



Universiteit
Leiden
The Netherlands

Yiatrosafia yia ton Anthropon: Indigenous Knowledge of Medicinal, Aromatic and Cosmetic (MAC) Plants in the Utilisation of the Plural Medical System in Pírgos and Práitoria for Community Health Development in Rural Crete, Greece

Aiglsperger, J.

Citation

Aiglsperger, J. (2014, November 18). *Yiatrosafia yia ton Anthropon: Indigenous Knowledge of Medicinal, Aromatic and Cosmetic (MAC) Plants in the Utilisation of the Plural Medical System in Pírgos and Práitoria for Community Health Development in Rural Crete, Greece*. Retrieved from <https://hdl.handle.net/1887/29757>

Version: Corrected Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/29757>

Note: To cite this publication please use the final published version (if applicable).

Cover Page



Universiteit Leiden



The handle <http://hdl.handle.net/1887/29757> holds various files of this Leiden University dissertation.

Author: Aiglsperger, Judith

Title: Yiatrosafia via ton Anthropon: Indigenous Knowledge of Medicinal, Aromatic and Cosmetic (MAC) Plants in the Utilisation of the Plural Medical System in Pírgos and Práitoria for Community Health Development in Rural Crete, Greece

Issue Date: 2014-11-18

Bibliography

- Acton, C. & Miller, R. (2009). *SPSS for Social Scientists*. Basingstoke: Palgrave Macmillan.
- Adams, W. M. & Slikkerveer, L. J. (Eds.) (1996). *Indigenous Knowledge and Change in African Agriculture*. Studies in Technology and Social Change No. 11, Ames: Iowa State University, Technology and Social Change Programme.
- Agung, A. A. G. (2005). *Bali Endangered Paradise? Tri Hita Karana and the Conservation of the Island's Biocultural Diversity*. PhD Thesis, Leiden University, Leiden.
- Akrele, O., Heywood, V. H. & Synge, H. (Eds.) (1991). *The Conservation of Medicinal Plants: Proceedings of an International Consultation 21-27 March 1988 held at Chiang Mai, Thailand*. Cambridge: Cambridge University Press.
- Al-Windi, A., Elmfeldt, D., & Svärdsudd, K. (2000). The Relationship between Age, Gender, Well-being and Symptoms, and the Use of Pharmaceuticals, Herbal Medicines and Self-care Products in a Swedish Municipality. *Pharmacoepidemiology and Prescription*, 56, 311-317.
- Alcorn, J. B. (1995). Ethnobotanical Knowledge Systems - A Resource for Meeting Rural Development Goals. In D. M. Warren, L. J. Slikkerveer & D. Brokensha (Eds.), *The Cultural Dimension of Development: Indigenous Knowledge Systems* (pp. 1-12). London: Intermediate Technology Publications Ltd.
- Alexopoulos, E. C. & Geitona, M. (2009). Self-Rated Health: Inequalities and Potential Determinants. *International Journal of Environmental Research and Public Health*, 6, 2456-2469.
- Alexopoulou, A., Dourakis, S. P., Mantzoukis, D., Pitsariotis, T., Kandyli, A., Deutsch, M. & Archimandritis, A. J. (2007). Adverse Drug Reactions as a Cause of Hospital Admissions: A 6-Month Experience in a Single Center in Greece. *European Journal of Internal Medicine*, 19 (2008), 505-510.
- Alibertis, A. (2010). *Votana tis Kritis: Idhiotites ke Khrisis ton Fiton*. Iraklion: Mystis.
- Allbaugh, L. G. (1953). *Crete: A Case Study of an Underdeveloped Area*. Princeton: Princeton University Press.
- Allen, H. D., Randall, R. E., Amable, G. S. & Devereux, B. J. (2006). The Impact of Changing Olive Cultivation Practices on the Ground Flora of Olive Groves in the Messara and Psiloritis Regions, Crete, Greece. *Land Degradation & Development*, 17, 249-273.
- Ambaretnani, P. (2012). *Paraji and Bidan in Rancaekek: Integrated Medicine for Advanced Partnerships among Traditional Birth Attendants and Community Midwives in the Sunda Region of West Java, Indonesia*. PhD Thesis, Leiden University, Leiden.
- Anastasiou, F., Antonakis, N., Chaireti, G., Theodorakis, P. N. & Lionis, C. (2006). Identifying Dyspepsia in the Greek Population: Translation and Validation of a Questionnaire. *BMC Public Health*, 6, 56.
- Anderson, D. O., Bice, T. W., Kalimo, E., Kohn, R. & Purola, T. (1976). Theoretical Orientation. In R. Kohn & D. L. White (Eds.), *Health Care: An International Study* (pp. 10-23). Report of the World Health Organisation. London: Oxford University Press.
- Antonakis, N., Xylouri, I., Alexandrakis, M., Cavoura, C. & Lionis, C. (2006). Seeking Prescribing Patterns in Rural Crete: A Pharmacoepidemiological Study for a Primary Care Area. *Rural and Remote Health*, 6, 488.
- Archaeological Museum Iraklion (2012). *Exhibitions*. Athens: Ministry of Culture and Sports. Retrieved from http://odysseus.culture.gr/h/4/eh41.jsp?obj_id=7844
- Arnold, M. S. (1986). *Childbirth among Rural Greek Women in Crete: Use of Popular, Folk, and Cosmopolitan Medical Systems*. Ann Arbor, Michigan: University Microfilms International.
- Arnott, R. (1996). Healing and Medicine in the Aegean Bronze Age. *Journal of the Royal Society of Medicine*, 89, 265-270.

- Astin, J. A. (1998). Why Patients Use Alternative Medicine: Results of a National Study. *The Journal of the American Medical Association*, 279(19), 1548-1553.
- Ayensu, E. S. (1983). Endangered Plants Used in Traditional Medicine. In R. H. O. Bannerman, J. Burton & C. Wen-Chieh (Eds.), *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners* (pp. 25-36). Geneva: World Health Organisation.
- Balick, M. J. (1994). Ethnobotany, Drug Development and Biodiversity Conservation - Exploring the Linkages. In D. Chadwick & J. Marsh (Eds.), *Ethnobotany and the Search for New Drugs* (pp. 4-24). Chichester: John Wiley & Sons.
- Balick, M. J. & Cox, P. A. (1996). *Plants, People, and Culture: The Science of Ethnobotany*. New York: Scientific American Library.
- Balick, M. J., Elisabetsky, E. & Laird, S. A. (1996). *Medicinal Resources of the Tropical Forest: Biodiversity and its Importance to Human Health*. New York: Columbia University Press.
- Bannerman, R. H. O., Burton, J. & Chen, W. (1978). Introduction. In G. M. Foster & B. G. Anderson (Eds.), *Medical Anthropology* (pp. 9-13). New York: John Wiley & Sons.
- Bannerman, R. H. O., Burton, J. & Chen, W. (Eds.) (1983). *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners*. Geneva: World Health Organisation.
- Barrett, B., Marchand, L., Scheder, J., Plane, M. B., Maberry, R., Appelbaum, D., ..., Rabago, D. (2003). Themes of Holism, Empowerment, Access, and Legitimacy Define Complementary, Alternative, and Integrative Medicine in Relation to Conventional Biomedicine. *The Journal of Alternative and Complementary Medicine*, 9(6), 937-947.
- Barnes, J., Mills, S. Y., Abbot, N. C., Willoughby, M. & Ernst, E. (1999). A Survey of Herbal Remedy Users. *The European Phytojournal*, 1, 38-43.
- Bazeu, K. (2011). *100 Votana 2000 Therapies*. Peristieri: Edhosis Bazeos.
- Beck, L. Y. (2005). Preface. In P. Dioscorides & L. Y. Beck (Eds.), *De materia medica* (pp. xxiii-xxviii), Hildesheim: Olms-Weidmann.
- Belos, G., Lionis, C., Fioretos, M., Vlachonicolis, J. & Philalithis, A. (2005). Clinical Undergraduate Training and Assessment in Primary Health Care: Experiences gained from Crete, Greece. *BMC Medical Education*, 5, 13.
- Bengston, H. (1988). *History of Greece. From the Beginnings to the Byzantine Era*. Ottawa: University of Ottawa Press.
- Bernard, H. R. (2002). *Research Methods in Anthropology: Qualitative and Quantitative Methods*. Walnut Creek, California: AltaMira Press.
- Berry, D., Raynor, T., Knapp, P. & Bersellini, E. (2004). Over the Counter Medicines and the Need for Immediate Action: A further Evaluation of European Commission Recommended Wordings for Communicating Risk. *Patient and Education Counseling*, 53, 129-134.
- Bertsias, G., Mammas, I., Linardakis, M. & Kafatos, A. (2003). Overweight and Obesity in Relation to Cardiovascular Disease Risk Factors among Medical Students in Crete, Greece. *BMC Public Health*, 3, 3.
- Bice, T. W., Ross, A., Schach, E., Cannell, C. F., Mabry, J. H., Myer, D., ..., Ron, A. (1976). Methods. In R. Kohn & D. L. White (Eds.), *Health Care: An International Study* (pp. 24-40). Report of the World Health Organisation. London: Oxford University Press.
- Blackburn, H. (1986). The Low Risk Coronary Male. *The American Journal of Cardiology*, 58, 161.
- Blaeu, W. J. & Blaeu J. (1649-1655). *Theatrum orbis terrarum sive Atlas novus, in quo tabulae et descriptiones omnium regionum*. Amsterdam: apud Guiljelmum et Ioannem Blaeu.
- Blenkinsopp, A. & Bradley, C. P. (1996). Over the Counter Drugs: Patients, Society, and the Increase in Self Medication. *BMJ*, 312, 629-632.
- Blum, R. & Blum, E. (1965). *Traditional Health and Healing in Rural Greece*. Stanford: Stanford University Press.

- Blum, R. & Blum, E. (1970). *The Dangerous Hour: The Lore of Crisis and Mystery in Rural Greece*. Londond: Chatto & Windus.
- Boardman, J., Griffin, J. & Murray, O. (2001). *The Oxford Illustrated History of Greece and the Hellenistic World*. Oxford: Oxford University Press.
- Bodeker, G. (1999). Human Health and Well-being: Traditional Health Systems. In D. A. Posey (Ed.), *Cultural and Spiritual Values of Biodiversity: A Complementary Contribution to the Global Biodiversity Assessment* (pp. 261-284). London: Intermediate Technology Publications Ltd.
- Bogers, R. J., Craker, L. E. & Lange, D. (Eds.) (2006). *Medicinal and Aromatic Plants: Agricultural, Commercial, Ecological, Legal, Pharmacological and Social Aspects*. Dordrecht: Springer.
- Bond, C. M. & Bradley, C. P. (1996). Over the Counter Drugs: The Interface between the Community Pharmacist and Patients. *BMJ*, 312, 758-760.
- Bond, C. M., Orru, M. P., Leder, J. M. & Bouvy, M. (2004). The Over-the-Counter Pharmaceutical Market. In E. Mossialos, M. Mrazek & T. Walley (Eds.), *Regulating Pharmaceuticals in Europe: Striving for Efficiency, Equity and Quality* (pp. 260-278). Maidenhead: Open University Press.
- Botanic Garden and Botanical Museum Berlin-Dahlem (2007). *Med-Checklist*. Berlin: Author. Retrieved from <http://ww2.bgbm.org/mcl/home.asp>
- Bouldin, A. S., Smith, M. C., Garner, D. D., Szeinbach, S. L., Frate, D. A. & Croom, E. M. (1999). Pharmacy and Herbal Medicine in the US. *Social Science & Medicine*, 49, 279-289.
- Bouma, M. (2000). *Primary Health Care in Greece: A Focus on Hepatitis A in a Rural Area of Crete*. MA Thesis, Leiden University, Leiden.
- Bourbou, C. (2003). Health Patterns of Proto-Byzantine Populations (6th-7th Centuries AD) in South Greece: The Cases of Eleutherna (Crete) and Messene (Peloponnese). *International Journal of Osteoarchaeology*, 13, 303-313.
- Bourbou, C. (2010). *Health and Disease in Byzantine Crete (7th-12th Centuries AD)*. Farnham: Ashgate.
- Bradley, C. P. & Bond, C. M. (1995). Increasing the Number of Drugs Available over the Counter: Arguments for and against. *British Journal of General Practice*, 45, 553-556.
- Braveman, P. A. & Tarimo, E. (1994). *Screening in Primary Health Care: Setting Priorities with Limited Resources*. Geneva: World Health Organisation.
- Brelet, C., Forbes, A., Velimirovic, H. & Velimirovic, B. (1983) The European Region. In R. H. O. Bannerman, J. Burton & C. Wen-Chieh (Eds.), *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners* (pp. 25-36). Geneva: World Health Organisation.
- Briassoulis, H. (2003). Crete: Endowed by Nature, Privileged by Geography, Threatened by Tourism? *Journal of Sustainable Tourism*, 11(2&3), 97-115.
- Britannica (2013). *Britannica Academic Edition*. London: Author. Retrieved from <http://www.britannica.com>
- Britten, N. & Ukoumunne, O. (1997). The Influence of Patients' Hopes of Receiving a Prescription on Doctors' Perceptions and the Decision to Prescribe: A Questionnaire Survey. *BMJ*, 315, 1506-1510.
- Brokensha, D. W., Warren, D. M. & Werner, O. (1980). *Indigenous Knowledge Systems and Development*. Lanham: University Press of America.
- Brotons, C., Björkelund, C., Bulc, M., Ciurana, R., Godycki-Cwirko, M., Jurgova, E., ..., Pineiro, R. (2005). Prevention and Health Promotion in Clinical Practice: The Views of General Practitioners in Europe. *Preventive Medicine*, 40 (2005), 595-601.
- Bryman, A. & Cramer, D. (2011). *Quantitative Data Analysis with IBM SPSS 17, 18 and 19: A Guide for Social Scientists*. London: Routledge.

