

ADMIN Tim

January 22, 2016 - 10:51 pm

Hi Kyra, 10 minutes to go ... we always have some who come on time, and so we should wait until they get here..



Kyra Kramer

January 22, 2016 - 10:52 pm

Sure!



Lorna Wanstall

January 22, 2016 - 10:52 pm

Welcome to our Tudor home Kyra



Kyra Kramer

January 22, 2016 - 10:52 pm

Until then, I can whine incessantly about the cold.



Kyra Kramer

January 22, 2016 - 10:52 pm

Hiya Lorna!



Dawn Hatswell

January 22, 2016 - 10:53 pm

I would like to say your video was an eyeopener Kyra, I really was informative and certainly one of the most realistic views on henrys health I have heard/read



Lorna Wanstall

January 22, 2016 - 10:53 pm

I hope you have stocked up on paracetmol Kyra cause I've a feeling you will have your brains well and truly picked tonight



Kyra Kramer

January 22, 2016 - 10:53 pm

Thank you!!!! I worried I drifted into too technical for fun at times, but I wanted to get as much info in as I could.



Kyra Kramer

January 22, 2016 - 10:54 pm

My brains are on the Spectrum so they enjoy a thorough picking!



Camille Green

January 22, 2016 - 10:55 pm

I sympathize about the cold. I live in the southeastern US which is supposed to be warm but tonight I am snowed and iced in.



Kyra Kramer

January 22, 2016 - 10:55 pm

Which reminds me ... I miss it if words have OTHER definitions or implications other than the clinical/anthropological so IF I should use a word that sounds snarky or rude I totally didn't mean it that way.



Kyra Kramer

January 22, 2016 - 10:55 pm

Camille, which part? I'm Indiana.



ADMIN Tim

January 22, 2016 - 10:55 pm

Five minutes until we start up things with Kyra. Feel free to chat though, and thank you for coming this evening. Not a bad way to spend a cold evening.



Camille Green

January 22, 2016 - 10:56 pm

North Carolina



Lorna Wanstall

January 22, 2016 - 10:56 pm

well at least it isn't raining at the moment Tim



Kyra Kramer

January 22, 2016 - 10:56 pm

I have hot tea and an excuse for my husband to do all the parenting. I'm good to go. Camille, North Carolina is lovely ... are you in the mountains?



Dawn Hatswell

January 22, 2016 - 10:56 pm

Actually its not too bad here in Scotland tonight, its above zero anyway lol



Francesca Romana Castellani

January 22, 2016 - 10:57 pm

I am in Rome and it's cold as well



Lorna Wanstall

January 22, 2016 - 10:57 pm

Katt didn't want to go for her walk this morning cause it was raining. She doesn't like getting her paws wet



Claire Ridgway

January 22, 2016 - 10:57 pm

I loved the video, it was entertaining as well as educational. I kept saying to Tim "she's brilliant!" as I watched it.



ADMIN Tim

January 22, 2016 - 10:57 pm

Rome. Ahhhhh. One day I'll visit.



Camille Green

January 22, 2016 - 10:57 pm

No I'm in the middle of the state halfway between the mountains and beach



Lynne Mclachlan

January 22, 2016 - 10:57 pm

Hello



Francesca Romana Castellani

January 22, 2016 - 10:57 pm

Sure! I wait for you



Kyra Kramer

January 22, 2016 - 10:57 pm

Plus, Scotland's national animal is the Unicorn and thus Scotland for the Win. It gets cold in Rome? Turns out I am the one who is learning here.



ADMIN Tim

January 22, 2016 - 10:58 pm

Hi Lynne, we'll be starting in a few minutes.



Lorna Wanstall

January 22, 2016 - 10:58 pm

The video was certainly brain food for me



Francesca Romana Castellani

January 22, 2016 - 10:58 pm

Yes, it's cold. Freezing. sunny during the day, but freezing



ADMIN Tim

January 22, 2016 - 10:58 pm

Just like here.



Kyra Kramer

January 22, 2016 - 10:58 pm

Camille, my family is from coastal NC from WAY WAY back in 1600s. (That's a long tome in America, for you Europeans with eons of history!)



Sharon Conrad

January 22, 2016 - 10:59 pm

Hi everyone.



Dawn Hatswell

January 22, 2016 - 10:59 pm

The unicorn is the animal on the tapestries in Stirling Castle, there have all be newly done from the old ones



Lorna Wanstall

January 22, 2016 - 10:59 pm

Although I have got a theory myself I'd like to throw at you Kyra concerning Henry's health



Kyra Kramer

January 22, 2016 - 10:59 pm

Okay, so we have Rome, Spain, America, and Scotland ... anyone from anywhere else?



Kyra Kramer

January 22, 2016 - 10:59 pm

Lorna, please share!



ADMIN Tim

January 22, 2016 - 11:00 pm

Right. I'm sure we'll get some others joining in soon, but I officially open the live chat event with Kyra. Thank you Kyra for being with us this evening, and for your video which was amazing. Please feel free to ask Kyra your questions!



Kyra Kramer

January 22, 2016 - 11:00 pm

Yay me!



Francesca Romana Castellani

January 22, 2016 - 11:00 pm

Kyra, unfortunately I have not yet read your book (which I'll do very soon) but I have been often told that Henry VIII was a psychopath. Or, if not, how can you explain his character?



