

ANTEPHIALTIC

Meaning: ANTEPHIALTIC: an adjective describing substances or remedies that are believed to prevent or alleviate nightmares.

1. The ancient herbalist recommended an antephialtic remedy to ward off nightmares.
2. During the lecture, the professor explained how certain plants possess antephialtic properties.
3. In her research, she discovered that antephialtic substances can help alleviate sleep disturbances.
4. He turned to an antephialtic potion to find relief from his restless nights.
5. The use of antephialtic herbs dates back to ancient civilizations seeking peaceful sleep.
6. After trying various methods, she finally found an antephialtic tea that worked wonders.
7. The folklore surrounding antephialtic remedies often includes tales of spirits being banished.
8. In modern herbal medicine, antephialtic ingredients are commonly included in sleep aids.
9. She was fascinated by the historical texts that described antephialtic treatments in detail.
10. The antephialtic nature of the tincture made it popular among those suffering from insomnia.

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