



# Health Matters

by  
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Natural Foods Market

In order to increase energy, boost memory and enhance sexual vitality, we can nourish our endocrine glands with foods known as adaptogens. Adaptogens fuel the pituitary gland, as well as the thyroid and adrenals, which all help meet the extra demands of stress, exhaustion, insomnia and hormonal imbalance.

**Maca** is a well-known adaptogen root vegetable that's been eaten routinely for centuries by the long-lived indigenous people of Peru. Grown in the ancient mineral-rich soil of the Andes Mountains 14,000 feet above sea level, it's in the same family as Brussel sprouts, cauliflower and turnips. **Maca** is a rich source of amino acids, fatty acids, vitamins and trace minerals.

Available in capsules, liquid extract or powder that can be used in smoothies, **Maca** has multiple health benefits, including reduced stress, increased energy, improved memory and rejuvenated libido for both men and women.

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

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