- Buschkens, W. F. L. (1990). *Community Health in the Developing World: The Case of Somalia*. Assen: Van Gorcum.
- Buschkens, W. F. L. & Slikkerveer, L. J. (1982). *Health Care in East Africa: Illness Behaviour of the Eastern Oromo in Hararghe (Ethiopia)*. Assen: Van Gorcum.
- Buschkens, W. F. L. & Gitzels, W. T. C. (Eds.) (1984). *Sociocultural Aspects of Health Systems: A Reader Compiled for the Postgradual Course Medical Sociology - Social Medicine at the Somali National University January 1984*. Mogadishu: Somali National University.
- Canary, J. J. (1983). Modern Allopathic Medicine and Public Health. In R. H. O. Bannerman, J. Burton & C. Wen-Chieh (Eds.), *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners* (pp. 90-101). Geneva: World Health Organisation.
- Central Intelligence Agency (2014). *The World Factbook*. Washington: Author. Retrieved from <https://www.cia.gov/library/publications/the-world-factbook/>
- Chadwick, D. & Marsh, J. (Eds.) (1994). *Ethnobotany and the Search for New Drugs*. Chichester: John Wiley & Sons.
- Chartzoulakis, K. S., Paranychianakis, N. V. & Angelakis, A. N. (2001). Water Resources Management in the Island of Crete, Greece, with Emphasis on the Agricultural Use. *Water Policy*, 3, 193-205.
- Chatzi, L., Apostolaki, G., Bibakis, I., Skypala, I., Bibaki-Liakou, V., Tzanakis, N., ..., Cullinan, P. (2007). Protective Effect of Fruits, Vegetables and the Mediterranean Diet on Asthma and Allergies among Children in Crete. *Thorax*, 62, 677-683.
- Chatziarsenis, M., Lionis, C., Makri, E., Sapouna, K., Fioretos, M., Faresjö, T., ..., Trell, E. (1999). Bringing Community Involvement into a Cretan Primary / Hospital Care Center: An Evaluation of Population Habits and Attitudes Towards Health Care. *Journal of Medical Systems*, 23(2), 123-131.
- Chirangi, M. M. (2013). *Afya Jumuishi: Towards Interprofessional Collaboration between Traditional and Modern Medical Practitioners in the Mara Region of Tanzania*. PhD Thesis, Leiden University, Leiden.
- Chliaoutakis, J. E., Drakou, I., Gnardellis, C., Galariotou, S., Carra, H. & Chliaoutaki, M. (2002). Greek Christian Orthodox Ecclesiastical Lifestyle: Could it Become a Pattern of Health-Related Behaviour? *Preventive Medicine*, 34, 428-345.
- Christopoulou-Aletra, H. & Papavramidou, N. (2008) Cupping: An Alternative Surgical Procedure Used by Hippocratic Physicians. *The Journal of Alternative and Complementary Medicine*, 14(8), 899-902.
- Clark, P. A. (2002). Landscape, Memories, and Medicine: Traditional Healing in Amari, Crete. *Journal of Modern Greek Studies*, 20(2), 339-365.
- Clark, P. A. (2011). *A Cretan Healer's Handbook in the Byzantine Tradition: Text, Translation, and Commentary*. Farnham: Ashgate.
- Constantinides, P. & Barrett, M. (2006). Negotiating ICT Development and Use: The Case of a Telemedicine System in the Healthcare Region of Crete. *Information and Organisation*, 16, 27-55.
- Cook, F. E. M. (1995). *Economic Botany Data Collection Standard. Prepared for the International Working Group on Taxonomic Databases for Plant Sciences (TDWG)*. London: Royal Botanic Gardens, Kew.
- Cotton, C. M. (1996). *Ethnobotany: Principles and Applications*. Chichester: John Wiley & Sons.
- Cunningham, S. (1985). *Cunningham's Encyclopedia of Magical Herbs*. Woodbury, Minnesota: Llewellyn Publications.
- Dailey, D. & Gerrard, M. (2008). *Kreta*. Basingstoke: AA Publishing.
- Damer, S. (1988). Legless in Sfakiá: Drinking and Social Practice in Western Crete. *Journal of Modern Greek Studies*, 6(2), 291-310.

- Davaki, K. & Mossialos, E. (2005). Plus ça Change: Health Sector Reforms in Greece. *Journal of Health Politics, Policy and Law*, 30(1-2), 143-167.
- De Vaus, D. A. (2002). *Analysing Social Science Data*. London: Sage.
- De Vries, D. (2007). *The Role of Socio-Cultural Factors in the Use of Medicinal and Aromatic Plants in Relation to Human Longevity*. MA Thesis, Leiden University, Leiden.
- DeHart, S. M. (1999). Hippocratic Medicine and the Greek Body Image. *Perspectives on Science*, 7(3), 49-382.
- Delanoë, O. & De Montmollin, B. (1999). MIPSIG - Mediterranean Islands Specialist Group, Conservation of Mediterranean Island Plants, Strategy of Action. In V. H. Heywood & M. Skoula (Eds.), *Wild Food and Non-Food Plants: Information Networking* (pp. 99-103). Chania: CIHEAM.
- Dervenis, C., Kastanioti, C. & Polyzos, N. (2013). Restructuring the Finances of the Greek Health Care System in the Era of Economic Crisis. *World Journal of Surgery*, 37, 707-709.
- Detorakis, T. E. (1994). *History of Crete*. Iraklion: Iraklion.
- Dhillon, H. K., Mohd Zaki Nik Mahmood, N. & Singh, H. (2007). Documentation of Self-care Actions taken for Somatic Complaints by Postmenopausal Malay Women living in Kelantan Malaysia. *Maturitas*, 58, 241-248.
- Dijkstra, E. (2005). *Herbs in Treating Dyspepsia: The Use of Herbs in the Overall Treatment of Dyspepsia in Anogeia (Crete)*. MA Thesis, Leiden University, Leiden.
- Dioscorides, P. & Beck, L. Y. (2005). *De materia medica*. Hildesheim: Olms-Weidmann.
- Djen Amar, S. C. (2010). *Gunem Catur in the Sunda Region of West Java: Indigenous Communication on the MAC Plant Knowledge and Practice within the Arisan in Lembang, Indonesia*. PhD Thesis, Leiden University, Leiden.
- Doloresco, F. & Vermeulen, L. C. (2009). Global Survey of Hospital Pharmacy Practice. *American Journal of Health-System Pharmacy*, 66(3), 13-19.
- Duffin, J. (1999). *History of Medicine: A Scandalously Short Introduction*. Toronto: University of Toronto Press.
- Dunn, F. L. (1976). Traditional Asian Medicine and Cosmopolitan Medicine as Adaptive Systems. In C. M. Leslie (Ed.), *Asian Medical Systems: A Comparative Study* (pp. 133-158). Berkeley: University of California Press.
- Düzyaman, E. & Tüzel, Y. (Eds.) (2003). *Proceedings of the International Symposium on Sustainable Use of Plant Biodiversity to Promote New Opportunities for Horticultural Production Development*. Leuven: International Society for Horticultural Science.
- Economou, C. (2010). Greece: Health Systems Review. *Health Systems in Transition*, 12(7), 1-180.
- Eisenberg, D. M., Kessler, R. C., Foster, C., Norlock, F. E., Calkins, D. R. & Delbanco, T. L. (1993). Unconventional Medicine in the United States--Prevalence, Costs, and Patterns of Use. *The New England Journal of Medicine*, 328(4), 246-252.
- Ellen, R. & Harris, H. (1999). Embeddedness of Indigenous Environmental Knowledge. In D. A. Posey (Ed.), *Cultural and Spiritual Values of Biodiversity: A Complementary Contribution to the Global Biodiversity Assessment* (pp. 180-184). London: Intermediate Technology Publications Ltd.
- Encyclopaedia Britannica, Inc. (2014). *Encyclopaedia Britannica, Inc.* London: Author. Retrieved from <http://www.britannica.com>
- Ernst, E. & Dixon, A. (2004). Alternative Medicines in Europe. In E. Mossialos, M. Mrazek & T. Walley (Eds.), *Regulating Pharmaceuticals in Europe: Striving for Efficiency, Equity and Quality* (pp. 307-322). Maidenhead: Open University Press.
- Escher, R. (2011). Ein Rucksack voller Träume. *Salzburger Nachrichten*, 25.06.2011.
- European Centre for Disease Prevention and Control (2013). *European Centre for Disease Prevention and Control*. Stockholm: Author. Retrieved from <http://www.ecdc.europa.eu/en/Pages/home.aspx>

- European Commission (2014). *Economic and Financial Affairs*. Brussels: Author. Retrieved from http://ec.europa.eu/economy_finance/assistance_eu_ms/greek_loan_facility/index_en.htm
- Eurostat (2013). *Regional Statistics Illustrated*. Brussels: European Commission. Retrieved from <http://epp.eurostat.ec.europa.eu/cache/RSI/#?vis=population>
- Eurostat (2014a). *GDP and Main Components - Volumes*. Brussels: European Commission. Retrieved from http://epp.eurostat.ec.europa.eu/portal/page/portal/national_accounts/data/database
- Eurostat (2014b). *GDP per capita - Annual Data*. Brussels: European Commission. Retrieved from http://epp.eurostat.ec.europa.eu/portal/page/portal/national_accounts/data/database
- Eurostat (2014c). *Unemployment Rate*. Brussels: European Commission. Retrieved from <http://epp.eurostat.ec.europa.eu/portal/page/portal/eurostat/home>
- Evans Schultes, R. & Raffauf, R. F. (1990). *The Healing Forest: Medicinal and Toxic Plants of the Northwest Amazonia*. Portland, Oregon: Dioscorides Press.
- Farnsworth, N. R. (1983). The NAPRALERT Data Base as an Information Source for Application to Traditional Medicine. In R. H. O. Bannerman, J. Burton & C. Wen-Chieh (Eds.), *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners* (pp. 25-36). Geneva: World Health Organisation.
- Farnsworth, N. R. & Soejarto, D. D. (1991). Global Importance of Medicinal Plants. In O. Akrele, V. H. Heywood & H. Synge (Eds.), *The Conservation of Medicinal Plants: Proceedings of an International Consultation 21-27 March 1988 held at Chiang Mai, Thailand* (pp. 25-52). Cambridge: Cambridge University Press.
- Farnsworth, N. R. (1994). Ethnopharmacology and Drug Development. In D. Chadwick & J. Marsh (Eds.), *Ethnobotany and the Search for New Drugs* (pp. 42-51). Chichester: John Wiley & Sons.
- Fedele, A. & Blanes, R. L. (Eds.) (2011). *Encounters of the Body and Soul in Contemporary Religious Practices: Anthropological Reflections*. New York: Berhahn Books.
- Ferris, D. G., Nyirjesy, P., Sobel, J. D., Soper, D., Pavletic, A. & Litaker, M. S. (2002). Over-the-Counter Antifungal Drug Misuse Associated with Patient-Diagnosed Vulvovaginal Candidiasis. *Obstetrical & Gynecological Survey*, 57(6), 350-352.
- Field, A. (2009). *Discovering Statistics using SPSS (and sex, drugs and rock'n'roll)*. London: SAGE Publications.
- Fielding, J., Turland, N. & Mathew, B. (2005). *Flowers of Crete*. London: Royal Botanic Gardens, Kew.
- Figueiras, A., Sastre, I., & Gestral-Otero, J. J. (2001). Effectiveness of Educational Interventions on the Improvement of Drug Prescription in Primary Care: A Critical Literature Review. *Journal of Evaluation in Clinical Practice*, 7(2), 223-241.
- Filipetto, F. A., Modi, D. S., Weiss, L. B., & Ciervo, C. A. (2008). Patient Knowledge and Perception of upper Respiratory Infections, Antibiotic Indications and Resistance. *Patient Preferences and Adherence*, 2, 35-39.
- Fioretos, M. & Schersten, B. (1991). Establishment of Research in Primary Health Care in Greece. Experiences of Greek-Swedish Collaboration. *Family Practice*, 8(4), 347-349.
- Food and Agriculture Organisation of the United Nations (1997). *Medicinal Plants for Forest Conservation and Health Care*. Non-Wood Forest Products No. 11. Rome: Author.
- Fortenbaugh, W. W., Sharples, R. W. & Sollenberger, M. G. (2003). *Theophrastus: On Sweat, On Dizziness and On Fatigue*. Leiden: Brill.
- Foster, G. M. (1983). An Introduction to Ethnomedicine. In R. H. O. Bannerman, J. Burton & W. Chen (Eds.), *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners* (pp. 17-24). Geneva: World Health Organisation.
- Foster, G. M. (1987). The Origin of Humoral Medicine in Latin America. *Medical Anthropology Quarterly*, 1(4), 355-393.