Dawn Hatswell

January 22, 2016 - 11:00 pm

When we visited there we were able to watch the people who were doing the work, it was amazing seeing something so old being recreated



Lynne Mclachlan

January 22, 2016 - 11:01 pm

hi Kyra, I read your book and loil



Lynne Mclachlan

January 22, 2016 - 11:01 pm

liked it a lot



Kyra Kramer

January 22, 2016 - 11:01 pm

Okay, the trouble with diagnosing a Psycho from Ye Olden Times is that Ye Olden Mind was different. What is normal for "us" was unthinkable for them and vice/versa.



Lorna Wanstall

January 22, 2016 - 11:01 pm

Kyra do you think, or is it possible that Henry may have been suffering from porphyria



Camille Green

January 22, 2016 - 11:02 pm

what is porphyria?



Lorna Wanstall

January 22, 2016 - 11:02 pm

the reason I ask this is down to his great great grandfather Charles the mad of France



Lynne Mclachlan

January 22, 2016 - 11:02 pm

use lay mans words please



Kyra Kramer

January 22, 2016 - 11:03 pm

So Henry was clearly an egomaniac ... but he was supposed to be anointed by God so it was "normal" for him. Also, he seemed to have sincere emotional attachments prior to the 1530s when his personality changed. I think he was a spoiled yet "normal" king until either illness or injury changed his personality for the worse.



Lorna Wanstall

January 22, 2016 - 11:03 pm

Charles the mad had periodic bouts of irrational behaviour and at one time believed he was made of glass



Francesca Romana Castellani

January 22, 2016 - 11:03 pm

I am also very curious about his injured "leg" which is so often shown in "The Tudors". What was the real cause, if any?



Lynne Mclachlan

January 22, 2016 - 11:04 pm


meant




Claire Ridgway

January 22, 2016 - 11:04 pm


"Porphyria" - a rare hereditary disease in which there is abnormal metabolism of the blood pigment haemoglobin. It manifests with neurological symptoms or skin problems, or occasionally both. (Wikipedia, don't shoot me!)

 **Kyra Kramer**
January 22, 2016 - 11:04 pm


porphyria almost always comes with a sensitivity to sunlight and other ailments ... it is within the realm of the possible but I think it to be unlikely. There is even some debate over whether or not porphyria was what REALLY got George III,.

 **Kyra Kramer**
January 22, 2016 - 11:05 pm


Okay 1) mind then 2) Leg

 **Kyra Kramer**
January 22, 2016 - 11:06 pm


1) Hard to tell madness from lead poisoning prior to modern times so were they nuts or were they brain damaged? One is hereditary, the other not. (I say that as someone who is officially mentally ill, so I can say nuts)

 **Lorna Wanstall**
January 22, 2016 - 11:06 pm


The porphyric gene is spontaneous and can skip generations before it occurs. George the 3rd as we all know. But both James, and Mary queen of Scots, had at one point in their lives had claret coloured urine and stomach problems as well as bouts of odd behaviour

 **Kyra Kramer**
January 22, 2016 - 11:06 pm


There is also co-morbidity; you can have a bunch of different ailments at once.

 **Kyra Kramer**
January 22, 2016 - 11:08 pm

For example, Henry's legs. The thigh ulcers were probably osteomyelitis and the calf ulcers later in life were probably venous in nature.

 **Lynne Mclachlan**
January 22, 2016 - 11:08 pm


When Henry had a serious head injury that could have changed his personality big time, what made you think that the change in Henry's personality could be due to something else ?

 **Kyra Kramer**
January 22, 2016 - 11:08 pm

Osteomyelitis -- Osteomyelitis is an infection in a bone. Infections can reach a bone by traveling through the bloodstream or spreading from nearby tissue. Infections can also begin in the bone itself if an injury exposes the bone to germs.

 **Lorna Wanstall**
January 22, 2016 - 11:09 pm

I did think that Henry's problems or madness (loosely worded) after the death of Katherine and the end of his love affair with Anne was down to ergot poisoning

 **Lorna Wanstall**
January 22, 2016 - 11:09 pm

but I don't think it's likely

 **Kyra Kramer**

January 22, 2016 - 11:09 pm

Ergot poisoning WAS indeed a problem. Was it Henry's? We can but speculate ... Now, head injury



Kyra Kramer

January 22, 2016 - 11:10 pm

Two main theories on head injury



Kyra Kramer

January 22, 2016 - 11:11 pm

1) Henry took a big blow to the noggin in 1524 and 1536; did either of these singular blows do it? Well, the timing is off. His personality went south in 1534/1535 and it was too late for one and too soon for the other.



Kyra Kramer

January 22, 2016 - 11:11 pm

2) long term "little" shocks



Kyra Kramer

January 22, 2016 - 11:11 pm

Henry hunted and jousted and those sports can cause "sub-concussive" injuries to the brain that build up over time and result in a drastic change in personality.



