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Information sheet

Anglo-Saxon England

Burns salve



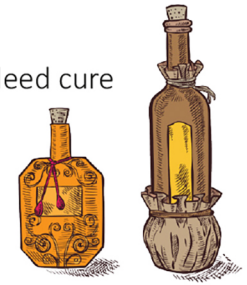
Goat poo
Wheat stalks
Butter

Grind the wheat and mix with the goat poo and butter. Heat over a fire then, once cooled, smear onto the burn.

(Bald's Leechbook)

Aztec

Nose bleed cure



Nettles
Salt
Urine
Milk

Grind up the nettles and salt, then add to a bowl of milk and urine. Pour into the nostrils to stop the bleeding.

(Badianus Manuscript: An Aztec Herbal, 1552)

Native American

Indigestion potion



3 large strawberry leaves
9 large peppermint leaves
Hot water

Steep the leaves in hot water for 10 minutes, then drink.

(Traditional recipe)



Ancient Greece

Sinus relief



2 spoons of apple cider vinegar
1 spoon of honey
Hot water

Add the cider vinegar and honey to hot water, then drink.

(Hippocrates of Cos)

Mesopotamia

Toothache relief



Kudimeru leaves
Oil

Dry and grind the kudimeru leaves. Mix with oil and smear on the tooth.

(Sourcebook for Ancient Mesopotamian Medicine)

Rome

Nervous disorders



Fennel
Red wine

Boil the fennel in the wine then serve as a hot drink.

(De Materia Medica)

Ancient Egypt

Cure for baldness



Lion fat
Hippo fat
Cat fat
Crocodile fat
Ibex fat
Snake fat

Mix the ingredients together and smear over the bald head.

(Papyrus Ebers)

Anglo-Saxon England

Infections potion



Leek
Garlic
Wine
Cow bile

Mash up equal quantities of leek and garlic. Mix together with wine and cow bile and leave to stand in a brass bowl for nine days. Smear on the infected area.

(Bald's Leechbook)

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