- Foster, G. M. & Anderson, B. G. (Eds.) (1978). *Medical Anthropology*. New York: John Wiley & Sons.
- Freeman, L. W. & Lawlis, G. F. (Eds.) (2001). *Mosby's Complementary & Alternative Medicine. A Research-based Approach*. St. Louis, Missouri: Mosby.
- Galobardes, B. & Demarest, S. (2003). Asking Sensitive Information: An Example with Income. *Sozial- und Präventivmedizin*, 48, 70-72.
- Geitona, M., Zavras, D., & Kyriopoulos, J. (2007). Determinants of Healthcare Utilisation in Greece: Implications for Decision-Making. *European Journal of General Practice*, 13, 144-150.
- Geitona, M., Kyriopoulos, J., Zavras, D., Theodoratou, T. & Alexopoulos, E. C. (2008). Medication Use and Patient Satisfaction: a Population-based Survey. *Family Practice*, 25, 362-369.
- Giamouridis, A. & Bagley, C. (2006). Policy, Politics, and Social Inequality in the Educational System of Greece. *Journal of Modern Greek Studies*, 24(1), 1-21.
- Gifi, A. (1990). *Nonlinear Multivariate Analysis*. Chichester: Wiley.
- Gilmore, D. D. (1982). Anthropology of the Mediterranean Area. *Annual Review of Anthropology*, 11, 175-205.
- Giugliano, D., Sedge, M. H. & Sepe, J. (2000). *The Mediterranean Diet: Origins and Myths*. Reddick: Idelson-Gnocchi.
- Greenlick, M. R., Hurtado, A. V., Pope, C. R., Saward, E. W. & Yoshioka, S. S. (1968). Determinants of Medical Care Utilisation. *Health Services Research*, 3(4), 296-315.
- Greger, S. (1985). *Village on the Plateau: Magoulas, a Mountain Village in Crete*. Studley: Brewin Books.
- Griffie, P. (1997). The Role of FAO in the Conservation, Industrialisation and Sustainable Use of Wild Plant Resources in the Mediterranean Region. In V. H. Heywood & M. Skoula (Eds.), *Identification of Wild Food and Non-Food Plants of the Mediterranean Region* (pp. 13-16). Chania: CIHEAM.
- Gröne, O. & Garcia-Barbero, M. (2001). Integrated Care: A Position Paper of the WHO European Office for Integrated Health Care Services. *International Journal of Integrated Care*, 1.
- Gunther, R. T. (1959). *The Greek Herbal of Dioscorides*. New York: Hafner Publishing CO.
- Hagoort, M. (1998). *Changing Perspectives: The Doctor-Patient Relationship in Crete*. MA Thesis, Leiden University, Leiden.
- Hahn, R. A. (1995). *Sickness and Healing: An Anthropological Perspective*. New Haven, Connecticut: Yale University Press.
- Hahn, R. A. & Inhorn, M. C. (2009). *Anthropology and Public Health: Bridging Differences in Culture and Society*. Oxford: Oxford University Press.
- Hanepen, A. (1997). *Over the Counter Drugs in Rural Crete*. MA Thesis, Leiden University, Leiden.
- Happel, F. (2011). Betere olijfolie, minder toekomst. *Lychnari*, 3, 18-20.
- Harrington, P. & Shepherd, M. D. (2002). Analysis of the Movement of Prescription Drugs to Over-the-Counter Status. *Journal of Managed Care Pharmacy*, 8(6), 499-508.
- Hatzis, C. M., Sifaki-Pistolla, D., Papandreou, C., Chlouverakis, G. I., Kafatos, A. & Tzanakis, N. E. (2013). Validity of the Cohort of Crete in the Seven Countries Study: A Time-series Study applied to the Cancer Mortality Trend between 1960 and 2011. *Oncology Letters*, 5, 964-968.
- Hellenic Statistical Authority (EL.STAT.) (2008). *Hellenic Statistical Authority*. Pireus: Author. Retrieved from <http://www.statistics.gr/portal/page/portal/ESYE>
- Helman, C. G. (1981). Disease versus Illness in general practice. *Journal of the Royal College of General Practitioners*, 31, 548-552.
- Herzfeld, M. (1981). Meaning and Morality: A Semiotic Approach to Evil Eye Accusations in a Greek Village. *American Ethnologist*, 560-574.

- Herzfeld, M. (1985). *The Poetics of Manhood: Contest and Identity in a Cretan Mountain Village*. Princeton, NJ: Princeton University Press.
- Herzfeld, M. (1990). Icons and Identity: Religious Orthodoxy and Social Practice in Rural Crete. *Anthropological Quarterly*, 63(3), 109-121.
- Herzfeld, M. (1991). *A Place in History: Social and Monumental Time in a Cretan Town*. Princeton, NJ: Princeton University Press.
- Herzfeld, M. (1993). In Defiance of Destiny: The Management of Time and Gender at a Cretan Funeral. *American Ethnologist*, 20(2), 241-255.
- Herzfeld, M. (1999). Of Language and Land Tenure. The Transmission of Property and Information in Autonomous Crete. *Social Anthropology*, 7(3), 223-237.
- Herzfeld, M. (2003). Localism and the Logic of Nationalistic Folklore: Cretan Reflections. *Comparative Studies in Society and History*, 45(2), 281-310.
- Heywood, V. H. (1997a). Global Biodiversity Assessment. In V. H. Heywood & M. Skoula (Eds.), *Identification of Wild Food and Non-Food Plants of the Mediterranean Region* (pp. 7-9). Chania: CIHEAM.
- Heywood, V. H. (1997b). International Council for Medicinal and Aromatic Plants (ICMAP). In V. H. Heywood & M. Skoula (Eds.), *Identification of Wild Food and Non-Food Plants of the Mediterranean Region* (pp. 11-12). Chania: CIHEAM.
- Heywood, V. H. (1999). The Mediterranean Region: A Major Centre of Plant Diversity. In V. H. Heywood & M. Skoula (Eds.), *Wild Food and Non-Food Plants: Information Networking* (pp. 5-15). Chania: CIHEAM.
- Heywood, V. H. & Skoula, M. (Eds.) (1997). *Identification of Wild Food and Non-Food Plants of the Mediterranean Region*. Chania: CIHEAM.
- Heywood, V. H. & Skoula, M. (Eds.) (1999). *Wild Food and Non-Food Plants: Information Networking*. Chania: CIHEAM.
- Hoffmann, D. (1983). *The Holistic Herbal: A Herbal Celebrating the Wholeness of Life*. Findhorn (Scotland): The Findhorn Press.
- Holmstedt, B. R. & Bruhn, J. G. (1995). Ethnopharmacology: A Challenge. In R. E. Schultes & S. Von Reis (Eds.), *Ethnobotany: Evolution of a Discipline* (pp. 338-342). Portland, Oregon: Timber Press.
- Horrocks, G. (2010). *Greek: A History of the Language and its Speakers*. Chichester: John Wiley & Sons.
- Hughes, C. M. (2003). Monitoring Self-Medication. *Expert Opinion on Drug Safety*, 2(1), 1-5.
- Iatrou, G. & Kokkalou, E. (1997). Rarity, Conservation, Importance and Ethnopharmacological Knowledge of the Greek Flora. In V. H. Heywood & M. Skoula (Eds.), *Identification of Wild Food and Non-Food Plants of the Mediterranean Region* (pp. 65-75). Chania: CIHEAM.
- Ibui, A. K. (2007). *Indigenous Knowledge, Belief and Practice of Wild Plants among the Meru in Kenia: Past and Present Human-Plant Relations in East Africa*. PhD Thesis, Leiden University, Leiden.
- International Society of Ethnobiology (2013). Declaration of Belém. Bristol, Vermont: Author. Retrieved from <http://ethnobiology.net/what-we-do/core-programs/global-coalition/declaration-of-belem/>
- International Union for Conservation of Nature (2012). Medicinal Plant Specialist Group. Gland, Switzerland: Author. Retrieved from https://www.iucn.org/about/work/programmes/species/who_we_are/ssc_specialist_groups_and_red_list_authorities_directory/plants/ssc_medicinalplant_home
- Iyionomikos Khartis tis Elladas (2013). *Statistika & Dedomena yia tin Iyia*. Athens: Ipyrio Iyias ke Kinonikis Allileyiis. Retrieved from <http://ygeiamap.gov.gr/statistika-kai-dedomena-ygeia/>

- In (2013). *Aghroturismos*. Athens: Dimosioghrafikos Organismos Lambraki A.E. Retrieved from <http://archive.in.gr/Reviews/placeholder.asp?lngReviewID=1671&lngChapterID=25003&lngItemID=25069>
- Isacson, A., Koutis, A. D., Cedervall, M., Lindholm, L. H., Lionis, C., Svenninger, K. & Fioretos, M. (1992). Patient-number-based Computerized Medical Records in Crete. A Tool for Planning and Assessment of Primary Health Care. *Computer Methods and Programs in Biomedicine*, 37, 41-49.
- Kafatos, A., Kouroumalis, I., Vlachonikolis, I., Theodorou, C., & Labadarios, D. (1991). Coronary-heart-disease Risk-factor Status of the Cretan Urban Population in the 1980s. *The American Journal of Clinical Nutrition*, 54, 591-598.
- Kafatos, A., Diacatou, A., Voukiklaris, G., Nikolakakis, N., Vlachonikolis, J., Kounali, D., ..., Dontas, A. S. (1997). Heart Disease Risk-Factor Status and Dietary Changes in the Cretan Population over the past 30 y: The Seven Countries Study. *The American Journal of Clinical Nutrition*, 65, 1882-1886.
- Kafatos, A., Verhagen, H., Moschandreas, J., Apostolaki, I. & Van Westerop, J. M. (2000). Mediterranean Diet of Crete: Foods and Nutrient Content. *Journal of the American Dietetic Association*, 100(12), 1487-1493.
- Kain Hart, L. (1992). *Time, Religion and Social Experience in Rural Crete*. Lanham: Rowman & Littlefield.
- Kalokhristianakis, Z. D. (2009). *O Pirgos Monofatsiu: Istoria - Thriskia - Laoghrafia*. Athens: Enoria Pirog Monofatsiu.
- Karalis, I. K., Alegakis, A. K., Kafatos, A. G., Koutis, A. D., Vardas, P. E. & Lionis, C. (2007). Risk Factors for Ischaemic Heart Disease in a Cretan Rural Population: a Twelve Year Follow-up Study. *BMC Public Health*, 7, 351.
- Karousou, R., Balta, M., Hanlidou, E. & Kokkini, S. (2007). "Mints", Smells and Traditional Uses in Thessaloniki (Greece) and other Mediterranean Countries. *Journal of Ethnopharmacology*, 109, 248-257.
- Kenna, M. E. (2001). *Greek Island Life. Fieldwork on Anafi*. Amsterdam: Harwood Academic Publishers.
- Kennedy, J. G. (1996). Over the Counter Drugs. *BMJ*, 312, 593-594.
- Kentikelenis, A. & Papanicolas, I. (2011). Economic Crisis, Austerity and the Greek Public Health System, *European Journal of Public Health*, 22(1), 4-5.
- Kersten, P., White, P. J. & Tennant, A. (2009). Construct Validity of the Holistic Complementary and Alternative Medicines Questionnaire (HCAHQ) - An Investigation Using Modern Psychometric Approaches. *Evidence-based Complementary and Alternative Medicine*, 1-8.
- Kew Royal Botanic Gardens (2014). *Medicinal Plant Names Services*. Richmond, Surrey: Author. Retrieved from <http://apps.kew.org/mpns-portal/>
- King, M. (1966). *Medical Care in Developing Countries. A Primer on the Medicine of Poverty and a Symposium from Makerere*. Nairobi: Oxford University Press.
- Kleinman, A. (1978). Concepts and a Model for the Comparison of Medical Systems as Cultural Systems. In W. F. L. Buschens & W. T. C. Gitzels (Eds.), *Sociocultural Aspects of Health Systems: A Reader Compiled for the Postgraduate Course Medical Sociology - Social Medicine at the Somali National University January 1984* (pp. 92-101). Mogadishu: Somali National University.
- Kleinman, A. (1980). *Patients and Healers in the Context of Culture: An Exploration of the Borderland between Anthropology, Medicine, and Psychiatry*. Berkeley: University of California Press.
- Kohn, R. & White, K. L. (Eds.) (1976). *Health Care: An International Study*. Report of the World Health Organisation. London: Oxford University Press.
- Kokonas, N. A. (1991). *The Cretan Resistance 1941-1945*. Rethymnon, Crete: Graphotechniki Kritis.

- Kokonas, N. A. (1995). *The Sundial Tower of Rethymno: A Monument of Cretan Renaissance within the Course of Time*. Rethymnon, Crete: O.K. Enterprises S.A.
- Kontarakis, N., Tsiligianni, I. G., Papadokostakis, P., Giannopoulou, E., Tsironis, L. & Moustakis, V. (2011). Antibiotic Prescriptions in Primary Health Care in a Rural Population in Crete, Greece. *BMC Research Notes*, 4, 38.
- Kotecki, J. E. (2002). Factors related to Pharmacists' Over-the-Counter Recommendations. *Journal of Community Health*, 27(4), 291-306.
- Koumaré, M. (1983) Traditional Medicine and Psychiatry in Africa. In R. H. O. Bannerman, J. Burton, & C. Wen-Chieh (Eds.), *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners* (pp. 25-36). Geneva: World Health Organisation.
- Koutis, A. D., Isacson, A., Lindholm, L. H., Lionis, C., Svenninger, K. & Fioretos, M. (1991). Use of Primary Health Care in Spili, Crete, and in Dalby, Sweden. *Scandinavian Journal of Primary Health Care*, 9, 297-302.
- Koutis, A. D., Isacson, A., Lionis, C., Lindholm, L. H., Svenninger, K. & Fioretos, M. (1993). Differences in the Diagnose Panorama in Primary Health Care in Dalby, Sweden and Spili, Crete. *Scandinavian Journal of Social Medicine*, 21(1), 51-58.
- Kristoffersen, A. E., Fønnebø, V. & Norheim, A. J. (2008). Use of Complementary and Alternative Medicine among Patients: Classification Criteria determine Level of Use. *The Journal of Alternative and Complementary Medicine*, 14(8), 911-919.
- Kritsotakis, M. & Tsanis, I. K. (2009). An Integrated Approach for Sustainable Water Resources Management of Messara Basin, Crete, Greece. *European Water*, 27/28, 15-30.
- Lafranchis, T. & Sfikas, G. (2009). *Flowers of Greece*. Paris: DIATHEO.
- Landy, D. (1977). *Culture, Disease, and Healing*. New York: Macmillan Publishing.
- Lazarou, C. & Matalas, A. (2010). A Critical Review of Current Evidence, Perspectives and Research Implications of Diet-related Traditions of the Eastern Christian Orthodox Church on Dietary Intakes and Health Consequences. *International Journal of Food Sciences and Nutrition*, 61(7), 739-758.
- Leadlay, E. & Jury, S. (Eds.) (2006). *Taxonomy and Plant Conservation*. Cambridge: Cambridge University Press.
- Leakey, R. E. & Slikkerveer, L. J. (1991a). Introduction. In R. E. Leakey & L. J. Slikkerveer (Eds.), *Origins and Development of Agriculture in East Africa: The Ethnosystems Approach to the Study of Early Food Production in Kenya*. Ames: Iowa State University.
- Leakey, R. E. & Slikkerveer, L. J. (Eds.) (1991b). *Origins and Development of Agriculture in East Africa: The Ethnosystems Approach to the Study of Early Food Production in Kenya*. Ames: Iowa State University.
- Legel, M. (1998). *Indigenous Medical Knowledge and Use of Medicinal Plants in Crete*. MA Thesis, Leiden University, Leiden.
- Leslie, C. M. (Ed.) (1976). *Asian Medical Systems: A Comparative Study*. Berkeley: University of California Press.
- Leurs, L. N. (2010). *Medicinal, Aromatic and Cosmetic (MAC) Plants for Community Health and Bio-Cultural Diversity Conservation in Bali, Indonesia*. PhD Thesis, Leiden University, Leiden.
- Lewis, C. E., Fein, R. & Mechanic, D. (1976). *A Right to Health: the Problem of Access to Primary Medical Care*. New York: Wiley.
- Lewis, W. H. & Elvin-Lewis, P. F. (1977). *Medical Botany: Plants Affecting Man's Health*. New York: John Wiley & Sons.
- Liangas, G. & Lionis, C. (2004). General Practice in Greece: A Student's and Supervisor's Perspective. *Australian Journal of Rural Health*, 12, 112-114.
- Lindholm, L. H., Koutis, A. D., Lionis, C., Vlachonikolis, I. G., Isacson, Å. & Fioretos, M. (1992). Risk Factors for Ischaemic Heart Disease in a Greek Population. *European Heart Journal*, 13, 291.