Lorna Wanstall

January 22, 2016 - 11:12 pm

do you think henry may have had a blood clot on his brain, certainly I believe that after the fall of 1536, he suffered with debilitating headaches



Kyra Kramer

January 22, 2016 - 11:12 pm

There is a will smith movie about that soon ...https://en.wikipedia.org/wiki/Concussion_%282015_film%29



Claire Ridgway

January 22, 2016 - 11:13 pm

I completely agreed with what you said in your video re the head injury theory. Perhaps lots of injuries over time due to hunting, jousting etc. like footballers today, but only one account of the 1536 accident (from someone who wasn't even in the country at the time) said that he went without speaking two hours, the other two accounts from those in England stated that he was not hurt. The 1524 accident sounded more serious, with splinters in his helmet and the blow to the head.



Kyra Kramer

January 22, 2016 - 11:13 pm

He may have hurt his brain in 1536 but his behavior was "off" more than a year prior to the big injury.



Claire Ridgway

January 22, 2016 - 11:13 pm

Yes, the brutal treatment of the Carthusian monks happened before 1536. Horrible.



Kyra Kramer

January 22, 2016 - 11:14 pm

I think the 1536 accident probably contributed to his leg ulcers. Getting ones legs squashed by a horse will cause deep vein thrombosis and hence ulcers on the calves.



Lorna Wanstall

January 22, 2016 - 11:14 pm

in a way this will sound daft I know, but given that henry was bashed about a bit on the head, could

those injuries be likened to a boxer who has fought too many fights. I.e punch drunk



Kyra Kramer

January 22, 2016 - 11:14 pm

He got "mean" with Catalina around 1531/1532 ... and by 1535 he had become tyrannical



Dawn Hatswell

January 22, 2016 - 11:14 pm

Its like you said on the video though the old lad could have fallen umpteen times off his horses, wrestling etc maybe it did something in there, add that to all the agony of his other ailments, couldnt have been a good combination to stay happy-go-lucky



Kyra Kramer

January 22, 2016 - 11:15 pm

That isn't daft at all. Punch drunk is EXACTLY the kind of injury Henry could have had.



Lorna Wanstall

January 22, 2016 - 11:16 pm

could any of the medicines given to Henry contributed to the ulcers on his legs not healing



Kyra Kramer

January 22, 2016 - 11:16 pm

He was a bit like Steve Irwin when he was young ... super hale and keen as mustard. Guys like that get multiple injuries just living their lives and sometimes (especially before modern medicine) those injuries could pile up



Lorna Wanstall

January 22, 2016 - 11:16 pm

we can discount Mercury cause I don't think Mercury was even given to him



Kyra Kramer

January 22, 2016 - 11:17 pm

Tudor medicine was horse-feathers compared to modern medicine ... but it wasn't total crap. A lot of what they did (keeping the ulcers open, treating it was honey, feeding him rhubarb) actually helped him survive.



Kyra Kramer

January 22, 2016 - 11:17 pm

He wasn't given mercury or "Chinese wood". No signs of syphilis ...



Lorna Wanstall

January 22, 2016 - 11:18 pm

but if it was a build up of Mercury in the system can do some very strange thing



Kyra Kramer

January 22, 2016 - 11:19 pm

Ironically, his legs falling apart (weak + ulcers) are why Henry got fat and so sick, not the other way around. When you stop moving you can develop metabolic syndrome illnesses, THEN get fat because of the illnesses, which make the illnesses worse, ect ... total nightmare once mobility is gone



Lorna Wanstall

January 22, 2016 - 11:20 pm

must have been for Henry cause up until 1536 he was very active




Kyra Kramer


January 22, 2016 - 11:20 pm

As long as Henry could get up and around, he could handle just about anything disease threw at him.


Once he was mainly bedridden and sedentary, it was all over but the funeral.

 **Lynne Mclachlan**
January 22, 2016 - 11:21 pm


In your book you said that Henry could have had diabetes , what made you think that . Was it his weight ?

 **Lorna Wanstall**
January 22, 2016 - 11:21 pm

I pity the poor guards etc who had to carry his coffin

 **Kyra Kramer**
January 22, 2016 - 11:21 pm


Okay, for those familiar with the McLeod theory ... the ulcers didn't keep him off his horse until his legs got too weak. Anyone have any ideas for why his muscles would have lost their strength? Lynne -- next your question

 **Kyra Kramer**
January 22, 2016 - 11:21 pm


Diabetes

 **Dawn Hatswell**
January 22, 2016 - 11:22 pm

Sorry I repeated what you said Claire, laptop messing about wasn't getting comments up on tablet now

 **Lorna Wanstall**
January 22, 2016 - 11:22 pm


Tudors likes sweet things. If my lousy memry serves, one of Henry's favourite drinks was red wine with a tone of sugar in it

 **Kyra Kramer**
January 22, 2016 - 11:22 pm

Not simply weight. Most fat people (I'm one) won't ever develop Type II diabetes and more than 40% of Type II diabetes patients are thin/normal

 **Claire Ridgway**
January 22, 2016 - 11:22 pm


Don't worry Dawn!

 **Lynne Mclachlan**
January 22, 2016 - 11:23 pm


was it true that Henry exploded in his coffin or was it a myth? And if it was true how did it happen

 **Claire Ridgway**
January 22, 2016 - 11:22 pm


Don't worry Dawn!

