

Hormone Balance: Adrenal Glands

Maca Root Improves Adrenal Function.

Lepidium peruvianum chacon restores homeostasis impaired by restraint stress.

Phytother Res. 2004 Jun;18(6):471-4.

López-Fando A, Gómez-Serranillos MP, Iglesias I, Lock O, Upamayta UP, Carretero ME.

Aim: To evaluate the anti-stress activity of Maca.

Result: Rats treated with maca before undergoing the stress test showed very little variation or no variation in their pre-stress test blood tests.

Implications: Maca was shown to reduce or eliminate stress-induced ulcers, elevated cortisol levels, hypoglycemia and the increase in the weight of adrenal glands—all of which are produced by stress. It also eliminates the decrease in free fatty-acids (FFA) in plasma produced by stress. **Thus, feeding with Maca was able to overcome the immune system suppression effects of stress.**