



## Cures of Ireland: A Treasury of Irish Folk Remedies

**Cecily Gilligan**

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Cecily Gilligan's sweeping encyclopedia *Cures of Ireland* archives centuries of Irish folk medicine, herbalism, and healing charms.

Drawing on firsthand interviews and archival research, this expansive book details hundreds of Irish cures—rituals passed down through generations to heal physical and psychological ailments and injuries. The book documents these traditions in an effort to preserve practices facing extinction due to historical colonial oppression, technological development, and religious persecution.

The first sections include a comprehensive history of Irish folk remedies throughout the centuries, showing how practices evolved and survived throughout wars, famines, and changing social and political climates. Gilligan then describes the cures of over 100 people she met and interviewed. Aimed at ailments both benign and severe, they confront issues like warts, headaches, and cancer. Each cure is described in clear detail—except in cases where the person in possession of the cure chose to keep aspects of it secret to preserve the authenticity and potency of the remedy.

*Cures of Ireland* captures a culture steeped in ancient wisdom and invested in preserving traditions and ways of life that are at risk of becoming obsolete. It is an appealing treasure trove of folk wisdom with connections to alternative medicine, herbalism, and cultural traditions.

BELLA MOSES (March / April 2025)

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