- Lindholm, L. H., Sverker, J., Lionis, C., Koutis, A. D., Jakobsson, A., Isacson, A., ..., Fioretos, M. (1993). Electrocardiographic Signs of Coronary Heart Disease in a "Low Risk" Population in Rural Crete. *Coronary Artery Disease*, 4, 427-435.
- Liolios, C. C., Graikou, K., Skaltsa, E. & Chinou, I. (2010). Dittany of Crete: A Botanical and Ethnopharmacological Review. *Journal of Ethnopharmacology*, 131, 229-241.
- Lionis, C., Koutis, A. D., Antonakis, N., Isacson, A., Lindholm, L. H. & Fioretos, M. (1993). Mortality Rates in a Cardiovascular 'Low-Risk' Population in Rural Crete. *Family Practice*, 10(3), 300-304.
- Lionis, C., Sasarolis, S. M., Koutis, A. D., Antonakis, N. A., Benos, A., Papavasiliou, S. & Fioretos, M. (1996). Measuring the Prevalence of Diabetes Mellitus in a Greek Primary Health Care District. *Family Practice*, 13(1), 18-21.
- Lionis, C., Koulentaki, M., Bizziagos, E. & Kouroumalis, E. (1997). Current Prevalence of Hepatitis A, B and C in a well-defined Area in Rural Crete, Greece. *Journal of Viral Hepatitis*, 4, 55-61.
- Lionis, C., Chatziarsenis, M., Antonakis, N., Gianoulis, Y. & Fioretos, M. (1998a). Assessment of Vaccine Coverage of Schoolchildren in three Primary Health Care Areas in rural Crete, Greece. *Family Practice*, 15(5), 443-448.
- Lionis, C., Faresjö, A., Skoula, M., Kapsokefalou, M. & Faresjö, T. (1998b). Antioxidant Effects of Herbs in Crete. *The Lancet*, 352, 1987-1988.
- Lionis, C. & Trell, E. (1999). Health Needs Assessment in General Practice: The Cretan Approach. *European Journal of General Practice*, 5, 75-77.
- Lionis, C., Vlachonikolis, I., Bathinaki, M., Daskalopoulos, G., Anifantaki, S. & Cranidis, A. (2000). Urinary Incontinence, the Hidden Health Problem of Cretan Women: Report from a Primary Care Survey in Greece. *Women & Health*, 31(4), 59-66.
- Lionis, C., Bathianaki, M., Antonakis, N., Papavasiliou, S. & Philalithis, A. (2001). A high Prevalence of Diabetes Mellitus in a Municipality of rural Crete, Greece. *Diabetic Medicine*, 18, 768-774.
- Lionis, C., Tsiraki, M., Bardis, V. & Philalithis, A. (2004). Seeking Quality Improvement in Primary Care in Crete, Greece: The First Actions. *Croatian Medical Journal*, 45(5), 599-603.
- Lionis, C., Olsen-Faresjo, A., Anastasiou, F., Wallander, M., Johansson, S. & Faresjo, T. (2005). Measuring the Frequency of Functional Gastrointestinal Disorders in rural Crete: A Need for improving Primary Care Physicians' Diagnostic Skills. *Rural and Remote Health*, 5, 409.
- Lionis, C. & Philalithis, A. (2008). Patient Satisfaction with Medication: A Challenge for Primary Health Care. *Family Practice*, 25, 319-320.
- Lionis, C., Symvoulakis, E. K., Markaki, A., Vardavas, C., Papadakaki, M., Daniilidou, N., ..., Kyriopoulos, I. (2009). Integrated Primary Health Care in Greece, a Missing Issue in the Current Health Policy Agenda: A Systematic Review. *International Journal of Integrated Care*, 9.
- Lionis, C., Anyfantakis, D., Symvoulakis, E. K., Shea, S., Panagiotakos, D. & Castanas, E. (2010). Bio-psychological Determinants of Cardiovascular Disease in a Rural Population in Crete, Greece: Formulating a Hypothesis and Designing the SPILI-III Study. *BMC Research Notes*, 3, 258.
- Lionis, C., Petelos, E., Shea, S., Bagiartaki, G., Tsiligianni, I. G., Kamekis, A., ..., Merkouris, B. (2014). Irrational Prescribing of Over-the-Counter (OTC) Medicines in General Practice: Testing the Feasibility of an Educational Invention among Physicians in five European Countries. *BMC Family Practice*, 15, 34.
- Lloyd, J. & Wait, S. (2005). Integrated Care: A Guide for Policymakers. *Alliance for Health and the Future*, 1-22.
- Lykiardopoulos, A. (1981). *The Evil Eye: Towards and Exhaustive Study*. *Folklore*, 92(2), 221-230.

- Lynch, N. & Berry, D. (2007). Differences in Perceived Risks and Benefits of Herbal, Over-the-Counter Conventional, and Prescribed Conventional, Medicines, and the Implications of this for the Safe and Effective Use of Herbal Products. *Complementary Therapies in Medicine*, 15, 84-91.
- Mackenzie, D. A. (1995). *Crete & Pre-Hellenic*. London: Senate.
- MacFadyen, L., Eadie, D. & McGowan, T. (2001). Community Pharmacists' Experience of Over-the-counter Medicine Misuse in Scotland. *The Journal of the Royal Society for the Promotion of Health*, 121(3), 185-192.
- Maćukanović, P., Rabin, D. L., Mabry, J. H. & Simić, D. (1976). Use of Medicines. In R. Kohn & D. L. White (Eds.), *Health Care: An International Study* (pp. 223-277). Report of the World Health Organisation. London: Oxford University Press.
- Mahler, H. (1978). Preface. In G. M. Foster & B. G. Anderson (Eds.), *Medical Anthropology* (pp. v-8). New York: John Wiley & Sons.
- Mandala, M. (1993). *Elliniko Leksiko*. Athens: Teghopulos - Fitrakis.
- Map data ©2014 Google (2014). *Map data ©2014 Google*. Mountain View, California: Google Inc.
- Mariolis, A., Mihas, C., Alevizos, A., Mariolis-Sapsakos, T., Marayiannis, K., Papathanasiou, M., ..., Merkouris, B. (2008). Comparison of Primary Health Care Services between Urban and Rural Settings after the Introduction of the First Urban Health Centre in Vyronas, Greece. *BMC Health Services Research*, 8, 124.
- Markaki, A., Antonakis, N., Philalithis, A. & Lionis, C. (2006). Primary Health Care Nursing Staff in Crete: an Emerging Profile. *International Nursing Review*, 53, 16-18.
- Martin, G. J. (2004). *Ethnobotany: A Methods Manual*. London: Earthscan.
- Martin-Moreno, J. M., Alfonso-Sanchez, J. L., Harris, M. & Gonzalez Lopez-Valcarcel, B. (2010). The Effects of the Financial Crisis on Primary Prevention of Cancer. *European Journal of Cancer*, 46, 2525-2533.
- Mazokopakis, E. E., Vrentzos, G. E., Papadakis, J. A., Babalis, D. E. & Ganotakis, E. S. (2005). Wild Chamomile (*Matricaria recutita* L.) Mouthwashes in Methotrexate-induced Oral Mucositis. *Phytomedicine*, 12, 25-27.
- McKinlay, J. B. (1972). Some Approaches and Problems in the Study of the Use of Services--An Overview. *Journal of Health and Social Behaviour*, 13(2), 115-152.
- MEDUSA Network (2002). *MEDUSA Network*. Chania: Author. Retrieved from <http://medusa.maich.gr>
- Molenaar, I. (1999). *Στην υγεία!!! Local Medical Knowledge and Practice in Rural Crete*. MA Thesis, Leiden University, Leiden.
- Mosca, L., Jones, W. K., King, K. B., Ouyang, P., Redberg, R. F. & Hill, M. N. (2000). Awareness, Perception, and Knowledge of Heart Disease Risk and Prevention among Women in the United States. *Archives of Family Medicine*, 9, 506-515.
- Moschandreas, J. & Kafatos, A. (1999). Food and Nutrient Intakes of Greek (Cretan) Adults. Recent Data for Food-based Dietary Guidelines in Greece. *British Journal of Nutrition*, 81(2), S71-S76.
- Moser, C. A. & Kalton, G. (1979). *Survey Methods in Social Investigation*. London: Heinemann Educational Books Ltd.
- Mossialos, E. (1997). Citizens' Views on Health Care Systems in the 15 Members States of the European Union. *Health Economics*, 6, 109-116.
- Mossialos, E. & Allin, S. (2005). Interest Groups and Health System Reform in Greece. *West European Politics*, 28(2), 420-444.
- Mossialos, E., Allin, S. & Davaki, K. (2005). Analysing the Greek Health System: A Tale of Fragmentation and Inertia. *Health Economics*, 14, 151-168.
- Mossialos, E., Mrazek, M. & Walley, T. (Eds.) (2004a). *Regulating Pharmaceuticals in Europe: Striving for Efficiency, Equity and Quality*. Maidenhead: Open University Press.

- Mossialos, E., Walley, T. & Mrazek, M. (2004b). Regulating Pharmaceuticals in Europe: An Overview. In E. Mossialos, M. Mrazek & T. Walley (Eds.), *Regulating Pharmaceuticals in Europe: Striving for Efficiency, Equity and Quality* (pp. 1-37). Maidenhead: Open University Press.
- Neus, N. (1989). *Obstetrische Zorg voor Provincie Aghios Vassilios, Kreta*. MA Thesis, Leiden University, Leiden.
- Notara, V., Koupidis, S. A., Vaga, E. & Grammatikopoulos, I. A. (2010). Economic Crisis and Challenges for the Greek Healthcare System: the Emergent Role of Nursing Management. *Journal of Nursing Management*, 18, 501-504.
- Nutbeam, D. (1998). Health Promotion Glossary. *Health Promotion International*, 13(4), 349-364.
- Oikonomidou, E., Anastasiou, F., Dervas, D., Patri, F., Karaklidis, D., Moustakas, P., ..., Merkouris, B. (2010). Rural Primary Care in Greece: Working under Limited Resources. *International Journal for Quality in Health Care*, 22(4), 333-337.
- Oikonomidou, E., Anastasiou, F., Pilpilidis, I., Kouroumalis, E. & Lionis, C. (2011). Upper Gastrointestinal Endoscopy for Dyspepsia: Exploratory Study of Factors Influencing Patient Compliance in Greece. *BMC Gastroenterology*, 11, 11.
- Oikonomou, N. & Mariolis, A. (2010). How is Greece conforming to Alma-Ata's Principles in the Middle of its Biggest Financial Crisis? *British Journal of General Practice*, 456-457.
- Oikonomou, N. & Tountas, Y. (2011a). The Greek Economic Crisis: a Primary Health-Care Perspective. *The Lancet*, 377, 28-29.
- Oikonomou, N. & Tountas, Y. (2011b). Insufficient Primary Care Services to the Rural Population of Greece. *Rural and Remote Health*, 11: 1661.
- Organisation for Economic Co-operation and Development (2014). *OECD Health Statistics 2014: How does Greece compare?* Paris: Author.
- Oxford Dictionaries (2013). *Oxford Dictionaries*. Oxford: Oxford University Press. Retrieved from <http://www.oxforddictionaries.com>
- Palstra, M. F. (2003). *The Use of Local Herbs in the Traditional Cretan Diet: Its Effect on the Digestive System*. MA Thesis, Leiden University, Leiden.
- Panagiotakos, D., Lionis, C., Anastasiou, F., Zeimbekis, A., Lioliou, E., Tsiligianni, I., ..., Polychronopoulos, E. (2008). Prevalence of Risk Factors of Cardiovascular Disease by Socio-Economic Status among the Elderly from Mediterranean Islands: the MEDIS Study. *CVD Prevention and Control*, 3, 153-162.
- Papadopoulos, C. (2009). Post-Byzantine Medical Manuscripts: New Insights into the Greek Medical Tradition, its Intellectual and Practical Interconnections, and our Understanding of Greek Culture. *Journal of Modern Greek Studies*, 27(1), 107-130.
- Papandreou, C. (2012). Traditional Cretan Diet and Longevity: Evidence from the Seven Countries Study. *Journal of Nutrition & Food Sciences*, 2(9).
- Perseus Digital Library (2013) *Plato: Phaedo*. Medford, Massachusetts: Tufts University. Retrieved from <http://www.perseus.tufts.edu/hopper/text?doc=Perseus%3atext%3a1999.01.0170%3atext%3dPhaedo>
- Petmesidou, M. (2012). *Annual Report 2012: Pensions, Health Care and Long-term Care Greece March 2012*. Cologne: Analytical Support on the Socio-Economic Impact of Social Protection Reforms.
- Pieroni, A., Giusti, M. E., de Pasquale, C., Lenzarini, C., Censorii, E., Gonzales-Tejero, M. R., ..., Scherazed, M. (2006). Circum-Mediterranean Cultural Heritage and Medicinal Plant Uses in Traditional Animal Healthcare: A Field Survey in Eight Selected Areas within the RUBIA Project. *Journal of Ethnobiology and Ethnomedicine*, 2(16).