 **Lynne Mclachlan**
January 22, 2016 - 11:23 pm


was it true that Henry exploded in his coffin or was it a myth? And if it was true how did it happen

 **Lorna Wanstall**
January 22, 2016 - 11:23 pm


do you think Henry had type one diabetes

 **Kyra Kramer**
January 22, 2016 - 11:23 pm


Diabetes happens from a combo of sugar (which is a dose dependent poison; a little isn't good but the more you have the more it acts like a poison) ingestion and a lack of exercise (or response to medicines like prednisone)

 **Kyra Kramer**
January 22, 2016 - 11:24 pm

If he had type I diabetes he would have wasted away and died of starvation so if he had ANY diabetes it was type II caused by diet and lack of exercise.

 **Kyra Kramer**
January 22, 2016 - 11:25 pm


The more he had to stay still, the more his body fell apart

 **Kyra Kramer**
January 22, 2016 - 11:25 pm


Coffin pop!

 **Dawn Hatswell**
January 22, 2016 - 11:25 pm


I think a lot of those who could afford sugar stuck it in the wine, apparently it was not very palatable

 **Lorna Wanstall**
January 22, 2016 - 11:25 pm


Lynne the story runs like this. He was told by a monk if he married Aneë he would be as Ahab his blood will be drunk by dogs. When Henry's coffin was in the chapel the coffin burst and the bloods and fluids of the king spilled out onto the chapel floor and then 2 dogs crawled out of the shadows and lapped up the king's blood and fluids

 **Kyra Kramer**
January 22, 2016 - 11:26 pm


I have no idea if that actually happened or was just pro-Catholic propaganda; they LOVED comparing him to Ahab.

 **Kyra Kramer**
January 22, 2016 - 11:26 pm


William Peto was the monk

 **Kyra Kramer**
January 22, 2016 - 11:26 pm


Friar?

 **Lynne Mclachlan**
January 22, 2016 - 11:27 pm

I didn't know that Lorna, thanks

 **Kyra Kramer**
January 22, 2016 - 11:27 pm

Personally, I love that the king kinda fits the "mouldewarp" prophecy supposedly handed down by Merlin

 **Claire Ridgway**
January 22, 2016 - 11:27 pm

Agnes Strickland quoted "'a contemporary document among the Sloane Collection" as saying that blood leaked out of his coffin at Syon, but I haven't found the source.

 **Lorna Wanstall**

January 22, 2016 - 11:28 pm

I can think a few names to call Henry, Kyra



Kyra Kramer

January 22, 2016 - 11:28 pm

The so-called Mouldwarp prophecies recurred time and time again (in their extant forms without an original source) in the medieval period as part of the Book of Merlin. They were used as coded assaults on kingship and certain specific kings like Henry IV but found their epitome during the Pilgrimage of Grace and the northern rebellion against Henry VIII. As A.G. Dickens has said – the Pilgrimage ‘was riddled with rumour, fable, folklore and prophecy, particularly by those prophecies concerning the rise and fall of kings which are traceable to the writings of Geoffrey of Monmouth and which



Dawn Hatswell

January 22, 2016 - 11:28 pm

I often wonder with diabetes thing, you have to be very careful dont you with things like cutting toe nail etc because of gangrene..very lucky if he got away with that if he did have diabetes, whats your thoughts



Kyra Kramer

January 22, 2016 - 11:28 pm

LOL Lorna!



Lorna Wanstall

January 22, 2016 - 11:28 pm

And do, but tonight I'll be polite



ADMIN Tim

January 22, 2016 - 11:29 pm

Kyra, I loved the way that you ended your talk, that we should love Henry for the good things he did, and dislike him for the bad things. It's a balanced view and it makes sense.



Dawn Hatswell

January 22, 2016 - 11:29 pm

I certainly agree with that Tim



Lorna Wanstall

January 22, 2016 - 11:29 pm

Agreed Tim, He did bring England out of the dark ages so to speak



Dawn Hatswell

January 22, 2016 - 11:30 pm

to only consider the bad is only getting a fraction of the story



Lorna Wanstall

January 22, 2016 - 11:30 pm

but on the other hand he did so equally nasty spiteful things too



Kyra Kramer

January 22, 2016 - 11:30 pm

I think he did develop type II diabetes, -- not because he was fat, but because he was sedentary and ate sugary crap. Plus his high fat diet meant worsening cholesterol. His lack of exercise made him sick, which in turn made him fat -- not the other way around.



Claire Ridgway

January 22, 2016 - 11:30 pm

Yes, you can understand why people loved the young Henry and saw him as a new hope for England.

You can understand why Catherine and Anne loved him too.



Kyra Kramer

January 22, 2016 - 11:31 pm

Tim -- he was a decent king in the beginning and he tried to embrace the coming Renaissance.



Kyra Kramer

January 22, 2016 - 11:32 pm

I don't think Catalina ever stopped loving that Young King. Her knight in shining armor. Her love who rescued her. It breaks ones heart to think of her last letter to the monster he became.



Lorna Wanstall

January 22, 2016 - 11:32 pm

But I do feel that Henry's spiteful nature was always part of him from the start



Dawn Hatswell

January 22, 2016 - 11:32 pm

think everyone has a Mr. Hyde side to them, thankfully not to Henry's latter days performance though.



