

Dr. Martin Biendl | Dr. Christoph Pinzl



Since the Middle Ages, hops have been used for medicinal purposes. In particular, the plant has become known for its sedative and sleep-promoting action, its usefulness against inflammation, and for treating female ailments or gastro-intestinal complaints. Its high anti-bacterial properties led to the plant being used as a preservative in beer brewing and eventually as the only permitted flavouring agent in beer as of the "Reinheitsgebot" (the German Purity Law) coming into effect in 1516. In recent years, interest in hops as a medicinal plant has grown considerably. The main focus has been on research into xanthohumol, a hop component with potential cancer preventive activities. Other studies confirm the effectiveness of hops in the fight against osteoporosis, inflammation, or as a natural antibiotic.

This book is the first to give an overview of the remarkable potential of hops as a medicinal plant. It covers more than 1000 years of medicinal applications of hops, with a focus on those that are still of interest. Current research results about the effectiveness of various hop components are clearly explained. Chapters about hops in beer, growing and processing of hop plants, together with an extensive bibliography containing references to other publications, round off this book.

Hops and Health

- › Uses
- › Effects
- › History

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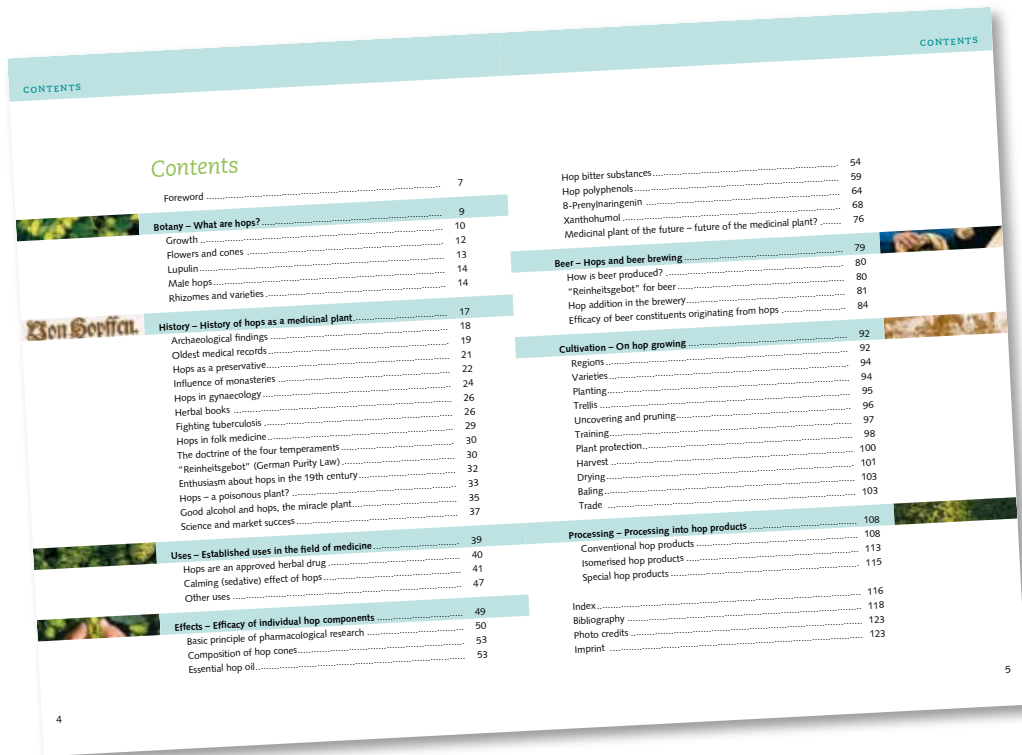
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Hops and Health

Uses – Effects – History

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