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~~I am Gruit – Tasting Ancient Beer
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Wine~~

Hops (*Humulus lupulus*)

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Healing Beers

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).

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The Secrets of Ancient

Enter Buhner's Sacred and Herbal Healing Beers. SHHB, among many other things, is a robust list of non-humulus lupulus ways to flavor and preserve good beer. But much more than just an esoteric brew book, SHHB reads like part herbalist's apothecary and part primitivist screed. There's more than a touch of magic in these pages.

Sacred and Herbal Healing Beers: The Secrets of Ancient ...

Sacred and Herbal Healing Beers is the first comprehensive book ever written on the sacred aspects of indigenous, historical psychotropic and herbal healing beers of the world. This unique book includes 120 recipes for

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The Secrets of Ancient
Fermentation Stephen
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ancient and indigenous beers and
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Buhner. Siris ... Of Ancient

Fermentation Stephen

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Mugwort, one of the commonest plants used for brewing in the middle-ages (the literal meaning is "beer-plant") was also considered one of the nine sacred herbs of the ancient Europeans. An ancient pre-Christian lay about mugwort, contained in the Lacnunga, a Wessex herbal from the 10th century, comments on its powerful attributes.

Of Healing, the Sacred, and Beer
(part two) by Stephen H ...

Many were sacred beers, and hundreds contained medicinal herbs.--From the book The author's beautiful and

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The provocative exploration of the sacredness and folklore of ancient fermentation is revealed through 200 plants and hive products.

Sacred and Herbal Healing Beers: The Secrets of Ancient ...

When beer was first created, it was known to be sacred. The alcohol content was sometimes extremely high, oftentimes psychotropic, and contained many herbs (Buhner, 1998). Our ancestors used these fermented beverages in sacred ceremonies to communicate with their ancestors and to address physical, mental, and spiritual needs (McGovern, 2018).

Herbal Beer: An Ancient Drink for Modern Times - Herbal ...

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Buy Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation Illustrated by Buhner, Stephen Harrod (ISBN: 9780937381663) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

Sacred and Herbal Healing Beers: The Secrets of Ancient ...

REVIEW: Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation In October of 2000 I was fortunate to meet Stephen Harrod Buhner at a Sacred Plant Medicine Workshop he was teaching at Rosemary Gladstar's Sage Mountain in Vermont. I received an autographed copy of his book "Sacred and Herbal Healing

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Beers". The author has a magical way of drawing the reader into his book ...

Sacred and Herbal Healing Beers - A Journey into Herbal ...

Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation by Stephen Harrod Buhner is a book that takes a devotees more than 500 pages to the ingredients and techniques that were once apart of beer brewing before the pale European lager conquered the world. It covers some beers that most beer nerds will have heard of and a few will have brewed, gruit, kvass, and sahti for example, but for the most part it talks about things that very few people will have heard of (let alone brewed

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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.

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Surveying the healing and sacred
roles of beer from many cultures

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and past centuries, herbalist Buhner proposes that fermentation and plant use are part of the exploration of what it means to be human. He provides 120 recipes using ingredients from 80 plants, and includes nutritive and curative use for specific conditions. Lightly illustrated.

Sacred and Herbal Healing Beers: The Secrets of Ancient ...

Sacred and Herbal Healing Beers:
The Secrets of Ancient
Fermentation Stephen Harrod
Buhner This is the first
comprehensive book ever written
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psychotropic and herbal healing
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Fermentation. by Stephen Harrod
Buhner. ... and modern culture
has lost touch with the sacred
and healing aspects of
fermentation. We can reclaim our
Eden by honoring those aspects
and restoring them to their
rightful place. ... Regardless of
the base of their beer — honey,
bananas ...

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Review » Sacred and Herbal ...

Sacred and Herbal Healing Beers
Book Review: Often radical and
controversial, Buhner has clearly
and beautifully explored the

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cultures as to the spirituality and
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