

## 1: CDC - Green Tobacco Sickness - NIOSH Workplace Safety and Health Topics

*Helen King, The Disease of Virgins: Green Sickness, Chlorosis, and the Problems of Puberty. It was from this book that I first learned about the steel as a cure for green sickness.*

These are more than words – these are modern day hexes. We create that meaning as a collective, and then we pass it on and around. The list is curated and maintained by the media, and we are continuously learning and relearning when – and around what – to activate this fear response. What is an anxiety disorder? Why is worrying a problem? Does worry really make us sick? Enter the placebo effect. Perhaps it is possible that an experience of fear is actually what seeds the symptoms ultimately diagnosed as disease. Ignoring the root cause – the wound. If we perceive fear-inducing distress in life, it likely stems from our pre-existing wounds. When we carry this grief, it colors our experiences and informs our personal alarm systems. And perhaps, this grief tells our bodies when and how to respond with symptoms. Once that response is underway, then we are invited to respond again to the symptoms themselves. Do we freak out and run to the ER? Or do we embrace the symptoms? The next day, she developed a fever and left me a message, from her bed, about how awesome it was that her body was processing the psychospiritual shift. And this is why my greatest advocacy is to orient you around the story that speaks your truth. If you believe that challenges – and even adversity – hold a meaning, that the body has an innate wisdom, and that the cosmos operates under the principles of an elegant design, then you bend and flow with what comes. You bring curiosity to bear. And you live a life that is emergency-free. When we look, we see wartime narratives embedded throughout our consciousness. Depression We are led to believe that depression – and mental illness on the whole – is an inborn disease that results from imbalanced brain chemistry. What if we personalize it in a different way? And to reunite with their symptoms as messenger, not enemy. The smoke alarm, not the fire. A safe haven for all and every ugly emotion to surface and transmute. Without this fear, we are able to receive any and all of what comes without resistance, and with more open arms, allowing for dramatic reversals to unfold. Nicholas Gonzalez, was one specific influence in my life that reinforced this fearless approach to illness. And they did heal, by the hundreds. This process spontaneously resolves with the help of the inner microbiome when the conflict is addressed. Wait, vaccines must have beneficial effects if they produce antibodies, right? And do the antibodies produced upon vaccination actually bind to and inactivate disease-causing agents? And what about contagion? Has it ever actually been proven that germs travel from one person to another and infect them? Does a yawn spread that way? Vomiting, diarrhea, sweating, coughing, sneezing, and runny noses all have exudative elimination in common. As we sit in even more curious territory, what other assumptions have we made that have been disproven or remain unproven to date? Science can be a beautiful tool for discovery, but only if it is allowed to dispassionately acknowledge when a more complete picture is emerging. Germs as pathogens is a complex question that science has contributed rich literature to in the past two decades. Including the discovery of so-called viruses embedded in our own genomic material, calling into question whether or not viruses actually exist in the way we have assumed. Has a discrete virus, deemed unable to exist independently, ever been visualized under electron microscopy – or are we still inferring? What does healing look like? So, if fear is the sickness, then what is the cure? In fact, that may be all that Dr. You have a choice to bring curiosity to this challenge, to support your body through it rather than interfere with it, and to uplift a sense of your truest self, which lies underneath the experience of physical healing. The experience of illness is so deeply meaningful and purposeful that it is, quite literally, showing you, yourself.

### 2: The Cure for "Green Sickness" | Pen and Pension

*Hypochromic anemia was historically known as chlorosis or green sickness for the distinct skin tinge sometimes present in patients, in addition to more general symptoms such as a lack of energy, shortness of breath, dyspepsia, headaches, a capricious or scanty appetite and amenorrhea.*

