

Therapeutic uses of food and wine in greece essay

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Foods have been used for therapeutic purposes in similarity to medicines and herbs; though in foods have milder therapeutic properties in comparison to herbs and medicines, though food's have stronger nutrient properties. Hippocrates said " Let your food be your medicine, and your medicine be your food" (" greekmedicine"). Food is Therapeutic and this has been proved after decades of clinical knowledge.

Foods and their Therapeutic Properties

Prunes and Figs are great for constipation therapy, Citrus fruits are contraindicated for certain kinds of rheumatism and arthritis, Watermelons is diuretic therapy for urinary gravel, sand and obstruction. Peaches and plums are useful laxatives for loosening bowels and Pears with their moistening, juicy quality protects lungs in dry autumn weather. Apricot kernels open lungs for lung congestion and coughing, cherries help in rheumatism and arthritis and cherry stems is a tonic for kidney (" greekmedicine").

Root vegetables are nourishing and high in calorie making them restorative and tonic; beets are detoxifier and tonic of liver and blood. Parsley and Celery root are adaptogens which enhance energy and vitality and increases resistance to stress; burnet saxifrage and parsnips are regulators and tonics for menstrual cycle. Squash and pumpkins helps in regulating and lowering sugar levels for diabetic patients. Endive and dandelion are good for promotion of bile flow and liver cleansing; Spicy vegetables help in stimulating immunity, circulation and digestion (" greekmedicine").

In the 19th century, alcoholism was being termed as disease. Many experts claimed wine was not similar to alcohol and it contained important chemicals and cirrhosis was not caused by consumption. Wine has been proved to

improve or better health in conditions like cancer, bones issues, mental functions, dementia, cardiovascular troubles, digestive system, diabetes and vision ("wineclub").

Conclusion

The therapeutic knowledge of contraindications and indications about foods and wine is legacy of Greece and its medicine with their traditional healing. This knowledge is empirical, practical which has been derived from clinical experience of centuries. The biggest importance of consuming food and wine is that it strengthens and fortifies organisms and breeding of abundant blood.

Works Cited

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