Food and the History of Healing Through Nutrition

Match the underlines words with their definitions below.

[1] In 400 B.C. the Greek physician Hippocrates, the "Father of Medicine" said, "Let thy food be thy medicine and thy medicine be thy food." Hippocrates realized that food impacts a person's health, body and mind to help prevent illness as well as maintain wellness.

In Hippocrates' Greece, as well as across pre-modern Europe and Asia since ancient times, [5] foods were used to affect health. For instance, the juice of liver was squeezed on the eye to treat eye diseases, connected to Vitamin A deficiency. Garlic was used to cure athlete's foot, and eating ginger was thought to stimulate the metabolism.

In 1747, a British Navy physician, Dr. James Lind, saw that sailors were developing scurvy, a deadly bleeding disorder, on long voyages. He observed that they ate only nonperishable [10] foods such as bread and meat.

Lind's experiment fed one group of sailors salt water, one group vinegar, and one group limes. Those given limes didn't develop scurvy. And although Vitamin C wasn't discovered until the 1930s, this experiment changed the way physicians thought about food, creating [14] a market for nutrition careers.

Example: _z_ Thy   z) Old English form of "your"

___Wellness (line 4)	a) A hot, fragrant spice made from the rhizome of a plant.
___Health (line 6)	b) The process of providing or obtaining the food necessary for health and growth.
___Squeezed (line 7)	c) Treat (soil or water) with lime to reduce acidity and improve fertility or oxygen levels.
___Ginger (line 8)	d) Not readily subject to spoilage or decay.
___Scurvy (line 11)	e) Firmly pressed (something soft or yielding), typically with one's fingers.
___Nonperishable (line 12)	f) The state of being free from illness or injury.
___Limes (line 12)	g) The state of being in good health, especially as an actively pursued goal.
___Nutrition (line 13)	h) A disease caused by a deficiency of vitamin C.

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