

Sinéad Spearing

Writer | Medical Folklorist

Media & Press Kit

www.sineadspearing.com
sineadspearing@gmail.com
[@SineadSpearing](https://twitter.com/SineadSpearing)

About Sinéad

Sinéad Spearing is a writer, medical folklorist, and leading voice in the revival of Old English healing traditions. Her work uncovers the lives of the women once labelled witches — the cunning women, midwives, and herbalists who acted as early physicians — and the remedies they used. She is the author of *Old English Medical Remedies*, *A History of Women in Medicine*, and the historical novel *Cunning Woman*, inspired by a real witch trial in her village of Goudhurst. Her research highlights remedies with modern relevance — including one now shown to cure MRSA — with more to be revealed in her forthcoming book.

Selected Works

Old English Medical Remedies

Pen & Sword Books, 2020

Where magic, medicine, and memory entwine.

Drawing on her own translations of Bald's Leechbook and Lacnunga, Sinéad Spearing uncovers the true sophistication of early English healing. Far from superstition, these texts reveal herbal remedies, psychological insight, and spiritual rituals designed to treat everything from infection to “moon madness.” One of these remedies — a salve made from garlic, oxgall, and leeks — was recently found to cure MRSA, where antibiotics fail. This book repositions ancient medicine as something deeply wise, often poetic, and surprisingly relevant to today.

A History of Women in Medicine

Pen & Sword Books, 2022

Before they were witches, they were physicians.

In this revelatory work, Sinéad traces the lineage of women healers across early Europe — those who blended medical skill with ritual care. Held in esteem by their communities, they

were later demonised by the Church as witches. Drawing on archaeological evidence, grave goods, and religious texts, this book uncovers a long-suppressed tradition of female intelligence and care. It is both a history, and a quiet act of restoration.

Cunning Woman (novel)

Self-published, 2023

Two women. Two centuries. One curse.

Inspired by a real 1656 witch trial in Sinéad's home village of Goudhurst, *Cunning Woman* is a haunting tale of ancestral magic, persecution, and healing across time. In 1657, folk-healer Alison is accused of witchcraft. In 2022, Eden Flynn — an academic exiled by her own church — is drawn into Alison's story and bloodline. As their lives entwine, Eden must uncover buried rites and break a centuries-old curse.

A spellbinding blend of folklore, fiction, and soul.

Breath and Bramble (forthcoming)

Remembering the healer before she became the witch.

Part memoir, part spiritual history, *Breath and Bramble* weaves Sinéad's own story of betrayal, silence, and return with the buried voices of England's cunning women. Moving between past and present, trauma and earth, this book explores how folk healing is not just historical, but personal — and how remembering the women they tried to burn may help us all come home.

Interview Topics

1. The Forgotten Physicians: Reviving the Women Behind the Witch Trials

How folk healers, herbalists, and spiritual midwives were erased from history — and why we need to remember them now.

2. *Cunning Woman*: A Novel Rooted in Witch Trials, Exile, and Return

Inspired by a real 1656 witch trial in her home village, Sinéad wrote *Cunning Woman* as both fiction and testimony — echoing her own experience of being spiritually cast out for telling the truth.

3. *Breath and Bramble*: Healing Through Story, Memory, and Soil

A glimpse into Sinéad's forthcoming memoir — weaving personal trauma, ancestral echoes, and the journey back to sacred female knowledge.

4. Women, Wisdom, and the Old English Mind

A deeper look at the psychological and spiritual intelligence of ancient remedies — including the one now shown to cure MRSA — and why this lost knowledge matters more than ever.

Current Research: Rediscovering Remedies

Sinéad is currently undertaking original research into the efficacy and pharmacological structure of Old English herbal remedies — many of which have long been dismissed as superstition, despite their recorded use over centuries.

Building on the landmark discovery that one such remedy, found in Bald's Leechbook, can cure MRSA where modern antibiotics fail, her work focuses on the wider medicinal intelligence hidden in these texts. She brings a rare combination of skills to this research, drawing on her experience translating Old English manuscripts — including Bald's Leechbook III and Lacnunga — alongside historical, contextual, and folkloric analysis.

Sinéad's aim is to recover, evaluate, and, where possible, revive some of these forgotten formulations — particularly those that may still hold relevance for contemporary health and wellbeing. Her work also explores the psychological and ritual dimensions of healing as practised by the early English cunning folk.

She is currently seeking:

- Conversations and collaborations with researchers, herbalists, pharmacologists, and folklorists
- Support from funders or institutions with an interest in folk medicine, women's knowledge, and cultural recovery
- Dialogue with practitioners working with plant-based and ancestral healing traditions today

Contact

Website: www.sineadspearing.com

Email: sineadspearing@gmail.com

Instagram: [@sineadspearing](https://www.instagram.com/sineadspearing)

For interview opportunities, event invitations, collaborations, or research partnerships, please don't hesitate to reach out.

Press assets and updates are also available at www.sineadspearing.com/media