

Sources:

Scientific:

Bamforth, and Bamforth, Charles W. *Beer: A Quality Perspective*. Handbook of Alcoholic Beverages Series. London: Academic, 2009.

A textbook on determining beer quality, with a section on the health effects of beer.

De Gaetano, Costanzo, Di Castelnuovo, Badimon, Bejko, Alkerwi, Chiva-Blanch, Estruch, La Vecchia, Panico, Pounis, Sofi, Stranges, Trevisan, Ursini, Cerletti, Donati, and Iacoviello. "Effects of Moderate Beer Consumption on Health and Disease: A Consensus Document." *Nutrition, Metabolism and Cardiovascular Diseases* 26, no. 6 (2016): 443-67.

This essay covers the many studies done on beer and health, and is comprehensive in its coverage in the many positive nutritional components of beer.

González-SanJosé, M.L & Rodríguez, P.M. & Valls-Bellés, V. (2017). Beer and Its Role in Human Health. 365-384. 10.1016/B978-0-12-802309-9.00015-7.

Good source of information on the various benefits of beer as a preventative, such as an anti-oxidant, anti-inflammatory, and anti-osteoporosis.

Ford, Gene. *The Benefits of Moderate Drinking: Alcohol, Health, and Society*. San Francisco, Calif.: Wine Appreciation Guild, 1988.

This is a useful book in understanding drinking in terms of mental and psychological health. Unfortunately, 'moderate' is a somewhat relative term in that beer strength varies greatly over time and space.

Kondo, Keiji. "Beer and Health: Preventive Effects of Beer Components on Lifestyle related Diseases." *BioFactors* 22, no. 1-4 (2004): 303-10.

This essay takes a long view of beer as part of a health regimen. It takes into account a number of studies to point to the benefits of beer drank in moderation.

United States Department of Agriculture, Agricultural Research Service, National Nutrient Database for Standard Reference Release. "Alcoholic beverage, beer, regular, all."

<https://ndb.nal.usda.gov/ndb/foods/show/4123?n1=%7BQv%3D1%7D&fgcd=&man=&lfacet=&count=&max=50&sort=default&qlookup=beer&offset=&format=Full&new=&measureby=&Qv=1&ds=&qt=&qp=&qa=&qn=&q=&ing=>. (accessed November 8, 2017) 2016.

Historical :

Bitel, Lisa M. *Isle of the Saints : Monastic Settlement and Christian Community in Early Ireland*. Ithaca: Cornell University Press, 1990.

An in depth study of the harshness of Ireland and how that heavily influences fasting and punishments on the island. The discussion of *troscud* is especially interesting; in this practice monks would have competitive fasts to renegotiate power relations within the monastery.

Jotischky, Andrew. *A Hermits' Cookbook: Monks, Food and Fasting in the Middle Ages*. New York: Continuum International Publishing Group. 2011.

Great source in understanding what monks ate and what their nutritional benefits were. In particular, the review of herbs is useful since many also are included in ale recipes of the time. Additionally, the book discusses how Irish monasticism was much harsher than its Continental counterpart.

McNeill, John T., Helena M. Gamer, and American Council of Learned Societies. *Medieval Handbooks of Penance a Translation of the Principal "libri Poenitentiales" and Selections from Related Documents*. Records of Western Civilization. New York: Columbia University Press, 1990.

Main resource for this study this collection draws together penitentials from across northern Europe.

Milis, Ludovicus. *Angelic Monks and Earthly Men : Monasticism and Its Meaning to Medieval Society*. Woodbridge, Suffolk, UK ; Rochester, NY, USA: Boydell Press, 1992.

This study of monastic life examines the amount of physical labor they actually exerted, and how fasting on occasion may have inhibited monks from working in their fields.

Mould, Daphne Desiree Charlotte Pochin. *The Monasteries of Ireland : An Introduction*. London: B. T. Batsford, 1976.

In addition to information on how monasteries were built in Ireland, it discusses how Irish established monasteries abroad, such as the one at St. Gall, which is renown for its multiple class-based breweries on site.

Ó Maidín. *The Celtic Monk: Rules and Writings of Early Irish Monks*. Cistercian Studies Series; No. 162. Kalamazoo, Mich.: Cistercian Publications, 1996.

This book gives great general background on Irish monastic life, particularly the importance of ale as part of celebrations and fasts.

