



## The Pure Power of Maca

By Beverly Lynn Bennett

Book Publishing Company, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Macagrown in the high plateaus of the Andes mountains in central Peru and Boliviahas been cultivated for over three thousand years. Widely praised as a superfood and credited with boosting stamina, energy, libido, and fertility, maca also functions as an adaptogen, a natural substance that stimulates the body to heal whatever is out of balance. Maca has been recommended for decades by both conventional and alternative health care practitioners worldwide. Beverly Lynn Bennett reviews maca s nutritional and healing properties and all its available forms. She thoroughly covers how to incorporate powdered maca into daily meals and provides 32 scrumptious recipes, including beverages, morning meals, snacks, sides, main dishes, and treats. Incan Maca Hot Chocolate, Garden Guaca-Maca-Mole, and Maca-Miso Dressing are just a few of her delicious offerings.



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