The word green is "borrowed from Germanic," says the OED. Coming naturally from the same root, or representing the same original word. In addition, people take it as idiomatic that grass is green, even if "on the other side", where it is always said to be "greener" and in the axiom "as the grass is green" example: But, in English, besides its use as growth [green] is often symbolic of something negative. Speaking of bile, note that a reflection of the Latin viridis is contained in the English word biliverdin, "a green bile pigment that is formed by catabolism of hemoglobin and converted to bilirubin in the liver. And the "The excretions in this disease [cholera] were frequently described, especially, in early use, as containing large quantities of bile" OED. As does jaundice, which since the Middle Ages was also called green jaundice a disorder accompanied by greenish discoloration of the skin cf. What about this green sickness? This was one of the most common diseases in the Middle Ages; it remained so until the 19th century when it was not diagnosed anymore and it has since become the forgotten disease. Green sickness was also called chlorosis, again pointing to the Greek influence. Under green disease the OED says: Under chlorosis the OED says: A disorder believed to occur almost exclusively in young, virginal women soon after puberty, characterized by a greenish pallor of the skin, cessation or irregularity of menstruation, and weakness, often accompanied by pica or other disturbance of appetite; an instance or case of this. Also called green sickness. So yes, half the human race, that is, all young virgins could succumb to green disease, which was also equated with love sickness. See also The Disease of Virgins: Green Sickness, Chlorosis, and the Problems of Puberty. Out, you green-sickness carrion! And wakes it now, to look so green and pale And Charles Dickens writes a letter in I am at this moment deaf in the ears, hoarse in the throat, red in the nose, green in the gills ... At the time of the letter, the use of green to mean sickness was well established. As far as other "negative things," such as jealousy, envy, they flow from the same "development" see above as do sickness and illness: The use of green-eyed jealousy meant or implied being sick with it.

### 3: The Green Sickness | ReverbNation

*The yellowing or whitening of normally green plant tissue because of a decreased amount of chlorophyll, often as a result of disease or nutrient deficiency. 2. An iron-deficiency anemia, primarily of young women, characterized by a greenish-yellow discoloration of the skin.*

In earlier centuries, though, green sickness was something else altogether. The patient was also instructed to exercise frequently. The steel would clear the blockage and together with the exercise would get the humors flowing again. Green sickness was so common, many women had cures written in their home recipe books. This one from the recipe book of Joanna St. John, from The Wellcome Collection in London, is simple and to the point: Another for the Green Sickness, Mrs. Shatterton [Take] half a quarter of an ounce of pearl in powder, an ounce of powder of steel, cloves, mace, and nutmeg, each half a quarter of an ounce. Dry the spice and make them into a fine powder and sift it, then take a quarter of a pound of loaf sugar, beat and finely sifted. How to cure the Green-Sickness. Laziness and love are the usual causes of these obstructions in young women; and that which increaseth and continueth this distemper, is their eating Oat-meal, chalk, nay some have not forbore Cinders, Lime, and I know not what trash. If you wuould prevent this slothful disease, be sure you let not those under your command to want employment, that will hinder the growth of this distemper, and cure a worser Malady of a love-sick breast, for business will not give them time to think of such idle matters. And get off her lawn, too. An injection of, erm, sperm. A Handsome buxom lass lay panting on her bed, She looked as green as grass, and mournfully she said: Except I have some lusty lad to ease me of my pain, I cannot live, I sigh and grieve, My live I now disdain But if some bonny lad would be so kind to me Before I am quite mad, to end my misery, And cool these burning flames of fire Which rage in this my breast, Then I should be from torments free and be forever blest. Luckily the lad in the chamber next door overheard her miserable complaints and was most happy to, ahem, ease her pain. Want to learn more? These books are great: She is now a writer living in Oregon with her family, two guinea pigs, and one very freaky greyhound dog. You can find her on her website , or on Twitter jshermanroberts. Follow The Mary Sue.

### 4: Chlorosis -the "green sickness".

*In sixteenth-century Europe, the disease of virgins, or green sickness, was seen as a common disorder affecting young unmarried girls. Its symptoms included weakness, dietary disturbance, lack of menstruation and most significantly, a change in skin colour.*

