

Welcome Nico Lab!

Post by “Nico Lab” of March 12, 2020 at 5:15 AM

Hi [Cassius](#) and to the rest of the forum.

Thank you for your welcome note and all the information, particularly on the reading list that you have given.

I am most definitely human. Singularity has not affected me yet. I read a book 'Tending the Epicurean Garden' by Hiram Crispo a few years ago and that drew me to reading more about Epicurus and the Tetracharmakos. I work as a Medical Herbalist and Ancient Greece was the basis of some of the teachings on the history of medicine at university, the self and the concept of health that I have studied. Epicurus appeals to me as the first who abandoned superstition in his teachings, which is particularly pertinent to health and well-being and freedom to explore healthy choices for yourself and the community. I find the little that I have read about him and his teachings exactly what we are missing in our modern world - accurate definitions of pleasure and pain and how they should be experienced and viewed, lack of community and simplicity. All these things are key to our health and the lack of them are increasing anxiety.

As you can tell, I'm not a scholar of Epicurus, I originally trained and worked in Psychology, but simply wish to increase my understanding of his readings and how this can benefit my understanding and practice of herbal medicine and the concept of health and what we are 'told' it means and what it meant to Epicurus.

If I'm not suitable for the group, please feel free to delete me. I found you by accident on a web search into the tetracharmakos. Otherwise, I shall endeavour to begin with some of the texts you have recommended.

Many thanks, Nicola.