

OUTSTANDING ANECDOTIC CASES

Case 1. Mr. Urs Brandli
Inborn and coming from Switzerland
40 years-old male patient

Three years ago, he started to present a general weakness. He get a series of auxiliary examinations and the only thing found in this evaluation was an excessive amount of a fungus (***Candida albicans***) in the feces. Additionally, the fungus was also found in a pharynx excretory culture. Due to this the study about this microorganism was intensified and it was found that there was a deficient production of antibodies against ***Candida albicans***. At that moment, the serology for infection by VIH was negative.

The patient remembered that more than 12 years ago he get the diagnosis of the presence of a fungus in the trunk skin, the reason why he was prescribed some tablets of a systemic antimycotic, ketoconazol, with which he had a good evolution. However, he develop a severe collateral hepatic effect what obliges to stop the treatment.

Due to this, the patient went to an holistic-medicine center, the Aeskulap Klinik, in Brunnen, Switzerland. In this clinic they confirmed the infection by ***Candida albicans***, indicating that it was not anything related to an allergy produced by any product, including metals. The treatment he received was based on natural products, an extract of thymus that is to be injected intramuscularly every two days. He followed this treatment during three months. Besides, he received Selen (selenium), bacteria to regulate the intestinal-bacterial flora and the indication to avoid the consumption of flours, yeast and sweets.

With these indications the patient had a notable improvement. However, one and a half years later he started to observe a general weakness, easy fatigue, lack of energy and desire to fulfill a normal work, and much sleep. At this moment all the clinic evaluation and the auxiliary examinations were normal, with the exception of an increase of the reactants of the acute phase, a laboratory test that measure the presence of inflammation in the organism.

Then the patient started to take **Andean Maca** (Naturalfa), two tablets in the morning and the night. After a few days using Andean maca the patient noted an improvement in all his troubles, with the recuperation of general animosity, the improvement of weakness and excessive sleep, better attitude for work and home problems. The patient continues using the Andean maca till now and he feels totally asymptomatic.

Three months ago he had his last clinic and laboratory medical exam, finding everything under normal limits, including the exams for inflammation and those for ***Candida albicans***.

Case 2. The wife of our Case 1 is a 37 years old woman. She refers that since she was young has suffered of Pre-menopause syndrome (PMS). She has used a series of pharmaceutical products including non-steroid anti-inflammatory (NSAIs) and hormones without feels any better. She says she learn to live together with her

troubles. However, she can not avoid trouble herself with the pains, and practically unable two or three days a month due to her PMS. She has a 6-years old daughter and does not use any anti-conceive method.

Six months ago, after she saw the beneficial effects of the Andean maca to her husband, and the references about its use to improve the PMS, she started taking Andean maca, three tablets daily together with her meals.

Since the first month, she noted the total disappearance of the abdominal pain, nausea, vomits and she already can carried out her normal activities without to feel the PMS inconveniences.

The patient continues using the Andean maca till now.

Case 3. Mr. Juan Carlos Barreda
Peruvian, Canada's resident

He practices physic-culturism and came to Peru to participate in the Mr. Peru's Contest, representing the Gold Gym gymnasium . He has a normal routine to train for six hours daily and three weeks ago he heard a talk about the maca and started consuming it at a daily dose of 3 tablets in the morning and 3 tablets in the night. (he use Andean Maca, Naturalfa ®). Since then he has noticed that he practically do not feel tired or weak during his training hours as well as after training, being able to continue practicing other different activities.

Besides maca, he simultaneously used another product called Cithin that is indicated to treat overweight and the corporeal grease-excess reduction without reducing the muscular mass. The simultaneous use of maca and Cithin allowed him to reduce the excess of grease and made possible a better muscular definition as well as to maintain a very exigent exercises routine without to feel tiered what leaded-up him to obtain the 2nd.Place in the Mister Peru's Contest 1998.