- Plotkin, M. J. (1991). Traditional Knowledge of Medicinal Plants - The Search for new Jungle Medicines. In O. Akrele, V. H. Heywood & H. Synge (Eds.), *The Conservation of Medicinal Plants: Proceedings of an International Consultation 21-27 March 1988 held at Chiang Mai, Thailand* (pp. 53-64). Cambridge: Cambridge University Press.
- Pollio, A., De Natale, A., Appetiti, E., Aliotta, G. & Touwaide, A. (2008). Continuity and Change in the Mediterranean Medical Tradition: *Ruta* spp. (rutaceae) in Hippocratic Medicine and Present Practices. *Journal of Ethnopharmacology*, 116, 469-482.
- Polyzos, N., Karanikas, H., Thireos, E., Kastanioti, C. & Kontodimopoulos, N. (2013). Reforming Reimbursement of Public Hospitals in Greece during the Economic Crisis: Implementation of a DRG System. *Health Policy*, 109, 14-22.
- Pongsupap, Y. & Van Lerberghe, W. (2006). Choosing between Public and Private or between Hospital and Primary Care: Responsiveness, Patient-Centredness and Prescribing Patterns in Outpatient Consultations in Bangkok. *Tropical Medicine & International Health*, 11(1), 81-89.
- Posey, D. A. (Ed.) (1999). *Cultural and Spiritual Values of Biodiversity: A Complementary Contribution to the Global Biodiversity Assessment*. London: Intermediate Technology Publications Ltd.
- Psilakis, M. & Psilakis, N. (2003). *Herbs in Cooking: Dietary Choices from Nature's Supply of Seasonings and Drugs*. Iraklion: Karmanor.
- Quah, S. R. & Slikkerveer, L. J. (Eds.) (2003). *Traditional Healing Systems: Negotiating Science and Technology Challenges*. Singapore, Leiden: Leiden Ethnosystems and Development Programme (LEAD), Institute of Cultural and Social Sciences, Leiden University.
- Rackham, O. & Moody, J. (1996). *The Making of the Cretan Landscape*. Manchester: Manchester University Press.
- Redfield, R. (1956). *Peasant Society and Culture: An Anthropological Approach to Civilization*. Chicago: University of Chicago Press.
- Reijntjes, C., Haverkort, B. & Waters-Bayer, A. (1992). *Farming for the Future: an Introduction to Low-External-Input and Sustainable Agriculture*. London: Macmillan.
- Renaud, S., De Lorgeril, M., Delaye, J., Guidollet, J., Jacquard, F., Mamelle, N., ... Toubol, P. (1995). Cretan Mediterranean Diet for Prevention of Coronary Heart Disease. *The American Journal of Clinical Nutrition*, 61, 1360-1367.
- Richards, P., Slikkerveer, L. J. & Philips, A. O. (Eds.) (1989). *Indigenous Knowledge Systems for Agriculture and Rural Development: The CIKARD Inaugural Lectures*. Studies in Technology and Social Change Series No. 13, Ames: Iowa State University, Technology and Social Change Programme.
- Riley, F. R. (2002) Olive Oil Production on Bronze Age Crete: Nutritional Properties, Processing Methods and Storage Life of Minoan Olive Oil. *Oxford Journal of Archaeology*, 21(1), 63-75.
- Rivlin, R. S. (2001) Historical Perspective on the Use of Garlic. *The Journal of Nutrition*, 131(3), 951S-954S,
- Roudometof, V. & Makrides, V. N. (2010). *Orthodox Christianity on 21st Century Greece: the Role of Religion in Culture, Ethnicity and Politics*. Farnham: Ashgate.
- Roussou, E. (2011). When Soma Encounters the Spiritual. Bodily Praxes of Performed Religiosity in Contemporary Greece. In A. Fedele & R. L. Blanes (Eds.), *Encounters of the Body and Soul in Contemporary Religious Practices: Anthropological Reflections* (pp. 133-150). New York: Berghahn Books
- Rovithis, E., Lionis, C., Schiza, S. E., Bouros, D., Karokis, A., Vlachonikolis, I. & Siafakas, N. M. (2001). Assessing the Knowledge of Bronchial Asthma among Primary Health Care Physicians in Crete: A Pre- and Post-test following an Educational Course. *BMC Medical Education*, 1, 2.

- Said, H. M. (1983). The Unani System of Health and Medicine. In R. H. O. Bannerman, J. Burton & C. Wen-Chieh (Eds.), *Traditional Medicine and Health Care Coverage: A Reader for Health Administrators and Practitioners* (pp. 61-67). Geneva: World Health Organisation.
- Sapountzi-Krepia, D., Raftopoulos, V., Sgantzios, M., Kotrotsiou, E., Roupa-Darivaki, Z., Sotiropoulou, K., ..., Dimitriadou, A. (2005). Validation and Test-Retest of the Royal Free Interview for Spiritual and Religious Beliefs when Adapted to a Greek Population. *Annals of General Psychiatry*, 4(6).
- Sarri, K. O., Tzanakis, N. E., Linardakis, M. K., Mamalakis, G. D. & Kafatos, A. G. (2003). Effects of Greek Orthodox Christians Church Fasting on Serum Lipids and Obesity. *BMC Public Health*, 3, 16.
- Sarri, K. O., Linardakis, M. K., Bervanaki, F. N., Tzanakis, N. E. & Kafatos, A. G. (2004). Greek Orthodox Fasting Rituals: a Hidden Characteristic of the Mediterranean Diet of Crete. *British Journal of Nutrition*, 92, 277-284.
- Sbarouni, V., Tsimtsiou, Z., Symvoulakis, E., Kamekis, A., Petelos, E., Saridaki, A., ..., Lionis, C. (2012). Perceptions of Primary Care Professionals on Quality of Services in Rural Crete: A Qualitative Study. *Rural and Remote Health*, 12, 2156.
- Scarborough, J. (2005) Introduction. In P. Dioscorides & L. Y. Beck (Eds.), *De materia medica* (pp. xiii-xxi). Hildesheim: Olms-Weidmann.
- Schiefsky, M. J. (2005). *Hippocrates: On Ancient Medicine*. Leiden: Brill.
- Schultes, R. E. & Von Reis, S. (Eds.) (1995). *Ethnobotany: Evolution of a Discipline*. London: Chapman & Hall
- Schultes, R. E., Hofmann, A. & Rätsch, C. (2001). *Plants of the Gods: Their Sacred, Healing and Hallucinogenic Powers*. Rochester: Healing Arts Press.
- Shi, W., Steven, M., Fielder, E., Gelberg, L. & Nichol, M. B. (2004). Consumer Knowledge of Over-the-Counter Phenazopyridine. *The Annals of Family Medicine*, 2(3), 240-244.
- Simoens, S., Lobeau, M., Verbeke, K. & Van Aerschot, A. (2009). Patient Experiences of Over-the-Counter Medicine Purchases in Flemish Community Pharmacies. *Pharmacy World & Science*, 31, 450-457.
- Simopoulos, A. P. (2001). The Mediterranean Diets: What is so Special about the Diet of Greece? The Scientific Evidence. *The Journal of Nutrition*, 131, 3065-3073.
- Skliros, E., Merkouris, P., Papazafropoulou, A., Gikas, A., Matzouranis, G., Papafragos, C., ..., Sotiropoulos, A. (2010). Self-Medication with Antibiotics in Rural Population in Greece: a Cross-sectional Multicenter Study. *BMC Family Practice*, 11, 58.
- Skoula, M., Griffie, P. & Heywood, V. H. (1997). Identification, Conservation and Use of Wild Plants in the Mediterranean Region - The "MEDUSA" Network. In V. H. Heywood & M. Skoula (Eds.), *Identification of Wild Food and Non-Food Plants of the Mediterranean Region* (pp. 1-4). Chania: CIHEAM.
- Skoula, M., Rakic, Z., Boretos, N. & Johnson, C. B. (2003). The MEDUSA Information System: A Tool for the Identification, Conservation and Sustainable Use of Mediterranean Plant Diversity. In E. Düzyaman & Y. Tüzel (Eds.), *Proceedings of the International Symposium on Sustainable Use of Plant Biodiversity to Promote New Opportunities for Horticultural Production Development* (pp. 219-225). Leuven: International Society for Horticultural Science.
- Skoula, M. & Johnson, C. B. (2006). The Identification, Conservation and Use of Wild Plants of the Mediterranean Region: The Medusa Network - a Programme for Encouraging the Sustainable Use of Mediterranean Plants. In E. Leadlay & S. Jury (Eds.), *Taxonomy and Plant Conservation* (pp. 177-190). Cambridge: Cambridge University Press.
- Sleath, B., Rubin, R. H., Campbell, W., Gwyther, L. & Clark, T. (2001). Physician-Patient Communication about Over-the-Counter Medications. *Social Science & Medicine*, 53, 357-369.

- Slikkerveer, L. J. (1982). Rural Health Development in Ethiopia: Problems of Utilisation of Traditional Healers. *Social Science & Medicine*, 16, 1859-1872.
- Slikkerveer, L. J. (1989). Ethnosystems, Innovation and Development. In P. Richards, L. J. Slikkerveer & A. O. Philips (Eds.), *Indigenous Knowledge Systems for Agriculture and Rural Development: The CIKARD Inaugural Lectures* (pp. 19-30). Studies in Technology and Social Change Series No. 13, Ames: Iowa State University, Technology and Social Change Programme.
- Slikkerveer, L. J. (1990). *Plural Medical Systems in the Horn of Africa: The Legacy of the "Sheikh" Hippocrates*. London: Kegan Paul International.
- Slikkerveer, L. J. (1995). INDAKS: A Bibliography and Database on Indigenous Agricultural Knowledge Systems and Sustainable Development in the Tropics. In D. M. Warren, L. J. Slikkerveer & D. W. Brokensha (Eds.), *The Cultural Dimension of Development: Indigenous Knowledge Systems* (pp. 512-516). London: Intermediate Technology Publications Ltd.
- Slikkerveer, L. J. (1997). The Objectives of LEAD and the Significance of Indigenous Knowledge in the Mediterranean Region. In V. H. Heywood & M. Skoula (Eds.), *Identification of Wild Food and Non-Food Plants of the Mediterranean Region* (pp. 17-21). Chania: CIHEAM.
- Slikkerveer, L. J. (1999a). Ethnobotanical Knowledge Systems and the Potential for the Sustainable Use of Wild Food and Non-Food Plants. In V. H. Heywood & M. Skoula (Eds.), *Wild Food and Non-Food Plants: Information Networking* (pp. 37-44). Chania: CIHEAM.
- Slikkerveer, L. J. (1999b). Ethnoscience, 'TEK', and its Application to Conservation. In D. A. Posey (Ed.), *Cultural and Spiritual Values of Biodiversity: A Complementary Contribution to the Global Biodiversity Assessment* (pp. 167-260). London: Intermediate Technology Publications Ltd.
- Slikkerveer, L. J. (2003). Traditional Medical Systems and the Challenge of Validation: Towards a Model of Transcultural Medicinal Plant Use in Indonesia. In S. R. Quah & L. J. Slikkerveer (Eds.), *Traditional Healing Systems: Negotiating Science and Technology Challenges* (pp. 37-57). Leiden: Leiden Ethnosystems and Development Programme (LEAD), Institute of Cultural and Social Studies, Leiden University.
- Slikkerveer, L. J. (2006). The Challenge of Non-Experimental Validation of MAC Plants: Towards a Multivariate Model of Transcultural Utilisation of Medicinal, Aromatic and Cosmetic Plants. In R. J. Bogers, L. E. Craker & D. Lange (Eds.), *Medicinal and Aromatic Plants: Agricultural, Commercial, Ecological, Legal, Pharmacological and Social Aspects* (pp. 1-28). Dordrecht: Springer.
- Slikkerveer, L. J. & Dechering, W. H. J. C. (1995). LEAD: the Leiden Ethnosystems and Development Programme. In D. M. Warren, L. J. Slikkerveer & D. W. Brokensha (Eds.), *The Cultural Dimension of Development: Indigenous Knowledge Systems* (pp. 435-440). London: Intermediate Technology Publications Ltd.
- Slikkerveer, L. J. & Lionis, C. (2011). Assessment of the Extent of the OTC Problem Study Report. In *OTC SOCIOMED: Assessing the Over-the-Counter Medications in Primary Care and Translating the Theory of Planned Behaviour into Interventions, Work Package 2 (No. 223654)*. Iraklion, Crete: University of Crete & Leiden: LEAD Programme.
- Slikkerveer, L. J. & Lionis, C. (2012). WP2 OTC-SOCIOMED Workshop on the Final Results of the Joint Research Project. In *OTC SOCIOMED: Assessing the Over-the-Counter Medications in Primary Care and Translating the Theory of Planned Behaviour into Interventions, Work Package 2 (No. 223654)*. Iraklion, Crete: University of Crete & Leiden: LEAD Programme.

- Slikkerveer, L. J. & Slikkerveer, M. K. L. (1995). Taman Obat Keluarga (TOGA): Indonesian Medicine for Self-Reliance. In D. M. Warren, L. J. Slikkerveer & D. W. Brokensha (Eds.), *The Cultural Dimension of Development: Indigenous Knowledge Systems* (pp.13-33). London: Intermediate Technology Publications Ltd.
- Smak Gregoor, J. & Zwiép, K. (1990). *Het District Ag. Vasiliou: Een Beschrijving van de Gezondheidszorg en een Sociografisch Profiel van de Bevolking*. MA Thesis, Leiden University, Leiden.
- Sofoluwe, G. O. & Bennett, F. J. (1985). *Principles and Practice of Community Health in Africa*. Ibadan (Nigeria): University Press Ltd.
- Souliotis, K. & Lionis, C. (2004). Creating an Integrated Health System in Greece: A Primary Care Perspective. *Journal of Medical Systems*, 28(6), 643-652.
- Stamatis, G., Kyriazopoulos, P., Golegou, S., Basayiannis, A., Skaltsas, S. & Skaltsa, H. (2003). In vitro anti-Heliobacter pylori activity of Greek Herbal Medicines. *Journal of Ethnopharmacology*, 88, 175-179.
- Stevenson, F. A., Barry, C. A., Britten, N., Barber, N. & Bradley, C. P. (1999). GP's Perceptions of Patient Influence on Prescribing. *Family Practice*, 16(3), 255-261.
- Strataridaki, A. (1988). Epimenides of Crete: Some Notes on his Life, Works and the Verse "Κρήτες αεί ψεύσται". *Fortunatae*, 2, 207-223.
- Streefland, P. & Chabot, J. (1990a). Community based Health Care and the Interface with the Basic Health Services. In P. Streefland & J. Chabot (Eds.), *Implementing Primary Health Care. Experiences since Alma-Ata*. Amsterdam: Royal Tropical Institute.
- Streefland, P. & Chabot, J. (Eds.) (1990b). *Implementing Primary Health Care. Experiences since Alma-Ata*. Amsterdam: Royal Tropical Institute.
- Suchman, E. A. (1963). *Sociology and the Field of Public Health*. New York: Russell Sage Foundation.
- Suchman, E. A. (1965). Stages of Illness and Medical Care. *Journal of Health and Human Behaviour*, 6(3), 114-128.
- Symvoulakis, E., Krasagakis, K., Komninos, I. D., Kastrinakis, I., Lyronis, I., Philalithis, A. & Androniki, D. T. (2006). Primary Care and Pattern of Skin Diseases in a Mediterranean Island. *BMC Family Practice*, 7(6).
- Tabachnick, B. G. & Fidell, L. (2001). *Using Multivariate Statistics*. Boston: Allyn and Bacon.
- Tan, K., Iatrou, G. & Johnsen, B. (2001). *Endemic Plants of Greece - The Peloponnese*. Copenhagen: Gad Publishers Ltd.
- Tan, S. Y. (2002). Medicine in Stamps. Hippocrates: Father of Medicine. *Singapore Medical Journal*, 43(1), 5-6.
- Theoi Greek Mythology (2011). *Theoi Greek Mythology: Exploring Mythology in Classical Literature & Art*. Auckland: Aaron Atsma. Retrieved from <http://www.theoi.com>
- TRAFFIC – the Wildlife Trade Monitoring Network (2008). *Medicinal and Aromatic Plants Trade Programme*. Cambridge: Author. Retrieved from <http://www.traffic.org/medicinal-plants/>
- Trichopoulou, A. & Lagiou, P. (1997). Healthy Traditional Mediterranean Diet: An Expression of Culture, History, and Lifestyle. *Nutrition Reviews*, 55(11), 383-389.
- Trichopoulou, A., Costacou, T., Bamia, C. & Trichopoulos, D. (2003). Adherence to a Mediterranean Diet and Survival in a Greek Population. *The New England Journal of Medicine*, 348(26), 2599-2608.
- Trigoni, M., Griffiths, F., Tsiftis, D., Koumantakis, E., Green, E. & Lionis, C. (2008). Mammography Screening: Views from Women and Primary Care Physicians in Crete. *BMC Women's Health*, 8, 20.
- Tsiantou, V., Shea, S., Martinez, L., Agius, D., Basak, O., Faresjö, T., ..., Lionis, C. (2013). Eliciting General Practitioners' Salient Beliefs towards Prescribing: A Qualitative Study based on the Theory of Planned Behaviour in Greece. *Journal of Clinical Pharmacy and Therapeutics*, 38, 109-114.