Francesca Romana Castellani

January 22, 2016 - 11:33 pm

I agree with Dawn



Kyra Kramer

January 22, 2016 - 11:33 pm

Lorna, there are several verified instances where Young Henry was very forgiving and gracious. He was also a good loser at sports and gambling. If nothing else, his sportsmanship rules out hypothesis of psychopathology and narcissism. They CANNOT disguise their poor loser abilities.



Lorna Wanstall

January 22, 2016 - 11:34 pm

Katherine last letter to Henry is just so beautiful



Kyra Kramer

January 22, 2016 - 11:34 pm

Henry would also play cards with his wine steward, and lost to him more than once. That's is a HUGE indicator of a decent guy.



Lorna Wanstall

January 22, 2016 - 11:35 pm

despite all the crap he's put her through, Blackfriars, exiling her, robbing her of her child and title of queen, etc, she says I love you.



Lynne Mclachlan

January 22, 2016 - 11:35 pm

In your book you said that Henry could have been a narcissist , could that have come about from his head injury rather than the route of the X chromosome of his mother ?



Kyra Kramer

January 22, 2016 - 11:35 pm

A psycho/narcissist would 1) never play with a servant and 2) never forgive a "lower" class person for beating them.



Dawn Hatswell

January 22, 2016 - 11:36 pm

I've got a very close relative thats a narcissistic pain in the a**** hard work or what!!



Lorna Wanstall

January 22, 2016 - 11:36 pm

I do think Henry may have had some sort of mental illness through



Kyra Kramer

January 22, 2016 - 11:36 pm

Some people speculate he might have been a narcissist, and i think his EGO was HUGE, but I don't think it was actual narcissism. Again, if nothing else, his ability to lose would undermine the theory.



Kyra Kramer

January 22, 2016 - 11:37 pm

Narcissism cannot hide forever; they are really horrible people.



Dawn Hatswell

January 22, 2016 - 11:37 pm

They certainly are horrible!



Kyra Kramer

January 22, 2016 - 11:37 pm

I think he certainly had SOMETHING going on with his noodle (punch drunk or McLeod or whatever) by the time he turned 45



Lynne Mclachlan

January 22, 2016 - 11:38 pm

I don't know much about narcissism but you got me thinking kyra



Kyra Kramer

January 22, 2016 - 11:38 pm

Narcissism is like sociopath ... "made" more than inherited (although genes do play a role).



Lorna Wanstall

January 22, 2016 - 11:38 pm

do you think his fall of 1536 affected his fertility



Lorna Wanstall

January 22, 2016 - 11:38 pm

I can't spell



Kyra Kramer

January 22, 2016 - 11:39 pm

I could really see the Narcissism theory as accurate if 1) he had been a twatwaffle since his teens but there is almost no chance he "became" a narcissist as a full adult.



Lorna Wanstall

January 22, 2016 - 11:39 pm

Is it possible Kyra that Henry may have had Bi polar



Lorna Wanstall

January 22, 2016 - 11:39 pm

Is it possible Kyra that Henry may have had Bi polar



Lorna Wanstall

January 22, 2016 - 11:40 pm

or manic depression



Dawn Hatswell

January 22, 2016 - 11:40 pm

Would not the pain he suffered have helped with the driving him over the edge, I mean he couldnt go to the chemist for painkillers, no proper opiates to be taken, he must have been in agony,



Kyra Kramer

January 22, 2016 - 11:40 pm

Not unless the horse fell on his 'nads

His son Edward was conceived after the fall, so no. I do think it was Kells positive genes that kept killing his wives' fetuses.



ADMIN Tim

January 22, 2016 - 11:40 pm

Men do tend to become more grumpy and set in their ways as they get older. I'm slowly slipping down that path. How much of the change was just "old age"?



Lynne Mclachlan

January 22, 2016 - 11:40 pm

love the word twatwaffle



Lorna Wanstall

January 22, 2016 - 11:41 pm

I think Mary Tulip was possibly Bi polar



Francesca Romana Castellani

January 22, 2016 - 11:41 pm

Good night everyone. It's almost 1 a.m. here and I am falling asleep. Thank you Kyra and all of you. I'll read the book asap.



Kyra Kramer

January 22, 2016 - 11:41 pm

I'm sure his pain did NOT help matters. I am really surprised he didn't become an opium addict (it was available to those who could afford it)



ADMIN Tim

January 22, 2016 - 11:41 pm

Good night Francesca. Thanks for coming!



Lorna Wanstall

January 22, 2016 - 11:41 pm

Goodnight Fracessca



Claire Ridgway

January 22, 2016 - 11:41 pm

Good night Francesca! Have a lovely weekend x



Kyra Kramer

January 22, 2016 - 11:41 pm

Nice to meet you Fracessca!!



Dawn Hatswell

January 22, 2016 - 11:41 pm

night night Francesa



Francesca Romana Castellani

January 22, 2016 - 11:42 pm

Thank you to all of you!



Lynne Mclachlan

January 22, 2016 - 11:42 pm

Dawn has a good point



Lorna Wanstall

January 22, 2016 - 11:42 pm

Laudernum was around through wasn't it



Kyra Kramer

January 22, 2016 - 11:42 pm

too many sssssssss



Kyra Kramer

January 22, 2016 - 11:42 pm

I don't think that's what they "called" it but opiate indigestibles were around yes.



