

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

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My wife and I recently watched the Netflix series on the Blue Zones – places where a higher percentage of people live to healthy old age: <https://www.netflix.com/search?q=blue%20zones&jbv=81214929>

We had read the book years ago. I was particularly interested in the Greek island of Ikaria, because of the (loose) connection to Greek culture. Here is the article on Ikaria from the Blue Zone site: <https://www.bluezones.com/explorations/ikaria-greece/>

I have never been really careful with diet – largely ignoring, for example, my gluten sensitivity (which recently nailed me after a delicious pasta meal). Now, I am trying to cut out gluten-grains – as well as finely milled non-gluten breads and the like (I seem to recall that the rapid digestion of such can spike insulin). Non-gluten, intact grains only. Tonight will be lentils and brown rice, with a side of lean chicken and a small salad.

In recent years, I have also had two or three recurring (mild) bouts of gout – which is tuning me into anti-inflammation considerations, including a host of herbs and spices (e.g. ginger, garlic – of which we are robust consumers anyway – coriander, oregano, etc.: to list the more “Mediterranean” ones, although trade brought in, say, black pepper from India).

Okay, more veggies and fruits! **The wine stays!** But I am switching to organic wine with no added sulfites (like “Our Daily Red”: <https://ourdailywines.com/products/our-d...ganic-red-blend>.)

Basically, the “Mediterranean Diet” without the bread and pasta (and pizza – Oh no!).

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Disclosure: I’m 72. 😊 😎