



The Hempcrete Book: Designing and Building with Hemp-Lime (Sustainable Building)

By William Stanwix, Alex Sparrow

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Hempcrete is a building material with excellent properties. It's made from lime and hemp shivs (a waste product from hemp fiber growing); it can be used for walls, floors, and for roof insulation; it's breathable, absorbing and emitting moisture to regulate internal humidity and avoid trapped moisture and mold growth; it provides excellent acoustic and thermal insulation and thermal mass; it's lightweight and reduces construction costs; and it's environmentally friendly—it locks up CO2 for the life of the building, and the hemp doesn't require agrochemicals or insecticides in its cultivation. This book is a detailed practical manual for professionals and self-builders, detailing how to source and make hempcrete and other hemp-lime composites, and how to use them in new builds and restoration. *The Hempcrete Book* provides a full explanation of construction techniques, highlighting potential pitfalls and how to avoid them, and includes a comprehensive resources section and examples of completed builds, with design notes.

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Editorial Review

Review

"The book contains lots of good advice and general good building practice... I would recommend this book to anyone working in the field of sustainable building." -- Ian Pritchett "Any architect, designer, owner or builder thinking of building in hemp or using lime in their build should obtain this book before they start." -- Neil Garrett The Owner Builder "Eco-friendly and sustainability issues are now a key element in the design process and the authors of this publication proudly affirm that Hempcrete buildings can provide affordable, healthy, energy-efficient and sustainable accommodation." -- Dvid Phythian Building Engineer "They have a great knowledge of their favourite product, which they willingly share here with those eager to embrace this relatively new wonder product whose origins date to ancient times." -- Self Build & Design Magazine "Truly comprehensive and enormously helpful. I wish we'd had this guide when building our Hempcrete homes in Swindon!" -- Kevin McCloud "If you are interested in learning more about using living materials for construction and how to use hempcrete for your upcoming projects or tests, I encourage you to get this book today. It is by far, the most detailed version on the market and completely easy to understand." -- Mabelle Plasencia INmatteria.com

About the Author

William Stanwix is a qualified building surveyor and founder of Hemp-LimeConstruct, a growing UK company that specializes in new building and restoration with hempcrete and hemp-lime composite materials. **Alex Sparrow** works for Hemp-LimeConstruct, one of only a handful of companies working with hempcrete in the UK, and is a freelance writer on natural building.

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Diane Welton:

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