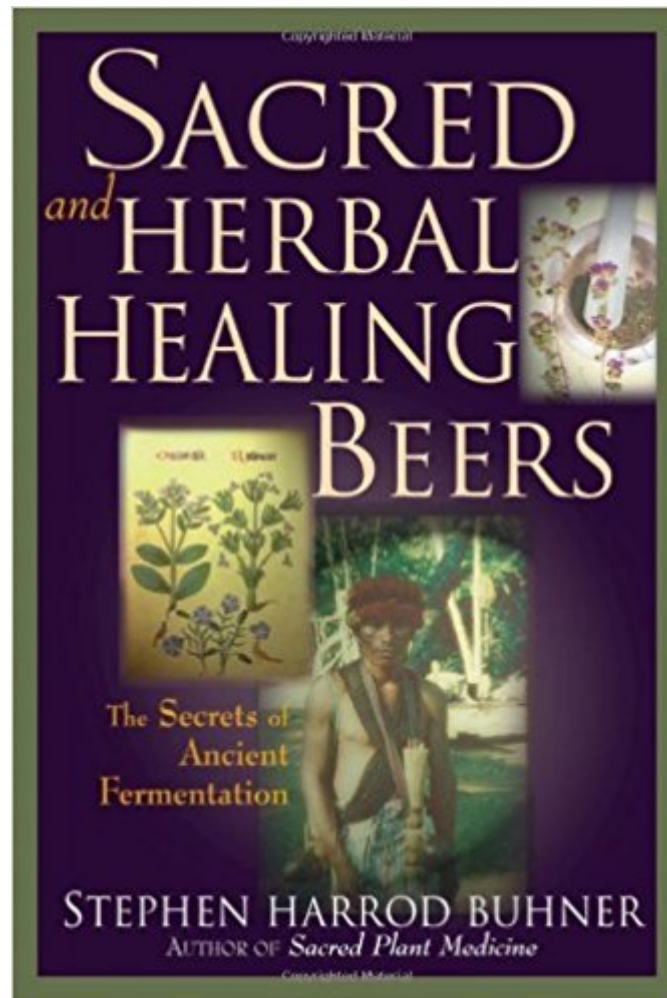




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Sacred And Herbal Healing Beers: The Secrets Of Ancient Fermentation



Synopsis

This is the first comprehensive book ever written on the sacred aspects of indigenous, historical psychotropic and herbal healing beers of the world.

Book Information

Paperback: 450 pages

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Customer Reviews

Filled with nourishment for the soul, body, and mind, this book is a unique view of the intersection between herbal medicine and fermentation. It will delight anyone interests in herbs, honey, brewing and folktales. Great Book! -- Susan S. Weed, Author of Healing Wise

Fermentation and plant use--as medicine, as psychotropics, as teachers, as companions on life's path--are an inescapable part of our exploration of what it means to be human. Thus, this book conflicts with a number of popular beliefs about alcohol, plants, and the nature of material reality. It is, therefore, not politically correct. . . . The ancient beers, created . . . between 10,000 and 30,000 years ago, were quite different from what we know as beer today. Many were sacred beers, and hundreds contained medicinal herbs.--From the book The author's beautiful and provocative exploration of the sacredness and folklore of ancient fermentation is revealed through 200 plants and hive products. Includes 120 recipes for ancient and indigenous beers and meads from 31 countries and six continents--and the most complete evaluation of honey ever published.

Great insight into brewing alternatives. Well written, and great recipes. I highly recommend this book

to anyone looking to use herbs, spices, roots, etc in their brewing regimen as an alternative to hops. This is, after all, the way beer was brewed before hops elbowed their way into the brewing scene.

This is one of my favorite books, I have even bought it for friends because the beer recipes are so interesting and it is great to learn about ancient types of beer.

A must have for anyone intrested in Learning more about plants, herbal brews, & folk lore of plants. Very well written, and So intresting. We are really enjoying this one. I recomend it highly

superb book. Get in touch with nature and taste some of the alcohols that your ancestors drank!

I really enjoy this book. It is not necessarily laid out like a recipe book but more of a history book that includes recipes. I haven't tried any of the recipes yet, but I am excited to try to make my own ginger beer. There are quite a few interesting facts and history to learn from this book.

I've been looking for a book like this for over a decade and am impressed with the research and scope. I was pleased to see more than the usual Eurocentric entrees too. This is not one of the many carelessly thrown together and poorly edited Google and Wikipedia dumps. Highly recommended.

The book reads in a conversational and historical style that I find enjoyable. Throughout the narrative, there are quotes from relevant sources and often poems. The word "beer" in the title may not be entirely accurate, since it seems to include other fermented brews, like Meade, in its discourse, which may or may not have in common the bubbly effervescence. I do not consider this inaccuracy to be a fault of the title, though, because "beer" is one example of the brews covered in this book and gets enough attention to warrant its primacy in the title. I mention the point only to signal that what is covered in the book is a little larger (in a good way) than the title may imply. The practical information is not the very precise micro-brewing information of modern times, but is more informal and seems to emphasize that we do not need all the micro-brewing equipment. If one is looking for micro-brewing methods and how to use such equipment, this book is definitely not the one to read. But if you are looking for the brewing methods of many cultures, with simpler equipment and adequate to the task, then this book will prove useful. It may, however, take a little more time to learn how to brew a consistent quality this way. I got the book to re-purpose some of

the brewing information to make "Kombucha tea", also called the "Manchurian Mushroom" (because it forms a pellicule, or thick layer of cells to protect the liquid it is feeding on, that looks somewhat mushroom like). Kombucha is two yeast groups and two bacterial groups that live in synergy with each other. Because yeast is present in the brew, I thought that information about ancient beers may be useful. I found my intuition confirmed and have slightly altered the recipes in this book to this purpose. The main difference is that the bacterial groups need some caffeine as part of the feeding mix (usually from Green Tea or Yerba Mate), while the beers do not. Kombucha also seems to be better processing regular white sugar, though from the book I am now experimenting with Agave and finding it works well. I should mention that some care is needed in this process and you do need to know what you are doing, and things like sterilization matters (I cannot be responsible for any results done by people who take any implied advice on how to brew from these words, I am merely sharing something from my own experience). I have been able to glean from the book many safe herbs that feel worth trying in this new context, like Nettles and Mugwort. I am look forward to trying Saint John's Wort. Because of this orientation, I find that practical and historical weave together for me and both kinds of information have been useful. The historical information gives me a lot of clues as to the usefulness of the herbs and any precautions to take. It is like a record of how people experienced the brew. Many herbs are described in a lot of detail, sometimes touching upon things that are scientifically verified about them and sometimes just giving traditional lore about them. I have many herbal books and have found with a few of the herbs that this book had new information about some of them, which is fairly rare for me to find. I think the reason why the author sometimes has some extra information is from his ability to extract some vignettes about the herbs from unusual historical lore, whereas many herbal books are presenting information mainly from some standard herbals plus a few updates from recent science. It is one of the things that I find valuable about the book. In summary, the book is well organized, has a lot of historical narrative about the herbs used in brewing, and summarizes how many cultures brewed their sacred beers and even why they considered them sacred, and has many actual recipes. I found it easy to repurpose the information to my Kombucha brewing and found the historical perspective fascinating, informative, and practical. It fills a niche in my exploring how to make healing herbal tonics.

A history at the intersection of beer and herbalism, lots of interesting facts and recipes. I am a homebrewer and I have made some very unique and interesting ales based on information in this book.

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