

The 'unique' lifestyle and the terrifying 'strange' healing method of the ancient Greeks

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Ancient Greece is famous for its important discoveries and great architectural works. But few people know that the ancient Greeks had a unique way of life and healing methods such as sneezing to prevent pregnancy, tasting earwax to catch disease . Sure, after reading the article below, you will thank you for living in the 21st century.

1. 7 scary healing methods still apply today
2. The groundbreaking archaeological findings about ancient Egypt
3. How to clean the body of ancient Egypt

1. Diagnose the disease by tasting ear wax



In ancient Greece, physicians observed fluids secreted from the body for examination. In particular, it is not only based on the color of ear wax, but sometimes to get the most accurate diagnosis of the patient's condition, they will taste their taste.

2. Medicines for muscle tension from athletes' sweat



In ancient Greece, athletes used 1 layer of olive oil all over the body before entering the gym. Then, they used a clean rake. Accordingly, sweat and dead cells on the skin of the athlete mingle together to form a special solution.

Certainly no one could guess, the solution was put into a jar and sold as a muscle strain medicine.

3. Contraception by sneezing after sex



In ancient times, to use contraception, people used many different unique methods. One of the most unique methods of contraception that ancient Greeks still believe, is sneezing after sex.

In addition, to kill sperm, old women also used a mixture of pine and honey to apply to the vagina.

4. After 'solving the sadness' use a sponge to stick on the tip of the stick to clean



Today the cleaning after solving sadness is quite simple thanks to toilet paper but in ancient times, the ancient Greeks could only use stone, round ceramic pieces, leaves . to clean the place.

With the aristocracy, they improved a little bit by using a sponge or an old rag tied to the end of a stick to wash their waste.

5. Hero is to be naked



For ancient Greeks, nudity is a symbol of morality. During the ancient Olympic Games, the athletes took off their clothes to compete, he was not merely "naked" but rather wearing his uniform of integrity.

That is also the reason that ancient Greek boys often nude in the gym, or compete as a way to prove their purity.

There is a certainty that many unknown people are from the Gym - only the still-widely used gym currently comes from "gymnasium", in Greek meaning "nude."

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