Until well into the 20th century, doctors and laymen still believed the womb could become unhinged, and start wandering around the body wrecking havoc. Unmarried women were at dreadful risk because of the lack of regular rumpy pumpy. Adolescent girls in particular could suffer from the lack of a husband to inseminate them. If your daughter started drooping and getting malaise, she needed a husband ASAP. The ideology behind the disease of virgins was poppycock but the illness itself was and is real. It has nothing to do with virginity, of course, but it does strike adolescent girls more often than adult women, so you can see why the ancient physicians associated it with unmarried women, who were axiomatically thought to be virgins. The idea of who could be suffering from green sickness kept expanding through the centuries. The treatment for green sickness was to ingest iron, which would cure the anemia even if the theory behind why it worked was bogus. In the 18th century some physicians began to argue that green sickness could be caused by masturbation which could also make both genders feeble-minded, blind, weak, and insane. Nevertheless, most doctors disagreed with this diagnostic criteria for green sickness, since orgasm manually produced or not was considered part of the treatment for the disease. Of course, once electricity became more common toward the end of the Victorian period, home kits for treating green sickness became very popular. It had become, like consumption, a rather romantic disease and a sign of a sensitive mind. It struck women who were dainty both inside and out. Women with nervous dispositions and no emotional fortitude. Women who were timid and passive. Women who were the exact opposite of bold, hearty, active manhood. Women who were, in short, extra girly. It was a sign she was not endowed with as much heart as Fanny, and was a touch too worldly. The idea that green sickness correlated with delicate feminine needs persisted even in the 20th century. Yes, doctors were still ascribing green sickness to an overabundance of girlishness when Albert Einstein was debating quantum mechanics. Patek and Clark W. Heath of Harvard Medical School concluded that chlorosis was identical to hypochromic anemia.

### 5: green sickness | The Recipes Project

*Of the Green-sickness. AS women have commonly more defects in mind, so their bodies are subject to more diseases then those of men; amongst which this is call ' d Love-sickness, because it ordinarily happens to marriageable Virgins, and the Green-sickness (by Hippocrates, Chlorosis) from a colour between green and livid, which it imprints upon the Countenance.*

Now, the pox upon her green-sickness for me! Here comes the Lord Lysimachus disguised. Pericles Prince of Tyre [3] In , German physician Johannes Lange described a condition, which he called "the disease of virgins" because, he said, it was "peculiar to virgins ". The symptoms were wide-ranging, including an appearance which is "pale, as if bloodless", an aversion to food especially meat , difficulty in breathing, palpitations and swollen ankles. If they conceive, they will recover. The name "chlorosis" was coined in by Montpellier professor of medicine Jean Varandal from the ancient Greek word "chloros" meaning "greenish-yellow," "pale green," "pale," "pallid" or "fresh". Both Lange and Varandal claimed Hippocrates as a reference, but their lists of symptoms do not match that in the Hippocratic Disease of Virgins, a treatise that was translated into Latin in the s and thus became available to early modern Europe. Daniel Turner in preferred to term chlorosis "the Pale or White Sickness One of his case studies was that of an year-old girl who was found, on investigation, to have been eating large quantities of coal. In , University of Edinburgh pathologist Prof Ralph Stockman built upon experiments demonstrating that inorganic iron contributed to hemoglobin synthesis to show that chlorosis could be explained by a deficiency in iron brought on by loss of menstrual blood and an inadequate diet. Despite the work of Stockman and the effectiveness of iron in treating the symptoms of chlorosis, debate about its cause continued into the s. A character in T. In , Arthur J. Patek and Clark W. Heath of Harvard Medical School concluded that chlorosis was identical to hypochromic anemia. It can also be caused by infections e. It may also occur from severe stomach or intestinal bleeding caused by ulcers or medications such as aspirin or bleeding from hemorrhoids. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. June Learn how and when to remove this template message Hypochromic anemia occurs in patients with hypochromic microcytic anemia with iron overload. The condition is autosomal recessive and is caused by mutations in the SLC11A2 gene. The condition prevents red blood cells from accessing iron in the blood, which causes anemia that is apparent at birth. It can lead to pallor, fatigue, and slow growth. The iron overload aspect of the disorder means that the iron accumulates in the liver and can cause liver impairment in adolescence or early adulthood. Patients with IRIDA have very low serum iron and transferrin saturation , but their serum ferritin is normal or high. The anemia is usually moderate in severity and presents later in childhood.

