

The Rub.

Grannies Home Recipe relaunched.

Dorrie Killeen tells the story.

The renewed level of interest in traditional medicines over the past ten years has resulted in the restoration of many family crafts and the resurrection of family histories. One such history that is proving very popular with its users is a herbal remedy simply known as 'The Rub'.

In 1890, a young teacher, Annie Murray, whose family was from Co. Meath took up a post in a South Co. Roscommon National School a few miles west of the Shannon. She married a local man Thomas Feeley and Roscommon was to become her home for life near the shores of Lough Ree.

She bought with her a recipe for a substance made from herbs, oils and salts that had been used by her family for generations for the relief of muscular pains and aches. She kept this recipe and other traditional remedies in her book entitled 'The Household Physician' by J. McGregor- Robertson. Her copy is dated June 1893 and it remained her medical bible all her long healthy life. Treatments were mostly old traditional remedies usually made up at the local chemist known then as the apothecary. Some families had their own secret remedies that were handed down from generation to generation. She also has some recipes recorded in her book by a famous herbalist in New Zealand, James Neill, which she got from a family member living in New Zealand. James Neill also had qualifications in medicine and surgery but practiced herbalism.

Annie was my Grandmother whom I loved dearly and had the privilege of looking after her in her later years. I remember her making up this old remedy. I used to rub it on her neck, shoulders, back and knees in her last years. She was 91, when she died in 1955. She always used to say to me you keep that book Dorrie.

I maintained an interest in herbs or weeds as we called them as children but my Grandmother used to say they are all there for a reason and God gave us the intelligence to find that reason. For every illness 'a herb grows nearby'. We used water from spring wells and I recall our well beside apple trees surrounded by a hedge of Whitethorn and Willow trees. Now we import spring willow water, but we have our own wells.

Over the years I maintained my interest in herbs and I felt there was something I wanted to do, but as a publicans/ farmers wife with five children I had little time to study. In the early 1990's I was going through my Grandmother's old books and I came across the recipe for the aches and pains. I thought of Tommie a regular in our shop who had pains in his ankles and wrists. A gate fell on him some years earlier and his tablets were not relieving the pain. I made up Grannies formula and gave it to him. He came back the following evening all excited, his pain had eased considerably and the inflammation had gone down. I remembered my Grandmother's words about herbs, they are all there for a reason and I immediately called the recipe '**The Rub**'.

Bill who was 84 and suffered from neck pain and stiffness. He had 'The Rub' massaged into his neck each morning for approx. three minutes and he felt his neck begin to free up and soften. On the fourth day he said he felt as free as a bird. He never stopped talking about 'The Rub' and he wrote to me:

"Thank you for 'The Magic Rub'. I suffered for two years with my neck, it was like a knot on a rope. I could not move my head. Now thanks to you Dorrie, I am able to turn my head around again".

Tommie and Bill told their friends and neighbor's. 'The Rub' became a topic in the pub at the mart and at the card games. In a short period of time I was inundated with requests for bottles of 'The Rub'. Here are some more appreciation letters form a large collection on my file: *"Dorrie I feel I must write to tell you the wonder of your oils. My Doctor was so surprised when I refused all drugs. I am free from pain, thank you Dorrie."*

Nancy (retired Nurse from Kent, England). *"Dorrie, I wish to inform you after one week of using your wonderful rub, I feel great relief from my pain. My arms and shoulders are pain free and I wish to say Thank you"* Bridie (Athlone). *Tommie a long distance lorry driver told me on numerous occasions that he would not be able to work without 'The Rub', Tommie suffers from Chronic Back Pain".*

As a result I started to study Herbalism and later nutrition, which I am still studying. Now I feel this was the something that was missing in my life. I was invited on several Radio Programs to talk about the use of herbs, 'The Rub' and old traditional remedies. Also I gave talks at ICA meeting's and the interest in traditional medicine and herbalism is remarkable. More and more people are now looking for natural remedies.

The sporting side is another area of interest, some local footballer's now use 'The Rub' for sports injuries. I have a lovely letters from Jack Charlton and Rob Swire, MSC MCSP, Head Physiotherapist with Manchester United, both framed in our shop.

The demand became so great that I could no longer make it in my kitchen. After talking to the authorities, I learned that I needed a license to manufacture and supply the shops. Since this is not possible in a private house, I entered into an agreement with a manufacturer who has a sophisticated laboratory for this purpose. The formula has not been changed 'The Rub' is the same today as it was over a hundred years ago. It is a traditional remedy and those who use it bear witness to its ability to give relief from muscular pain and stiffness.

I will end with a quote from Dr. A. Vogul, a famous Swiss Nature Doctor: *"Modern man and woman under constant stress must go back to Nature and relearn how to live in harmony with its peace and tranquillity".*

Dorrie Killeen practices as a traditional herbalist at Togher, Ballinasloe, Co. Galway. Consultations by appointment only.

**The Rub is available from Healthshops and Pharmacies. For further information contact: New Vistas Healthcare Ltd. Phone: 061-334455.
E-mail: info@newvistashealthcare.com**