



Health Matters

by

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In order to improve energy, boost memory and / or enhance sexual vitality, we need to nourish our endocrine glands with foods known as adaptogens. Adaptogen foods fuel the pituitary gland, which regulates other endocrine glands to meet the extra demands brought on by stress, exhaustion, insomnia and/or hormonal imbalances. **Maca** is a well-known adaptogen root vegetable that has been eaten daily by the long-lived indigenous people of Peru. Grown in the ancient mineral-rich soil of the Andes Mountains 12,000 feet above sea level, **maca** contains abundant amounts of amino acids, fatty acids, vitamins and trace minerals. Customers frequently tell us how maca improves the way they feel. It's available in capsule, liquid or powder. You can now shop online at www.NFMonline.com. As always, we guarantee your satisfaction.

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