### 6: 3 Cures for Green Sickness, "The Virgin's Disease" | The Mary Sue

*One of the aspects of women's lovesickness which has caused the most confusion is its relation to three other female maladies: hysteria, green sickness, and uterine fury.*

It was also believed to be common throughout the eighteenth and nineteenth centuries, especially in girls approaching puberty and in thin and languid young women. Was it delayed puberty, chlorotic anaemia, or anorexia? Was it a kind of fashionable lassitude, coupled with boredom at the restricted lives allowed to well-brought-up young women? Was it frustrated sexual needs? The last reported case was in the s. Maybe it was simply an eighteenth- and nineteenth-century term for a complaint we know under another name and now understand much better. Whatever it was, plenty of medical men claimed to be able to diagnose and treat it. To the worn out or languid blood it gives a spur or fillip whereby the animal spirits which lay prostrate and sunken under their own weight are raised and excited. I do not know, but we have some physicians who say that chlorosis in girls is the result of that pleasure onanism indulged in to excess. Daniel Turner, , claimed to have found it in a girl who had been eating coal and described its causes as: One of the commonest claims for a cause was lovesickness or a similar kind of emotional melancholy. It was believed that those denied expression of their love, such as young girls, would naturally be most at risk. This provided a convenient explanation of, and reason to ignore, awkward moods and behavioural changes associated with puberty. The problem was temporary and would pass in good time, since marriage would prove a complete cure. Cures Hannah Woolley, in , took a robust approach: How to cure the Green-Sickness. Laziness and love are the usual causes of these obstructions [1] in young women; and that which increaseth and continueth this distemper, is their eating Oat-meal, chalk, nay some have not forbore Cinders, Lime, and I know not what trash. If you would prevent this slothful disease, be sure you let not those under your command to want employment, that will hinder the growth of this distemper, and cure a worsor Malady of a love-sick breast, for business will not give them time to think of such idle matters. Do you think a man thought that one up? Here are some of the words of a bawdy song of the time: A Handsome buxom lass lay panting on her bed, She looked as green as grass, and mournfully she said: Except I have some lusty lad to ease me of my pain, I cannot live, I sigh and grieve, My life I now disdain. But if some bonny lad would be so kind to me Before I am quite mad, to end my misery, And cool these burning flames of fire Which rage in this my breast, Then I should be from torments free and be forever blest. A sturdy lad overhears this and hurries, at great personal cost, to give her swift relief! So pleasant does the treatment prove that, though she is now fully cured, the young lady resolves to continue taking it on a regular basis. Was it one condition or several? Something produced these symptoms in enough young women for doctors of the time to see it as a common ailment. It may have been anaemia, it may have been anorexia, it may have been some genuine problems with starting menstruation. It may just have been the vague melancholy, moodiness and lethargy associated with a period of significant hormonal changes. Perhaps it was all of these, different combinations in different people, run together into a single diagnosis. Choosing long-term virginity, a state associated with nuns, was viewed with great suspicion in Protestant England. Women were expected to marry and spinsters were more despised than pitied. Whatever it was, it served as a handy catch-all term for the belief of the time that women who did not " or would not " function fully as women were headed for health problems now and in the future. Women were expected to marry and spinsters were more despised than pitied, even if they were useful as unpaid servants for their married sisters and nursemaids to elderly parents. Men, of course, could mostly indulge where and when they wished, while women were expected to be faithful and chaste. Well, that was the theory. The reality was often quite different. Compared with the buttoned-up Victorians, our Georgian ancestors were nearer to the attitudes of the s than the s. The series featuring Dr Adam Bascom, a young gentleman-physician caught up in the beginning of the Napoleonic wars, takes place in a variety of locations near to the North Norfolk coast. The Ashmole Foxe series is located in Norwich. You can check out both series here.

### 7: Green Sickness and the Cultural Construction of Women's Health " Kyra Cornelius Kramer

## THE GREEN SICKNESSE pdf

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### 8: Hypochromic anemia - Wikipedia

*The treatment for green sickness was to ingest iron, which would cure the anemia even if the theory behind why it worked was bogus. In the 18th century some physicians began to argue that green sickness could be caused by masturbation (which could also make both genders feeble-minded, blind, weak, and insane).*

### 9: Fear Is The Sickness | GreenMedInfo | Blog Entry

*'Green sickness' was described as a condition 'peculiar to virgins', which was said to turn the skin a greenish colour and leave the sufferer weak and melancholic. It was also believed to be common throughout the eighteenth and nineteenth centuries, especially in girls approaching puberty.*

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