Lynne Mclachlan

January 22, 2016 - 11:43 pm

i didn't know that they had opium



Lorna Wanstall

January 22, 2016 - 11:43 pm

Who knows what sort of thinks they were solving down his throsat



Kyra Kramer

January 22, 2016 - 11:44 pm

Manuscripts of Pseudo-Apuleius's 5th-century work from the 10th and 11th centuries refer to the use of wild poppy *Papaver agreste* or *Papaver rhoeas* (identified as *P. silvaticum*) instead of *P. somniferum* for inducing sleep and relieving pain.[30] The use of Paracelsus' laudanum was introduced to Western medicine in 1527, when Philippus Aureolus Theophrastus Bombastus von Hohenheim, better known by the name Paracelsus, returned from his wanderings in Arabia with a famous sword, within the pommel of which he kept "Stones of Immortality" compounded from opium thebaicum, citrus juice, and "qu



Dawn Hatswell

January 22, 2016 - 11:44 pm

Comes from poppies Lynne



Lorna Wanstall

January 22, 2016 - 11:44 pm

I know what I'd like to shove down his throat



Dawn Hatswell

January 22, 2016 - 11:44 pm

sorry kyra wasnt copying honest ha



Kyra Kramer

January 22, 2016 - 11:44 pm

They were using it for pain relief during surgery since 500 in the middle east.



Kyra Kramer

January 22, 2016 - 11:44 pm

LOL Lorna



Kyra Kramer

January 22, 2016 - 11:44 pm

No worries Dawn!!



Lynne Mclachlan

January 22, 2016 - 11:45 pm

what did they use to do to relieve Henry from the pain of his leg ulcers



Kyra Kramer

January 22, 2016 - 11:45 pm

Most of western medicine had been recently "borrowed" from the Islamic and Jewish scholars of Persia and central Arabia in 1100s



Dawn Hatswell

January 22, 2016 - 11:45 pm

Cyanide in apple pips...and plenty of every day plants too



Kyra Kramer

January 22, 2016 - 11:45 pm

My guess is sweetened wine.



Claire Ridgway

January 22, 2016 - 11:46 pm

And "dwale" (a drink containing various herbs etc. plus hemlock and pape/opium) was used in medieval times as an anaesthetic apparently.



Kyra Kramer

January 22, 2016 - 11:46 pm

If I were his doctors I would have given him poppy biscuits for breakfast



Lorna Wanstall

January 22, 2016 - 11:46 pm

Mandrake as well



ADMIN Tim

January 22, 2016 - 11:46 pm

15 minutes to go (doesn't time fly when you're havin' fun!). Keep your questions coming in!



Kyra Kramer

January 22, 2016 - 11:47 pm

I can also stay longer. When I get off here I have to do dishes ...



Lorna Wanstall

January 22, 2016 - 11:47 pm

I not toosure but I believe Lavender was used to help relieve heataches



Kyra Kramer

January 22, 2016 - 11:47 pm

It was Lorna



Heather Darsie

January 22, 2016 - 11:47 pm

Better late than never! I we still here?



Lorna Wanstall

January 22, 2016 - 11:48 pm

and hops as well



Claire Ridgway

January 22, 2016 - 11:48 pm

Hi Heather! Yes, we're here!



ADMIN Tim

January 22, 2016 - 11:48 pm

Hi Heather!



Kyra Kramer

January 22, 2016 - 11:48 pm

I can say from actual experience that some "teas" help. I've experimented on myself when I have a cold or whatnot



Heather Darsie

January 22, 2016 - 11:48 pm

Hello! I will read back to see the topic



Dawn Hatswell

January 22, 2016 - 11:48 pm

I think we have to remember as well that there was no understanding of bacteria, look how sterile an environment we have today for treatment, and look at then, bare hands etc, I could imagine he got of extra infections too



Lorna Wanstall

January 22, 2016 - 11:48 pm

Calomile tea is brilliant for a good night sleep



Kyra Kramer

January 22, 2016 - 11:49 pm

My husband ingests hops frequently

.... in the form of India Pale Ale



Lorna Wanstall

January 22, 2016 - 11:49 pm

only drawback is that it looks like wee



Lynne Mclachlan

January 22, 2016 - 11:49 pm

I didn't know that they used opium but did know they came from poppies



ADMIN Tim

January 22, 2016 - 11:49 pm

When Henry's physicians couldn't improve things, did his wrath ever turn to them?



Lorna Wanstall

January 22, 2016 - 11:49 pm

and smells like it too



Kyra Kramer

January 22, 2016 - 11:49 pm

Rosemary and rosehips are good for "that time of the month".



Dawn Hatswell

January 22, 2016 - 11:49 pm

Get a dish washer Kyra, worth their weight in gold lol



Heather Darsie

January 22, 2016 - 11:49 pm

Lemon juice is fantastic for cystic acne, and I have found that lavender oil can help a bit.



Lorna Wanstall

January 22, 2016 - 11:49 pm

raspberry leaf tea is also good



Kyra Kramer

January 22, 2016 - 11:49 pm

LOL! Have one but cannot find one self-loading



Heather Darsie

January 22, 2016 - 11:50 pm

Tim, I think that is an interesting question, especially since Henry seems to have been very invested in being right.



