

# Table of Contents

## A Beer History Timeline

<b>Introduction: Beer, the Good Food</b> .....	13
--	----

A cogent explanation on how beer improved our world.

* Civilization Begins! “Joe, settle down,” says Cassie .....	14
* Nomads Settle Down, the Start of Agriculture .....	16

<b>Chapter 1: Beer. A Building Block for a Better Body.</b> .....	17
---	----

Beer and Bonhomie  
Two Pils a Day Keep the Doctor Away  
Beer is Not a Four Letter Word  
Beer, Your Body’s Buddy  
B Vitamins = Beer Vitamins  
Dubbels Fight Trouble  
A Healthy Rise From Brewers Yeast  
The Beast in Yeast  
Strike Out Strokes with Suds Intervention  
Hale Hearts and Ale  
Cholesterol is a Killer  
Cancer’s Foamy Foe  
Ale and other Ailments – Diabetes, Bornes and Kidney stones

* A Tough Time For Sumerian Taverns: Jazeps and Zandra Claim Executions Bad for Business .....	26
* The Birth of the Tavern .....	27

<b>Chapter 2: The Beer Diet: Downsizing Your Way to a Better Body</b> .....	29
---	----

Behind the Basic Beer Diet  
Sex, Lies, and Beer  
Beer and Food, A Guide  
The Food Beeramids

* Pharoah Freaks Out, Haq’s It Up: Cassundria Brings Josheheph Fame & Fortune .....	36
* A History of Yeast .....	38

<b>Chapter 3: Beer Cuisine: Feeding Family and Friends with Beer</b> .....	39
--	----

Beer and Food, A Brief History  
Brau Frau Britta’s Do’s and Don’ts of Beer Cooking  
Rip-roaring recipes

Appetizers .....	p.	42
Main courses .....	p.	42
Breads .....	p.	49
Desserts .....	p.	50
* Mind Your Manors! A Miffed Wenceslas Declares:		
Medieval Maibock Gives Kasha and Jozef a Wort-ful Existence .....	p.	52
* A History of Hops .....	p.	54
<b>Chapter 4: Beerobics .....</b>	<b>p.</b>	<b>57</b>
Beerobics Etiquette by Dear Abbey		
Bar stools and stretching		
Finding the Best Bartop for You		
The Six-Pack		
Pint Pulls / Bock up Your Biceps		
Stout Squats		
Keg Presses / Priming your Pecs		
Doppel your Deltoids		
Tripel your Triceps		
Beer Gut Busters		
* Beer Boats to America: All Ashore! Mayflower Captain Proclaims:		
Pilgrims Pining for Pilsener Land Josphiah & Sahndra in the New World .....	p.	70
* How Beer Arrived in America .....	p.	72
<b>Chapter 5: Beerology – The Science of Brewing .....</b>	<b>p.</b>	<b>75</b>
Gathering the goods		
* Gotcha! Says Captain McDonald:		
Cassandra’s Temperance Torpedoes Joey’s Beer Career .....	p.	78
* A History of Prohibition .....	p.	80
<b>Chapter 6: One Simple Style and How To Brew It .....</b>	<b>p.</b>	<b>83</b>
Brewing Your own Beer		
Bottling & Kegging for Consumption		
A Recipe		
* Touchdown! Craft Beer 6, Megabrew 0:		
Sandy Finds the Winning Recipe for Success. ....	p.	88