about royal maca and bought some ... Took one a day... It did absolutely nothing. The bottle sat in my refrigerator for about a year. One day I took it out again and read the back ... it said to increase the dosage until symptoms disappeared. After taking two 500 mg caps in the morning and two at night, voilà, I was symptom-free. I've been taking Whole World Botanicals royal Maca ever since. It has been approximately two years... I will not stop taking royal maca for any amount of money!

On another note, when I recently had my hormones tested, all were in range for my age. I don't have excessive estrogen anymore. As the article states, not all maca is created equally. Whole World Botanicals' royal maca is organic. I have spoken to the doctor who created it. She not only knows a great deal about women's hormones but oversees the growing in Peru. I am not otherwise affiliated with the company.

Posted On 03/13/2017

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## stevekille

Your point about dosage is well taken, seg. (and this was mentioned in the article) I was taking 5 grams (one teaspoons) which is much more than would be in one capsule. But there are lots of other supplements I like, so I don't think I will use maca any more. I have never had a reaction this intense. And, of course, it could have been something else completely, and I tried to think of any other cause.

Posted On 03/13/2017

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## seg

steve, you also have to look at the "synergy" between foods and supps as well..Many folks taking substance X may not see any results, however when they add substance Y to the equation, voila, energy levels soars and you may have to pull back on the reins.. The same concept also applies to drugs, so one has to look at the synergy as well..You may find if you back off on the other supps you may be able to tolerate maca well..Experiment with smaller doses and see how it works..If not just continue with what yer doing..Whole foods is vastly superior in my book, then one can add targeted supps to fill in the blanks...Oh and you can just hit the reply button on your original post to have all of these discussions under the same roof :)

Posted On 03/13/2017

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## iamblessediam

Yo seg...excellent point. Add into the mix the "bimodal effect" where "less is better" - like what is being discovered with CBD/THC ratios and dosage. There isn't one single isolate in Nature, everything is a complex - the same goes on in the body, whether for the good or otherwise. Love, blessings and peace!

Posted On 03/13/2017

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## terencek

Dr. Mercola: What are your thoughts on the different types of maca as some of the research you reference relates to how different types of maca have different effects?

Posted On 04/06/2017

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**benrock88**

Thanks for the insightful article and comments. Is it possible that the zinc content in maca is also a factor in increasing libido?

Posted On 03/13/2017

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**seg**

ben in most cases it is never just the one ingredient or substance in the food, it is the "synergy" between the nutrients/substances in the food that makes it "super." Considering at one time or another, ALL foods were considered SUPER and the entire planet was one giant "blue" zone :)

Posted On 03/13/2017

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## Guillermou

This review will discuss research on nutrition, phytochemicals, and the various colors of maca, including black, red, yellow (predominant colors), purple, gray (lesser known colors), and any combination of colors, including proprietary formulations. discussed based on available clinical and preclinical trials. As a result of these properties, combined preclinical (animal) and clinical studies, maca has become known for its therapeutic effect on countless conditions, including fertility and reproductive health in men and women, prostate health, sexual performance and sexual desire, cognitive decline and memory loss, menopause, low chronic mountain sickness scores, skin health, anemia, cancer, vitality, gastrointestinal motility, and osteoporosis (Table 1).

Although not confirmed, it has been suggested that the effects on mood and cognition may be due to the possibility of maca metabolites crossing the blood-brain barrier. While it is an interesting hypothesis, much of whether maca compounds can cross this highly selective barrier may depend on specific maca fractions used. [www.mdpi.com/.../530](http://www.mdpi.com/.../530) (2024).---

Posted On 04/16/2024

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