



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

*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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