Lorna Wanstall

January 22, 2016 - 11:50 pm

They are indeed dawn



Lorna Wanstall

January 22, 2016 - 11:50 pm

Well you will have to get you whip out on your husband Kyra LOL



Dawn Hatswell

January 22, 2016 - 11:50 pm

Lavender under the pillow, and oil in the bath Zzzzzz



Kyra Kramer

January 22, 2016 - 11:50 pm

Teatree oil wasn't available then (to Europeans); too bad because it kills ear infections, bacteria, ect ...



Kyra Kramer

January 22, 2016 - 11:50 pm

LOL!



Dawn Hatswell

January 22, 2016 - 11:51 pm

Bribe the kids



Lorna Wanstall

January 22, 2016 - 11:51 pm

Dawn strangely I find lavender keeps me awake



Camille Green

January 22, 2016 - 11:51 pm

Holly tea is an old remedy for asthma



Lorna Wanstall

January 22, 2016 - 11:51 pm

but then I'mve always been awkward



Kyra Kramer

January 22, 2016 - 11:52 pm

Cinnamon was also used to "heat" the blood and help circulation; it's why so many Christmas cookies have cinnamon.



Heather Darsie

January 22, 2016 - 11:52 pm

It appears Henry was invested in regulating medical practice. I believe he founded the Royal College of Physicians early on in his reign, and supported the Barber Surgeons.



Kyra Kramer

January 22, 2016 - 11:52 pm

now wants a cookie



Claire Ridgway

January 22, 2016 - 11:52 pm

Looking into medieval/Tudor remedies is really interesting because some of them do make sense. Not all though!



Heather Darsie

January 22, 2016 - 11:52 pm

I have heard cinnamon is antibacterial, to an extent.



Kyra Kramer

January 22, 2016 - 11:52 pm

He did. He was hella progressive about science in his youth.



Dawn Hatswell

January 22, 2016 - 11:52 pm

Don't drink raspberry tea if you are preggers though



Lorna Wanstall

January 22, 2016 - 11:53 pm

no chance of that Dawn.



Heather Darsie

January 22, 2016 - 11:53 pm

What was Henry's attitude toward physicians later in his life, Kyra?



Kyra Kramer

January 22, 2016 - 11:53 pm

I refuse to rub pigeon poo on my feet for a cold -- but other than that I am willing to try some of the old remedies



Kyra Kramer

January 22, 2016 - 11:53 pm

Dawn, raspberry is okay ... it is black cohosh that can cause miscarriage.



Kyra Kramer

January 22, 2016 - 11:54 pm

raspberry tea helped me get pregggo with baby three (well, that and my hubby)



Lynne Mclachlan

January 22, 2016 - 11:54 pm

do you think that Henry V11 had any effect on Henry's personality



Kyra Kramer

January 22, 2016 - 11:54 pm

it turns out to stimulate ovulation. Who knew?



Lorna Wanstall

January 22, 2016 - 11:54 pm

yes there were some pretty disgusting concoctions they used to ease a persons suffering



Dawn Hatswell

January 22, 2016 - 11:54 pm

Right something I learnt last week...got a bad cold, flu, we all know what Vick is dont we, well



Kyra Kramer

January 22, 2016 - 11:55 pm

I think he was never as close to his dad as his mom, and I think H7 was very concerned with making a "king" as much as raising a son. Life ...



Kyra Kramer

January 22, 2016 - 11:55 pm

it is hard to be medieval.



Heather Darsie

January 22, 2016 - 11:55 pm

I had read within the last couple weeks that some sort of eyebalm from an Anglo-Saxon book has been found capable of curing MRSA.



Kyra Kramer

January 22, 2016 - 11:55 pm

Does anyone else throw up in their mouth knowing Henry7 was conceived when his mom was 10?



Claire Ridgway

January 22, 2016 - 11:56 pm

Lynne - here are a couple of links re opium and the like in the medieval era

-<http://www.independent.co.uk/news/prozac-opium-and-myrrh-the-ancient-arts-of-anaesthesia-are-unlocked-1238659.html> and <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1127089/>



Dawn Hatswell

January 22, 2016 - 11:56 pm

Rub it on soles of your feet instead of your chest and it works wonders, honestly. something to do with the the sensory parts of the foot



Kyra Kramer

January 22, 2016 - 11:56 pm

Heather, yep ... that is true



Kyra Kramer

January 22, 2016 - 11:56 pm

Vicks yes; pigeon poo no.



Heather Darsie

January 22, 2016 - 11:56 pm

Here is the link: <http://phenomena.nationalgeographic.com/2015/04/07/anglo-saxon-mrsa/>



Lynne Mclachlan

January 22, 2016 - 11:57 pm

Thanks Claire , I will look into it



Kyra Kramer

January 22, 2016 - 11:57 pm

My mom used vinegar on brown paper as a girl for headache (no meds in the coal mine camps for poor kids) and she said it DID work.



