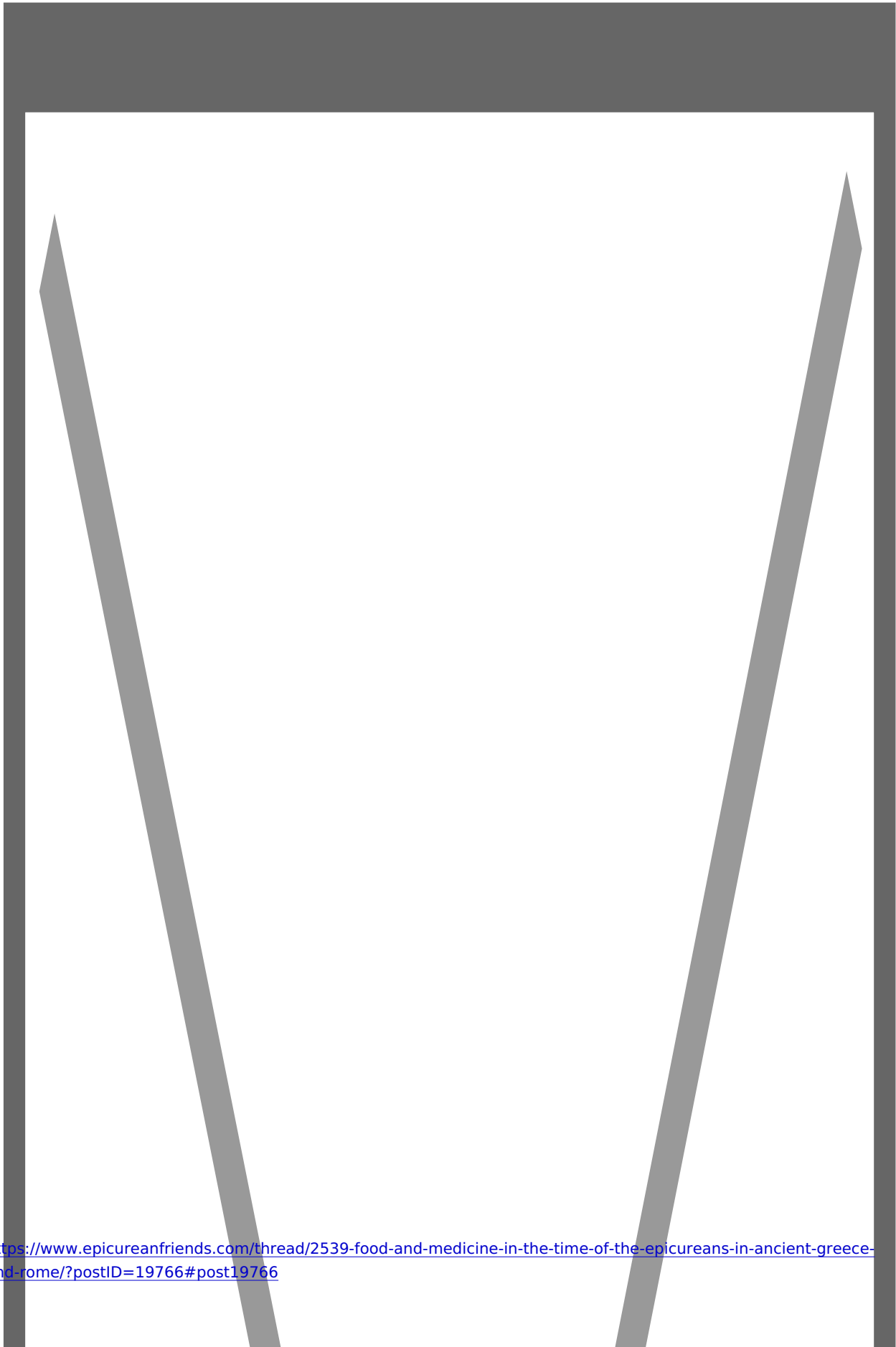


Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome

Post by “Kalosyni” of September 11, 2022 at 11:17 AM

Here is an interesting link to diet in ancient Greece:

Image not found or type unknown



<https://www.epicureanfriends.com/thread/2539-food-and-medicine-in-the-time-of-the-epicureans-in-ancient-greece-and-rome/?postID=19766#post19766>

[Ancient Recipe: Ptisane \[Barley Water\] \(Greek, at least 5th century BCE\)](#)

“[Barley] groats belong to the wheat family. They have juice that is quite nourishing and tenacious.” ~ Aelius Galenus (Galen), De alimentorum facultatibus (On...
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