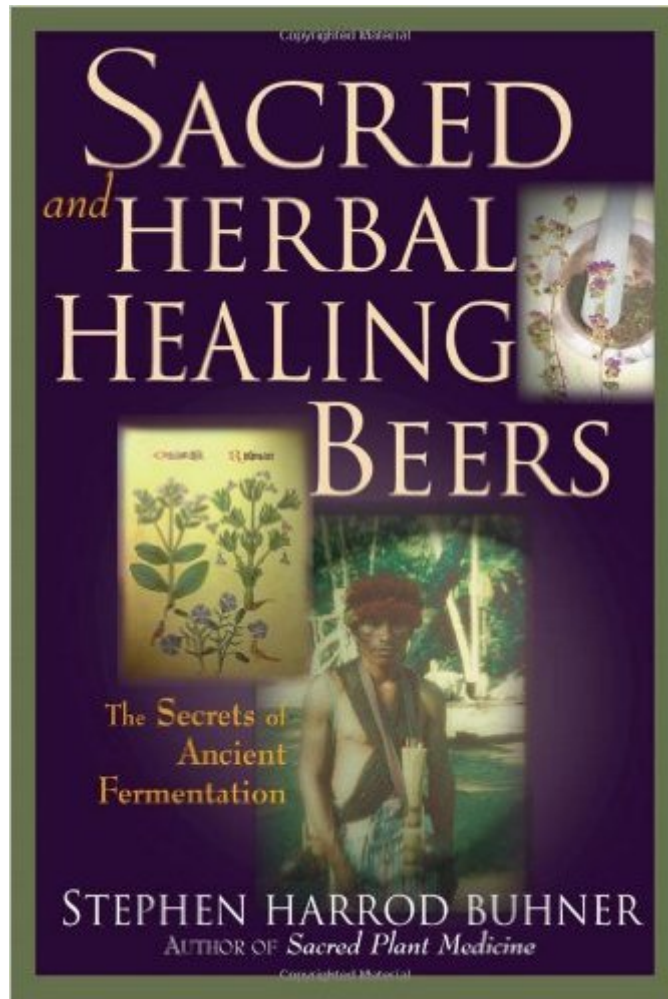


The book was found

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

First a word on safety. A few of these recipes use toxic ingredients. In general, my studies all suggest however that these ingredients both have long records in brewing and also are reasonably safe in that area. This includes both mandrake and henbane. In fact, henbane was smoked in the Middle Ages, and evidence exists for its use in beer for thousands of years. Mandrake was well known medicinally mixed with wine (Dioscorides mentions it, and mandrake wine seems to have been utilized by Hannibal as a narcotic). However, in all things some caution is required, and there are a few other steps I'd recommend:1) It's probably a good idea to try small doses of such recipes until you know how your body will respond.2) It's probably a good idea to do further research before you make up your mind on these matters. Now for a word on substance. This book is written from a very primitivist perspective. The author is upfront about his views in this area, and tries to share them. I didn't feel like the book was overly proselytizing in this area, though I recognize that some fellow reviewers differ here. Secondly he advocates what one might call "unscientific brewing." I'm a big fan of unscientific brewing. I've brewed in similar ways for nearly two decades. In this way, sense, artistry, and experience are used to produce a beer, mead, etc rather than rigorous measurement and control. For example, I sterilize all my equipment with heat (I don't use

chemicals), I don't even own a hydrometer, and I brew beer using touch and feel rather than time and temperature. In this way, I sacrifice some repeatability for variation and an ability to improvise at each step.

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