Lorna Wanstall

January 22, 2016 - 11:57 pm

I think Margaret Beaufort's youth in having a child at that age damaged something within her



Lynne Mclachlan

January 22, 2016 - 11:58 pm

like the old rhyme of Jack and Jill



Dawn Hatswell

January 22, 2016 - 11:58 pm

Must have changed their minds them as medical science gets better because its actually on the back of the packet not advisable to drink while pregnant, things change



Kyra Kramer

January 22, 2016 - 11:58 pm

Yep Lynne and Yep Lorna



Lorna Wanstall

January 22, 2016 - 11:59 pm

I read years ago that given that Margaret was having a tough time in giving birth she was tossed in a blanket to try and speed things up



ADMIN Tim

January 22, 2016 - 11:59 pm

As always we give a way a copy of a book for one lucky person who was on the call. This evening's winner of "Henry VIII's Health in a Nutshell" by Kyra is ... Francesca! Congratulations (I see she's left the chatroom though - that's what random draws do though!)



Kyra Kramer

January 22, 2016 - 11:59 pm

Dawn, it CAN cause contractions of the uterus in some women so better safe the sorry re: raspberry I assume.



ADMIN Tim

January 23, 2016 - 12:00 am

The February magazine will be out early next week on the juicy subject of ... sex.



Lorna Wanstall

January 23, 2016 - 12:00 am

so can Peony Kyra



Lynne Mclachlan

January 23, 2016 - 12:00 am

well done Francesca you will enjoy the book



Dawn Hatswell

January 23, 2016 - 12:00 am

Goose fat, and a sweaty sock around the neck for sore throats, yes really. Granny did it to me, thats why I'm off my rocker, the damage that diid to a young mind lol



Kyra Kramer

January 23, 2016 - 12:00 am

At the time it was considered gross but legal to consummate a child marriage; most people waited until the bride was at least in her mid teens.



ADMIN Tim

January 23, 2016 - 12:00 am

Kyra, thanks for your time this evening, and of course for your wonderful video about Henry. I'll certainly be listening to it again as it was packed with information! By all means keep chatting!



Kyra Kramer

January 23, 2016 - 12:00 am

Goose fat works, according to my mom too



ADMIN Tim

January 23, 2016 - 12:01 am

Next month's speaker is Robin Maxwell and it should be another great one. She's discussing Robert Dudley and Elizabeth I. I'm looking forward to it!



Lorna Wanstall

January 23, 2016 - 12:01 am

Fell free to drop into our Forum Kyra and make comment on any post that tickles your fancy



Heather Darsie

January 23, 2016 - 12:01 am

Oh! I must watch the video. Is it one of the chats?



Lynne Mclachlan

January 23, 2016 - 12:01 am

Enjoyed the chat , night all x



Claire Ridgway

January 23, 2016 - 12:01 am

Thank you so much, Kyra, it's been interesting and fun.



Kyra Kramer

January 23, 2016 - 12:01 am

Okay Tim. Are y'all exhausted or are there some more querries?



Dawn Hatswell

January 23, 2016 - 12:01 am

It does actually , keeps you warm, and smelly hehe



Kyra Kramer

January 23, 2016 - 12:01 am

Bye Lynne!



Kyra Kramer

January 23, 2016 - 12:01 am

Bye Claire, bye Tim!



Kyra Kramer

January 23, 2016 - 12:02 am

The smell scares away the germs



Lorna Wanstall

January 23, 2016 - 12:02 am

Goodnight everyone take care and keep safe Xxxxx



Claire Ridgway

January 23, 2016 - 12:02 am

Heather, it's at <https://www.tudorsociety.com/expert-talk-kyra-kramer-and-henry-viiiis-health/>



Dawn Hatswell

January 23, 2016 - 12:02 am

Brilliant evening folks, thank you Kyra, you have educated us all I think



Kyra Kramer

January 23, 2016 - 12:02 am

Bye Lorna!



Kyra Kramer

January 23, 2016 - 12:02 am

Bye Dawn!



Heather Darsie

January 23, 2016 - 12:02 am

Thank you, Claire! I will have a look.



Claire Ridgway

January 23, 2016 - 12:02 am

Good night everyone and thank you for all the questions and comments. Hope you all have a wonderful weekend x



Heather Darsie

January 23, 2016 - 12:03 am

Thank you, Kyra, for sharing with us



Dawn Hatswell

January 23, 2016 - 12:03 am

Night Night, sleep tight everyone



Kyra Kramer

January 23, 2016 - 12:03 am

Welcome Heather! See you in February!



Heather Darsie

January 23, 2016 - 12:04 am

Indeed! I will try to figure out the details.



Heather Darsie

January 23, 2016 - 12:04 am

* soon



Dawn Hatswell

January 23, 2016 - 12:04 am

Oh my, I thought Robin Maxwell was a fella, eek!! many apologies Robin



Kyra Kramer

January 23, 2016 - 12:05 am

Like the name Chris, Robin can be gender pliable



Camille Green

January 23, 2016 - 12:06 am

Good night everyone! I enjoyed it!



ADMIN Tim

January 23, 2016 - 12:06 am

Right. We're off to bed now. Thanks all! Thanks Kyra. Transcript will be on the site over the weekend for those who missed all the fun. Good night!



Dawn Hatswell

January 23, 2016 - 12:06 am

I know, but How Rude...oh dear lol



Claire Ridgway

January 23, 2016 - 12:06 am

Night night everyone, feel free to carry on but my bed is definitely calling me!



Kyra Kramer

January 23, 2016 - 12:06 am

Keep warm in the coming snowpocalypse.