- Tsiligianni, I. G., Delgatty, C., Alegakis, A. & Lionis, C. (2012). A Household Survey on the Extent of Home Medication Storage. A Cross-sectional Study from Rural Crete, Greece. *European Journal of General Practice*, 18, 3-8.
- Tyrovolas, S., Chalkias, C., Morena, M., Tsiligianni, I., Zeimbekis, A., Gotsis, E., ..., Panagiotakos, D. (2011). Health Care Access and Prevalence of the Metabolic Syndrome Among Elders Living in High-Altitude Areas of the Mediterranean Islands: The MEDSIS Study. *The Review of Diabetic Studies*, 8(4), 468-476.
- Tzedakis, Y. & Martlew, H. (1999). *Minoans and Mycenaeans: Flavours of their Time*. Athens: Kapon Editions.
- Tzimis, L., Katsantonis, N., Leledaki, A., Vasilomanolakis, K., & Kafatos, A. (1996). Prescribed Medication and Nutrition of Social Care Patients in Crete, Greece. *Public Health*, 110, 361-367.
- Tzimis, L., Katsantonis, N., Leledaki, A., Vasilomanolakis, K. & Kafatos, A. (1997). Antibiotics Prescription for Indigent Patients in Primary Care. *Journal of Clinical Pharmacy and Therapeutics*, 22, 227-235.
- Tzimis, L. & Kafatos, A. (1999). Drug Utilisation and Health Behaviours among Indigent Elderly Patients in Crete, Greece. *Pharmacoepidemiology and Drug Safety*, 8, 105-114.
- United Nations (2013). *International Standard Industrial Classification of All Economic Activities (ISIC), Rev. 4*. New York: Author. Retrieved from <http://unstats.un.org/unsd/cr/registry/regcst.asp?Cl=27>
- United Nations (2014). *Millennium Development Goals and Beyond 2015*. New York: Author. Retrieved from <http://www.un.org/millenniumgoals/>
- United States National Library of Medicine (2012). *United States National Library of Medicine*. Bethesda, Maryland: Author. Retrieved from <http://www.nlm.nih.gov>
- Van Beelen, N. (1990). *Aged People and Illnesses on Crete*. MA Thesis, Leiden University, Leiden.
- Van Bommel, I. (1993). *Maternal and Child Health in the Area Agios Vasilios, Crete: A descriptive Inquiry to the Beliefs and Practices of Young Mothers and Pregnant Women regarding Child Care*. MA Thesis, Leiden University, Leiden.
- Van de Geer, J. P. (1993a). *Multivariate Analysis of Categorical Data: Applications*. Newbury Park, CA: Sage.
- Van de Geer, J. P. (1993b). *Multivariate Analysis of Categorical Data: Theory*. Newbury Park, CA: Sage.
- Van de Kerk, R. (1993). *'Blood is Thicker than Water': The Role of the Illness-Management Group towards the Patient in the Village Sellia, Crete*. MA Thesis, Leiden University, Leiden.
- Van den Akker, H. (2002). *Health and Illness in Rural Crete*. MA Thesis, Leiden University, Leiden.
- Van der Burg, E. (1988). *Nonlinear Canonical Correlation and Some Related Techniques*. Leiden: Reprodienst.
- Van der Burg, E., De Leeuw, J. & Verdegaal, R. (1984). *Non-Linear Canonical Correlation with M Sets of Variables*. Department of Data Theory, Leiden University.
- Van der Burg, E., De Leeuw, J. & Verdegaal, R. (1988). Homogeneity Analysis with k Sets of Variables: An Alternating Least Squares Methods with Optimal Scaling Features. *Psychometrika*, 53(2), 177-197.
- Van der Burg, E., De Leeuw, J. & Dijksterhuis, G. (1994). Nonlinear Canonical Correlation with k Sets of Variables. *Computational Statistics & Data Analysis*, 18, 141-163.
- Van der Hoeven, C. (1992). *The Medical Knowledge System in Mixorouma (Crete): A Comparison between two Generations*. MA Thesis, Leiden University, Leiden.

- Van Seters, A. P. (1997). Forest based Medicines in Traditional and Cosmopolitan Health Care. In Food and Agriculture Organisation of the United Nations (Eds.), *Medicinal Plants for Forest Conservation and Health Care* (pp. 5-11). Non-Wood Forest Products No. 11. Rome: Author
- Van der Steur, L. (1993). Indigenous Knowledge of Medicinal Plants of Crete, Greece: The Use of Medicinal Plants against Rheumatic Diseases. Research Proposal, Leiden University, Leiden.
- Vardavas, C. I., Linardakis, M. K., Hatzis, C. M., Saris, W. H. M. & Kafatos, A. G. (2009). Cardiovascular Disease Risk Factors and Dietary Habits of Farmers from Crete 45 Years after the first Description of the Mediterranean Diet. *European Journal of Cardiovascular Prevention & Rehabilitation*, 17, 440-446.
- Vardavas, C. I., Linardakis, M. K., Hatzis, C. M., Saris, W. H. M. & Kafatos, A. G. (2010). Prevalence of Obesity and Physical Inactivity among Farmers from Crete (Greece), four Decades after the Seven Countries Study. *Nutrition, Metabolism & Cardiovascular Diseases*, 19, 156-162.
- Vigneron, M., Deparis, X., Deharo, E., & Bourdy, G. (2005). Antimalarial Remedies in French Guiana: A Knowledge Attitudes and Practices Study. *Journal of Ethnopharmacology*, 98, 351-360.
- Vikan, G. (1984). Art, Medicine, and Magic in Early Byzantium. *Dumbarton Oaks Papers*, 38, 65-86.
- Visser, C. (1986). *De Gezondheidszorg in Ontwikkeling op het Platteland van Kreta: Een descriptief en exploratief Medisch-Anthropologisch Onderzoek*. MA Thesis, Leiden University, Leiden.
- Vokou, D., Katradi, K. & Kokkini, S. (1993). Ethnobotanical Survey of Zagori (Epirus, Greece), a renowned Centre of Folk Medicine in the Past. *Journal of Ethnopharmacology*, 39, 187-196.
- Voorhoeve, H. W. A. (2003). Indigenous Customs in Traditional Healing Systems: Advantages and Disadvantages. In S. R. Quah & L. J. Slikkerveer (Eds.), *Traditional Healing Systems: Negotiating Science and Technology Challenges* (pp. 143-150). Leiden: Leiden Ethnosystems and Development Programme (LEAD), Institute of Cultural and Social Studies, Leiden University.
- Voukiklaris, G. E., Kafaftos, A. & Dontas, A. S. (1996). Changing Prevalence of Coronary Heart Disease Risk Factors and Cardiovascular Diseases in Men of a Rural Area of Crete from 1960 to 1991. *Angiology: The Journal of Vascular Diseases*, 47(1), 43-49.
- Waldman, C. & Mason, C. (2006). *Encyclopedia of European Peoples*. New York: Facts on File, Inc.
- Walt, G. & Rifkin, S. (1990). The Political Context of Primary Health Care. In P. Streefland & J. Chabot (Eds.), *Implementing Primary Health Care. Experiences since Alma-Ata*. Amsterdam: Royal Tropical Institute.
- Warren, D. M., Slikkerveer, L. J. & Brokensha, D. W. (Eds.) (1995). *The Cultural Dimension of Development: Indigenous Knowledge Systems*. London: Intermediate Technology Publications Ltd.
- Watrous, L. V., Xatzi-Vallianou, D., Pope, K., Mourtzas, N., Shay, J., Shay, C. T., ..., Blitzer, H. (1993). A Survey of the Western Mesara Plain in Crete: Preliminary Report of the 1984, 1986, and 1987 Field Seasons. *Hesperia: The Journal of the American School of Classical Studies at Athens*, 62(2), 191-248.
- Watson, M. C., Bond, C., Grimshaw, J. & Johnston, M. (2006). Factors Predicting the Guideline Compliant Supply (or Non-Supply) of Non-Prescription Medicines in the Community Pharmacy Setting. *Quality and Safety in Health Care*, 15, 53-57.
- Wazaify, M., Shields, E., Hughes, C. M. & McElnay, J. C. (2005). Societal Perspectives on Over-the-Counter (OTC) Medicines. *Family Practice*, 22, 170-176.

- We Love Crete (2013). *We Love Crete ... in the Greek Islands*. Coolum Beach, Queensland: Enhance Living Pty Ltd. Retrieved from <http://www.we-love-crete.com>
- Weeks, J. (2001). Foreword. In L. W. Freeman & G. F. Lawlis (Eds.), *Mosby's Complementary & Alternative Medicine. A Research-based Approach* (pp. ix-x). St. Louis, Missouri: Mosby.
- White, K. L., Anderson, D. O., Indulski, J., Mabry, J. H. & Purola, T. (1976). Introduction. In R. Kohn & D. L. White (Eds.), *Health Care: An International Study* (pp. 1-9). Report of the World Health Organisation. London: Oxford University Press.
- Willett, W. C., Sacks, F., Trichopoulou, A., Drescher, G., Ferro-Luzzi, A., Helsing, E. & Trichopoulos, D. (1995). Mediterranean Diet Pyramid: a Cultural Model for Healthy Eating. *The American Journal of Clinical Nutrition*, 61, 1402S-6S.
- Wilson, K., Dowson, C. & Mangin, D. (2007). Prevalence of Complementary and Alternative Medicine Use in Christchurch, New Zealand: Children attending General Practice versus Paediatric Outpatients. *Journal of the New Zealand Medical Association*, 120(1251).
- Wondimu, G. (1993). *Implementation of Primary Health Care in Agios Vasilios District*. MA Thesis, Leiden University, Leiden.
- World Health Organisation (1978). *Declaration of Alma-Ata*. Geneva: Author.
- World Health Organisation, the World Conservation Union & World Wide Fund for Nature (1993). *Guidelines on the Conservation of Medicinal Plants*. Gland, Switzerland: Author.
- World Health Organisation (1996). *Integration of Health Care Delivery: Report of a WHO Study Group*. Geneva: Author.
- World Health Organisation (2002a). *WHO Traditional Medicine Strategy 2002-2005*. Geneva.
- World Health Organisation (2002b). *World Health Survey. A Household Questionnaire*. Geneva.
- World Health Organisation (2008a). *Integrated Health Services – What and Why?* Geneva.
- World Health Organisation (2008b). *Primary Health Care: Now more than Ever*. Geneva.
- World Health Organisation (2009). *Self-Care in the Context of Primary Health Care*. Geneva.
- World Health Organisation (2012). *Herbal Medicines*. Geneva: Author. Retrieved from: <http://www.who.int/medicines/areas/traditional/definitions/en/>
- World Health Organisation (2013a). *Global Health Observatory Data Repository*. Geneva: Author. Retrieved from <http://apps.who.int/gho/data/node.main?lang=en>
- World Health Organisation (2013b). *Greece: Health Profile*. Geneva: Author. Retrieved from <http://www.who.int/gho/countries/grc.pdf?ua=1>
- World Health Organisation (2013c). *Primary Health Care*. Geneva: Author. Retrieved from http://www.who.int/topics/primary_health_care/en/
- World Health Organisation (2014a). *European Health for All Database (HFA-DB)*. Geneva: Author. Retrieved from <http://data.euro.who.int/hfadb>
- World Health Organisation (2014b). *International Classification of Diseases (ICD-10)*. Geneva: Author. Retrieved from <http://apps.who.int/classifications/icd10/browse/2010/en>
- Xilomenos, A., Mauri, D., Kamposioras, K., Gkinosati, A., Zacharias, G., Sidiropoulou, V., ..., Peponi, C. (2006). Colorectal Cancer Screening Awareness among Physicians in Greece. *BMC Gastroenterology*, 6, 18.
- Yia tus Kritikus tu Kosmu (2013). *Yia tus Kritikus tu Kosmu*. Gazi Maleviziiu: AbsNet webServices. Retrieved from <http://www.kritikoi.gr/index.php>
- Zehnder, S., Beutler, M., Bruppacher, R., Ehrenhoefer, T. & Hersberger, K.E. (2004). Needs and Use of Drug Information Sources in Community Pharmacies: A Questionnaire based Survey in German-speaking Switzerland. *Pharmacy World & Science*, 26, 197-202.
- Zhang, X. (1998). *Regulatory Situation of Herbal Medicines: A Worldwide Review*. Geneva: World Health Organisation.

