

# Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome

Post by “Kalosyni” of May 31, 2022 at 9:33 AM

This thread is for food (and food as medicine) in the time of Epicureans in ancient Greece and Rome.

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Regarding honey in ancient times:

Quote

In Athens, beekeeping was so organized that the great legislator Solon (640-558 BC) was forced to define by law the distances that should exist between apiaries so as not to create misunderstandings about the ownership of flocks.

They did not have sugar, but they had honey, as part of their diet and medicine.

Quote

Some of the ways in which the ancient Greeks used honey in their daily lives were the following:

Acid honey. Honey with vinegar. How to deal with fever.

Apple honey. Apples preserved in honey throughout the year. The honey acquired the characteristic smell of apples. They parsed the same recipe with other fruits.

Mead honey. Liqueur resulting from alcoholic fermentation of honey.

Melikrato. Honey with milk. Food for children.

Wine honey. Honey with wine. It is reported that Democritus lived to a ripe old age because he consumed wine honey with bread.

Hippocrates excludes the beneficial effect of “wine honey” on healthy and sick, Pythagoras finds that honey eliminates fatigue, while Democritus writes about well-being and longevity because of honey.

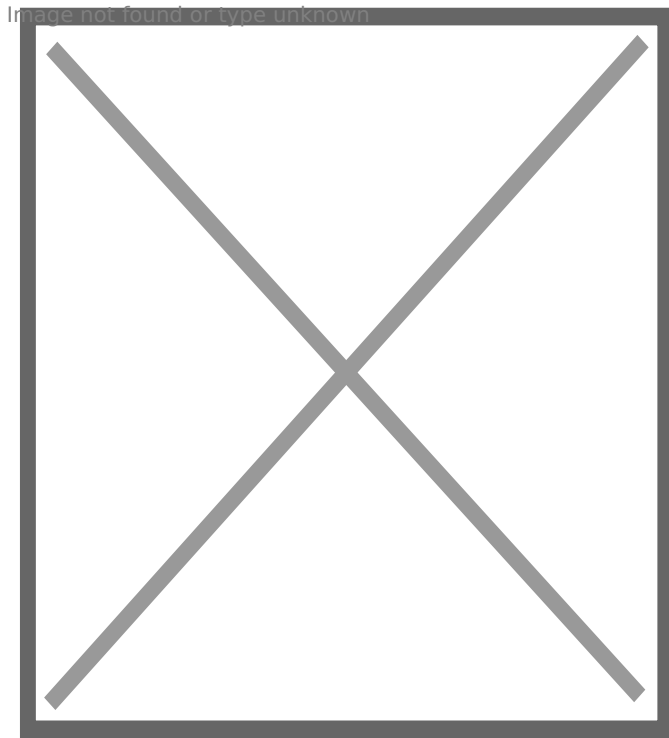
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