Appendix I The Hippocratic Oath

‘I swear by Apollo the physician, and Asclepius, and [Hygeia] and Panacea and all the gods and goddesses as my witnesses, that, according to my ability and judgement, I will keep this Oath and this contract:

To hold him who taught me this art equally dear to me as my parents, to be a partner in life with him, and to [fulfil] his needs when required; to look upon his offspring as equals to my own siblings, and to teach them this art, if they shall wish to learn it, without fee or contract; and that by the set rules, lectures, and every other mode of instruction, I will impart a knowledge of the art to my own sons, and those of my teachers, and to students bound by this contract and having sworn this Oath to the law of medicine, but to no others.

I will use those dietary regimens which will benefit my patients according to my greatest ability and judgement, and I will do no harm or injustice to them.

I will not give a lethal drug to anyone if I am asked, nor will I advise such a plan; and similarly I will not give a woman a pessary to cause an abortion.

In purity and according to divine law will I carry out my life and my art.

I will not use the knife, even upon those suffering from stones, but I will leave this to those who are trained in this craft.

Into whatever homes I go, I will enter them for the benefit of the sick, avoiding any voluntary act of impropriety or corruption, including the seduction of women or men, whether they are free men or slaves.

Whatever I see or hear in the lives of my patients, whether in connection with my professional practice or not, which ought not to be spoken of outside, I will keep secret, as considering all such things to be private.

So long as I maintain this Oath faithfully and without corruption, may it be granted to me to partake of life fully and the practice of my art, gaining the respect of all men for all time. However, should I transgress this Oath and violate it, may the opposite be my fate.

(Translated by Michael North, National Library of Medicine, 2002)’

Source: U.S. National Library of Medicine 2012.

Appendix II The Declaration of Belém

‘Leading anthropologists, biologists, chemists, sociologists and representatives of several indigenous populations met in to discuss common concerns at the First International Congress of Ethnobiology and to found International Society of ethnobiology. Major concerns outlined by conference contributors were the study of the ways that indigenous and rural populations uniquely perceive, utilize, and manage their natural resources and the development of programs that will guarantee the preservation of vital biological and cultural diversity. This declaration was articulated.

As ethnobiologists, we are alarmed that:

SINCE

- Tropical forests and other fragile ecosystems are disappearing;
- Many species, both plant and animal, are threatened with extinction;
- Indigenous cultures around the world are being disrupted and destroyed.

AND GIVEN

- That economic, agricultural and health conditions of people are dependent on these resources;
- That native people have been stewards of 95% of the world's genetic resources, and
- That there is an inextricable link between cultural and biological diversity.

WE, MEMBERS OF THE INTERNATIONAL SOCIETY OF ETHNOBIOLOGY STRONGLY URGE ACTIONS AS FOLLOWS:

- Henceforth, a substantial proportion of development aid must be covered to efforts aimed at ethnobiological inventory, conservation, and management programs;
- Mechanisms be established by which indigenous specialists are recognized as proper Authorities and are consulted in all programs affecting them, their resources, and their environments;
- All other inalienable human rights be recognized and guaranteed, including cultural and linguistic identity;
- Procedures must be developed to compensate native peoples for the utilization of their knowledge and their biological resources;
- Educational programs must be implemented to alert the global community to the value of ethnobiological knowledge for human well-being;
- All medical programs include the recognition of and respect for traditional healers and the incorporation of traditional health practices that enhance the health status of these populations;
- Ethnobiologists make available the results of their research to the native peoples with whom they have worked, especially including dissemination in the native language;
- Exchange of information should be promoted among indigenous and rural peoples regarding conservation, management, and sustainable utilization of resources.

----Belem, Brazil, July 1988----

Source: International Society of Ethnobiology 2013.

Appendix III Declaration of Alma-Ata

'International Conference on Primary Health Care, Alma-Ata, USSR, 6-12 September 1978

The International Conference on Primary Health Care, meeting in Alma-Ata this twelfth day of September in the year Nineteen hundred and seventy-eight, expressing the need for urgent action by all governments, all health and development workers, and the world community to protect and promote the health of all the people of the world, hereby makes the following

Declaration:

I

The Conference strongly reaffirms that health, which is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity, is a fundamental human right and that the attainment of the highest possible level of health is a most important world-wide social goal whose realization requires the action of many other social and economic sectors in addition to the health sector.

II

The existing gross inequality in the health status of the people particularly between developed and developing countries as well as within countries is politically, socially and economically unacceptable and is, therefore, of common concern to all countries.

III

Economic and social development, based on a New International Economic Order, is of basic importance to the fullest attainment of health for all and to the reduction of the gap between the health status of the developing and developed countries. The promotion and protection of the health of the people is essential to sustained economic and social development and contributes to a better quality of life and to world peace. **IV** The people have the right and duty to participate individually and collectively in the planning and implementation of their health care.

V

Governments have a responsibility for the health of their people which can be fulfilled only by the provision of adequate health and social measures. A main social target of governments, international organizations and the whole world community in the coming decades should be the attainment by all peoples of the world by the year 2000 of a level of health that will permit them to lead a socially and economically productive life. Primary health care is the key to attaining this target as part of development in the spirit of social justice.

VI

Primary health care is essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community and country can afford to maintain at every stage of their development in the spirit of selfreliance and self-determination. It forms an integral part both of the country's health system, of which it is the central function and main focus, and of the overall social and economic development of the community. It is the first level of contact of individuals, the family and community with the national health system bringing health care as close as possible to where people live and work,

and constitutes the first element of a continuing health care process.

VII

Primary health care:

1. reflects and evolves from the economic conditions and sociocultural and political characteristics of the country and its communities and is based on the application of the relevant results of social, biomedical and health services research and public health experience;
2. addresses the main health problems in the community, providing promotive, preventive, curative and rehabilitative services accordingly;
3. includes at least: education concerning prevailing health problems and the methods of preventing and controlling them; promotion of food supply and proper nutrition; an adequate supply of safe water and basic sanitation; maternal and child health care, including family planning; immunization against the major infectious diseases; prevention and control of locally endemic diseases; appropriate treatment of common diseases and injuries; and provision of essential drugs;
4. involves, in addition to the health sector, all related sectors and aspects of national and community development, in particular agriculture, animal husbandry, food, industry, education, housing, public works, communications and other sectors; and demands the coordinated efforts of all those sectors;
5. requires and promotes maximum community and individual self-reliance and participation in the planning, organization, operation and control of primary health care, making fullest use of local, national and other available resources; and to this end develops through appropriate education the ability of communities to participate;
6. should be sustained by integrated, functional and mutually supportive referral systems, leading to the progressive improvement of comprehensive health care for all, and giving priority to those most in need;
7. relies, at local and referral levels, on health workers, including physicians, nurses, midwives, auxiliaries and community workers as applicable, as well as traditional practitioners as needed, suitably trained socially and technically to work as a health team and to respond to the expressed health needs of the community.

VIII

All governments should formulate national policies, strategies and plans of action to launch and sustain primary health care as part of a comprehensive national health system and in coordination with other sectors. To this end, it will be necessary to exercise political will, to mobilize the country's resources and to use available external resources rationally.

IX

All countries should cooperate in a spirit of partnership and service to ensure primary health care for all people since the attainment of health by people in any one country directly concerns and benefits every other country. In this context the joint WHO/UNICEF report on primary health

care constitutes a solid basis for the further development and operation of primary health care throughout the world.

X

An acceptable level of health for all the people of the world by the year 2000 can be attained through a fuller and better use of the world's resources, a considerable part of which is now spent on armaments and military conflicts. A genuine policy of independence, peace, détente and disarmament could and should release additional resources that could well be devoted to peaceful aims and in particular to the acceleration of social and economic development of which primary health care, as an essential part, should be allotted its proper share.

The International Conference on Primary Health Care calls for urgent and effective national and international action to develop and implement primary health care throughout the world and particularly in developing countries in a spirit of technical cooperation and in keeping with a New International Economic Order. It urges governments, WHO and UNICEF, and other international organizations, as well as multilateral and bilateral agencies, nongovernmental organizations, funding agencies, all health workers and the whole world community to support national and international commitment to primary health care and to channel increased technical and financial support to it, particularly in developing countries. The Conference calls on all the aforementioned to collaborate in introducing, developing and maintaining primary health care in accordance with the spirit and content of this Declaration.'

Source: WHO 1978.

Appendix IV A Selection of Holy Days as well as Fasting Periods and Days within the Canon of the Greek Orthodox Church

Holy Days

January 6:	The Baptism of Christ (Epiphany, Theophany or 'Fota', 'Lights')
	The Great Blessing of the Waters
January 7:	Synaxis of Saint John the Baptist
January 30:	Synaxis of the Three Hierarchs Basil the Great, Gregory the Theologian and John Chrysostom
February 2:	The Presentation of Christ in the Temple
March 25:	The Annunciation
June 24:	The Nativity of Saint John the Baptist
June 29:	Feast of Saints Peter and Paul
August 6:	The Transfiguration
August 15:	The Dormition of the Mother of God
August 29:	Beheading of Saint John the Baptist
September 8:	The Nativity of the Mother of God
September 14:	The Elevation of the Life-Giving Cross
November 21:	The Presentation of the Mother of God in the Temple
December 25:	Christmas

Monday seven weeks before Easter:	Clean Monday or Ash Monday (end of three weeks of Carnival and beginning of Lent)
Sunday before Easter:	Palm Sunday
Friday before Easter:	Good Friday
Sunday after the Paschal Full Moon (according to ecclesiastical tables):	Easter
40 days after Easter:	The Ascension
50 days after Easter:	Pentecost
First Sunday after Pentecost:	All Saints Sunday

Fasting Periods and Days

Monday seven weeks before Easter until Easter:	The Great Fast (Lent)
Monday eight days after Pentecost until June 28:	Fast of the Apostles
August 1 until August 14:	Fast of the Dormition of the Mother of God
November 15 until December 14:	Christmas Fast (Advent)

Every Wednesday and Friday, except for the week after Easter, Christmas and Pentecost

January 5:	Eve or Vigil of Epiphany
August 29:	Beheading of Saint John the Baptist
September 14:	Elevation of the Holy Cross

Source: Kain Hart 1992; Sarri *et al.* 2003; 2004; Roudometof & Makrides 2010.

Appendix V: MAC Plants reported by the Study Population during the Periods of Fieldwork (in alphabetical order)

Local Name	Latin Name	English Name
-Abarsamos ^a -Barsamos ^a -Dhiosmos -Menda	- <i>Mentha longifolia</i> (L.) Hudson - <i>Mentha spicata</i> L.	-Spearmint
-Aghria Anginara	- <i>Cynara cardunculus</i> L.	-Wild Artichoke
-Aghria Akhladhia -Angutsakas ^a	- <i>Pyrus spinosa</i> Forsk.	-Wild Pear
-Aghria Molokha -Molokha	- <i>Malva sylvestris</i> L.	-Mallow
-Aghria Fraula	- <i>Fragaria vesca</i> L.	-Wild Strawberry
-Aghriadha -Angrustos ^a	- <i>Cynodon dactylon</i> (L.) Pers.	-Couch Grass
-Aghrimonio -Fonokhorto	- <i>Agrimonia eupatoria</i> L.	-Agrimony
-Aghrio Praso	- <i>Allium ampeloprasum</i> L.	-Wild Leek
-Aghriomandzurana -Antonaidha -Mandzurana -Matzurana	- <i>Origanum majorana</i> L. or - <i>Origanum microphyllum</i> (Bentham) Boiss.	-Marjoram
-Aghriomarulo	- <i>Lactuca serriola</i> L.	-Wild Lettuce
-Aghrioradhikia	- <i>Taraxacum hellenicum</i> Dahlst.	-Dandelion
-Aghudhuras ^a	- <i>Hypericum empetrifolium</i> Willd. or - <i>Hypericum perforatum</i> L.	-St. John's Wort
-Akonizia	- <i>Dittrichia viscosa</i> (L.) W. Greuter	-False Yellowhead
-Akreptos -Kreptos	- <i>Smilax aspera</i> L.	-Smilax
-Aladania	- <i>Cistus creticus</i> L.	-Cretan Rockrose
-Aleksandhrina Filla ^c -Kassia ^c	- <i>Senna alexandrina</i> Mill.	-Senna
-Almbaroriza -Amberosa ^a -Armbaroriza	- <i>Pelargonium graveolens</i> L'Her.	-Rose Geranium
-Aloi	- <i>Aloe vera</i> (L.) Burm. fil.	-Aloe Vera
-Althea	- <i>Alcea cretica</i> (Weinm.) Greuter - <i>Alcea rosea</i> L. or - <i>Althaea officinalis</i> L.	-(Cretan) Hollyhock -Marshmallow
-Ambeli	- <i>Vitis vinifera</i> L.	-Grape Vine
-Angarathia	- <i>Phlomis fruticosa</i> L.	-Jerusalem Sage
-Angarathia ^b	- <i>Phlomis lanata</i> Willd.	-Woolly Jerusalem Sage
-Angathia -Gaïdhurangatha	- <i>Onopordum bracteatum</i> Boiss. & Heldr. or - <i>Onopordum illyricum</i> L.	-Donkey Thistle -Scotch Thistle -Illyrian Thistle
-Anginara	- <i>Cynara scolymus</i> L.	-Artichoke
-Anguria	- <i>Cucumis sativus</i> L.	-Cucumber

-Anithos	- <i>Anethum graveolens</i> L.	-Dill
-Anonidha	- <i>Ononis spinosa</i> L.	-Restharrow
-Apighanos	- <i>Ruta chalepensis</i> L. or - <i>Ruta graveolens</i> L.	-(Fringed) Rue
-Apsithia ^a	- <i>Artemisia arborescens</i> L.	-Wormwood
-Arismari ^a -Dhendhrolivano	- <i>Rosmarinus officinalis</i> L.	-Rosemary
-Arnika	- <i>Arnica montana</i> L.	-Arnica
-Askolimbros	- <i>Scolymus hispanicus</i> L.	-Spanish Oyster Plant
-Athanatos	- <i>Agave Americana</i> L.	-Century Plant
-Atzuri	- <i>Cucumis flexuosus</i> L.	-Armenian Cucumber
-Avronia	- <i>Tamus communis</i> L.	-Black Bryony
-Ayioklima	- <i>Lonicera etrusca</i> G. Santi - <i>Lonicera glabra</i> (Lowe) Pau	-Etruscan Honeysuckle
-Bamia -Iviskos	- <i>Hibiscus esculentus</i> L.	-Okra
-Dhafni	- <i>Laurus nobilis</i> L.	-Laurel -Sweet Bay
-Dhiktamos ^b -Eronthas ^a -Stamatokhorto -Stomakhokhorto	- <i>Origanum dictamnus</i> L.	-Cretan Dittany
-Dhilino	- <i>Mirabilis jalapa</i> L.	-Four o' Clock Flower
-Dhrakondia	- <i>Dracunculus vulgaris</i> Schott.	-Dragon Arum
-Domata	- <i>Solanum lycopersicum</i> L.	-Tomato
-Efkaliptos	- <i>Eucalyptus globulus</i> Labill.	-Eucalyptus
-Elia	- <i>Olea europaea</i> L. <i>sylvestris</i> Brot. or - <i>Olea europaea</i> L. <i>oleaster</i> (Hoffmanns. & Link) Negodi	-Cultivated Olive -Wild Olive
-Faskomilia -Faskomilo	- <i>Salvia fruticosa</i> Mill. - <i>Salvia triloba</i> L. or - <i>Salvia pomifera</i> L.	-Sage
-Fasolia	- <i>Phaseolus vulgaris</i> L.	-Common Bean
-Fliskuni	- <i>Mentha pulegium</i> L.	-Pennyroyal
-Flomos	- <i>Euphorbia characias</i> L. or - <i>Euphorbia dendroides</i> L.	-Large Mediterranean Spurge -Tree Spurge
-Fragosikia -Kaplosikia	- <i>Opuntia ficus-barbarica</i> A. Berger - <i>Opuntia ficus-indica</i> (L.) Mill.	-Prickly Pear
-Fteri	- <i>Pteridium aquilium</i> (L.) Kuhn	-Bracken
-Gharifallo ^c -Kariofli ^c	- <i>Caryophyllus aromaticus</i> L. - <i>Eugenia aromatica</i> (L.) Baill. - <i>Syzygium aromaticum</i> (L.) Merrill & Perry	-Clove
-Ghlikanisos	- <i>Pimpinella anisum</i> L.	-Anise
-Ghlikokolokitha	- <i>Cucurbita pepo</i> L.	-Pumpkin
-Ghlikosiridha	- <i>Crepis commutate</i> (Spreng.) Greuter	-Hawksbeard
-Ghorghoyiannis	- <i>Salvia verbenaca</i> L.	-Wild Clary

	or - <i>Verbena officinalis</i> L.	-Common Vervain
-Ippofaes	- <i>Hippophaë rhamnoides</i> L.	-Sea Buckthorn
-Kalakanthi	- <i>Centaurea calcitrapa</i> L.	-Red Star Thistle
-Kalendula -Nekroluludho	- <i>Calendula arvensis</i> L.	-Field Marigold
-Kanela ^c	- <i>Cinnamomum verum</i> J. Presl	-Cinnamon
-Karidhia	- <i>Juglans regia</i> L.	-Walnut
-Khamomili -Khamomilo	- <i>Chamomilla recutita</i> (L.) Rauschert - <i>Matricaria chamomilla</i> L. - <i>Matricaria recutita</i> L.	-Chamomile
-Kharupi	- <i>Ceratonia siliqua</i> L.	-Carob Tree
-Kidhonia	- <i>Cydonia oblonga</i> Mill.	-Quince
-Kimino	- <i>Cuminum cyminum</i> L.	-Cumin
-Kiparissi	- <i>Cupressus sempervirens</i> L.	-Cypress
-Kiparissaki	- <i>Equisetum telmateia</i> Ehrh.	-Giant Horsetail
-Kiparissokhorto	- <i>Plantago weldenii</i> Rechenb.	-Buck's-horn Plantain
-Kolokithia	- <i>Cucurbita pepo</i> L.	-Zucchini
-Kukia	- <i>Vicia faba</i> L.	-Broad Bean
-Kremmidhi	- <i>Allium cepa</i> L.	-Onion
-Kritamo	- <i>Crithmum maritimum</i> L.	-Rock Samphire
-Lagudhokhorto	- <i>Prasium majus</i> L.	-White Hedge-nettle
-Lapatho	- <i>Rumex acetosella</i> L.	-Common Sheep Sorrel
-Lemoni -Lemonia	- <i>Citrus medica</i> L.	-Lemon
-Levanda	- <i>Lavandula stoechas</i> L.	-French Lavender
-Liyia	- <i>Vitex agnus-castus</i> L.	-Chaste Tree
-Luīza	- <i>Aloysia triphylla</i> Britton - <i>Lippia citriodora</i> Kunth.	-Lemon Verbena
-Maīndanos	- <i>Petroselinum crispum</i> (Mill.) Fuss	-Parsley
-Malotira -Tsai tu Vunu	- <i>Sideritis syriaca</i> L.	-Mountain Tea
-Maratho	- <i>Foeniculum vulgare</i> Mill.	-Fennel
-Mastikha -Mastikhodhendhro	- <i>Pistacia lentiscus</i> L.	-Mastic -Mastic Tree
-Melissokhorto	- <i>Melissa officinalis</i> L.	-Lemon Balm
-Melitzana	- <i>Solanum melongena</i> L.	-Aubergine
-Menda	- <i>Mentha piperita</i> L. or - <i>Mentha pulegium</i> L.	-Peppermint
-Milo	- <i>Malus domestica</i> Borkh. or - <i>Malus sylvestris</i> (L.) Mill.	-Apple
-Mirtia	- <i>Myrtus communis</i> L.	-Myrtle
-Muria -Murnia -Muro	- <i>Morus alba</i> L.	-White Mulberry
-Murveri	- <i>Sambucus nigra</i> L.	-Elderberry
-Mustardha	- <i>Brassica nigra</i> (L.) Koch or - <i>Sinapis alba</i> L.	-Mustard -White Mustard

-Paparuna	- <i>Papaver argemone</i> L. or - <i>Papaver rhoeas</i> L.	-Long Pricklyhead Poppy -Corn Poppy
-Paskhalia	- <i>Syringa vulgaris</i> L.	-Common Lilac
-Patata	- <i>Solanum tuberosum</i> L.	-Potato
-Pentanevro	- <i>Plantago lagopus</i> L. or - <i>Plantago major</i> L.	-Plantain -(Greater) Plantain
-Perdhikaki	- <i>Parietaria judaica</i> L.	-Pellitory-of-the-Wall
-Perghamondo	- <i>Citrus bergamia</i> Risso	-Bergamot
-Petrokhorto	- <i>Saxifraga chrysosplenifolia</i> Boiss. or - <i>Sedum acre</i> L.	-Saxifrage -Wall Pepper
-Pikramighdhalia	- <i>Prunus amygdalus</i> Batsch <i>amara</i>	-Bitter Almond
-Pikranguria	- <i>Ecbalium elaterium</i> A. Rich.	-Wild Cucumber
-Pikrodhafni -Sfaka	- <i>Nerium oleander</i> L.	-Oleander
-Piperi ^c	- <i>Piper nigrum</i> L.	-Pepper
-Piperia	- <i>Capsicum annuum</i> L.	-Common Pepper
-Portokalia	- <i>Citrus sinensis</i> (L.) Osbeck	-Orange
-Praso	- <i>Allium ampeloprasum</i> L.	-Leek
-Rigani	- <i>Origanum onites</i> L. - <i>Marjorana onites</i> (L.) Benth or - <i>Origanum vulgare</i> L.	-Oregano
-Rodhia	- <i>Punica granatum</i> L.	-Pomegranate
-Selino	- <i>Apium graevolens</i> L.	-Celery
-Sikia	- <i>Ficus carica</i> L.	-Fig
-Skordho	- <i>Allium sativum</i> L.	-Garlic
-Skorpidhi -Skorpidhokhorto	- <i>Asplenium ceterach</i> L. or <i>Ceterach officinarum</i> Willd.	-Rustyback
-Sparangi	- <i>Asparagus aphyllus</i> L.	-Mediterranean Asparagus
-Stamnangathi	- <i>Cichorium spinosum</i> L.	-Spiny Chicory
-Thimari -Thimos	- <i>Coridothymus capitatus</i> (L.) Rechenb. fil. - <i>Thymus capitatus</i> (L.) Hoffmans. & Link	-Thyme
-Thrimba -Thrumba -Thrumbi	- <i>Satureja thymbra</i> L.	-Summer Savory
-Tilio	- <i>Tilia cordata</i> Mill.	-Lime Flower
-Triandafillos	- <i>Rosa centifolia</i> L. - <i>Rosa gallica</i> L.	-Rose
-Tsai ^c	- <i>Camellia sinensis</i> (L.) Kuntze	-Tea
-Tsuknidha	- <i>Urtica pilulifera</i> L.	-Nettle
-Vanilia ^c	- <i>Vanilla planifolia</i> Jacks. ex Andrews	-Vanilla
-Vasilikos	- <i>Ocimum basilicum</i> L.	-Basil
-Vatos	- <i>Rubus canescens</i> DC. or	-Bramble

	- <i>Rubus sanctus</i> Schreb. or - <i>Rubus ulmifolius</i> Schott.	
-Velanidhia	- <i>Quercus ithaburensis</i> Decaisne	-Valonia Oak
-Vlita	- <i>Amaranthus viridis</i> L.	-Slender Amaranth
-Yiasemi	- <i>Jasminum officinale</i> L.	-Jasmine
-Zokhos	- <i>Sonchus oleraceus</i> L.	-Sow Thistle

^{a.} Plant Name Cretan

^{b.} Plant endemic to Crete

^{c.} Plant not found in Crete

(cf. Vokou *et al.* 1993; Watrous *et al.* 1993; Simopoulos 2001; Clark 2002; MEDUSA Network 2002; Stamatis *et al.* 2003; Allen *et al.* 2006; Skoula & Johnson 2006; Botanic Garden and Botanical Museum Berlin-Dahlem 2007; Karousou *et al.* 2007; Pollio *et al.* 2008; Alibertis 2009; 2010; Bazeu 2011; Clark 2011; Kew Royal Botanic Gardens 2014)

Appendix VI Engraving of the Goat feeding on Cretan Dittany by Dapper



Source: Liolios *et al.* 2010.

Appendix VII 'Mercy on the Evil Eye'. Prayer directed at the Treatment of the Evil Eye



Ευχή κατά της βασκανίας

- Ευλογητός ο Θεός.....
- Βασιλεύ Ουράνιε.....
- Τρισάγιε.....
- Ελέησον με, ο Θεός, κατά το μέγα έλεος σου.. (Ν Ψαλμός)

Δόξα Πατρί και Υιό και Αγίω Πνεύματι.

Κύριε, όπλον κατά του διαβόλου, τον Σταυρον σου ημίν δέδωκας. Φρίττει γαρ και τρέμει, μη φέγων καθοράν αυτού την δύναμιν, οτι νεκρούς ανίστα, και θάνατον κατήργησε. Διά τούτο προσκυνούμεν την ταφήν Σου και την έγερσιν.

Και νυν και αεί και εις τους αιώνας των αιώνων. Αμήν.

Σταυρός ο φύλαξ πάσης της οικουμένης. Σταυρός η ωραιότης της Εκκλησίας. Σταυρός βασιλέων κραταίωμα. Σταυρός πιστών το στήριγμα. Σταυρός αγγέλων η δόξα και των δαιμόνων το τραύμα.

Συντριβήτωσαν υπό την σημείωσιν του τύπου του Σταυρού Σου πάσαι αι ενάντιαι δυνάμεις (τρεις).

Του Κυρίου δεηθώμεν.... Κυrie Ελεησουν....

Κύριε ο Θεός ημών, ο Βασιλεύς των αιώνων, Ο Παντοκράτωρ και Παντοδύναμος, ο ποιών πάντα και μετασκευνάζων μονω τω βούλεσθαι, ο εν την επταπλάσιον καμίνων και την φλόγα την εν Βαβυλώνι εις δρόσον μετάβαλων, και τους αγίους σου τρεις παιδας σώους διαφύλαξας, ο Ιατρος και Θεραπευτής των ψυχών ημών, η ασφάλεια των εις σε ελπίζόντων, σου δεόμεθι και σε παρακαλούμεν, απόστησον πάσαν διαβολικήν ενέργειαν, πάσαν σατανικήν έφοδο και πάσα επιβουλήν, περιέργειαν τε πονηράν και βλάβην και οφθαλμών βασκανίαν τω φθονερών ανθρώπων απο του δούλου σου (όνομα) και η υπο ωραιότητος ή ανδρείας ή ευτυχίας ή ζήλου ή και φθόνου βασκανίας συνέβη, ούτως φιλάνθρωπε Δέσποτα, έκτεινον την κραταίαν σου χείρα και τον βραχίονα σου τον ισχυρόν και ύψιστον και επισκόπων επισκόπησον το πλάσμα σου τούτο και κατάπεμψον αυτώ άγγελων κραταίον ειρηνικόν, ψυχής και σώματος φύλακα, ος επιτιμήσει και απελάσει απ' αυτού πάσαν βλάβην, πάσαν πονηράν βούλην, πάσαν φαρμακείαν και βασκανίαν των φθονερών ανθρώπων και ύπο σου ο σος υκέτης φρουρούμενος μετ' ευχαριστίας ψάλλει σοί Κύριος εμοί βοηθός και φορηθήσομαι κακά, ότι συ μετ' εμού ει ότι συ ει ο Θεός κραταίωμα μου, ισχυρός, εξουσιαστής, αρχών ειρήνης, Πατήρ του μέλλοντος αιώνος. Ναί Κύριε Ο Θεός ημών, φείσαι του πλάσματός σου και ρύσαι τον δούλον σου (όνομα) απο πάσης βλάβης, απο πάσης επήρρειας και απο πάσης βασκανίας καί ανωτέρον αυτόν και ημάς παντός κακού διαφύλαξον, πρεσβείας της υπερευλογιμένης ενδόξου Δεσποίνης ημών Θεοτόκου και αειπαρθένου Μαριάς, των φωτεινών Αρχαγγέλων και παντών σου των αγίων. Αμήν

Source: Fieldwork (2011).