

# 6 NATURAL HOME REMEDIES FOR MIGRAINES



## Magnesium

If you're experiencing migraines, incorporating magnesium into your diet is very important. Examples of magnesium-rich foods are spinach, pumpkin or squash seeds, lima beans, tuna and brown rice.

## Ginger

Ginger is a versatile and inexpensive home remedy. You can eat it raw, use it as a cooking ingredient, drink it as a tea or apply it to your temples as an essential oil.



## Chamomile

Another soothing herbal remedy to explore is chamomile, which can be consumed in tea or used as an essential oil. It lowers stress and anxiety, which are contributing factors to migraine headaches.

## Vitamin B2

Vitamin B2 can work to reduce the frequency of migraine attacks, but you need much more than what you'd typically get from your diet. The top sources of vitamin B2 are lean meats, liver, eggs, milk, cheese, almonds and mushrooms.



## Vitamin D

Emerging research suggests that vitamin D is beneficial to some migraine sufferers – especially those with a vitamin D deficiency – in helping to reduce the frequency of headaches. Vitamin D is also the main ingredient of our active patches.

## Lavender oil

The inhalation of lavender essential oil may be an effective and safe treatment for the acute management of migraine headaches.



**Find out more in our article**

# Relieving Headaches And Migraines Natural Remedies For Better Living Healthy Body Healthy Soul

**SJ Ball**



## **Relieving Headaches And Migraines Natural Remedies For Better Living Healthy Body Healthy Soul:**

*Forthcoming Books* Rose Arny,2002      **The Bible Cure for Headaches** Don Colbert,2013-08-19 OVER 3 MILLION BIBLE CURE BOOKS SOLD FROM THE NEW YORK TIMES BEST SELLING AUTHOR OF THE SEVEN PILLARS OF HEALTH AND I CAN DO THIS DIET Are you a headache sufferer God s plan for your life has no place for the distractions of headaches In this concise easy to read booklet you ll discover valuable usable information that can help you get rid of headache pain Learn biblical secrets health and the latest medical research on how to break free from the grip of headaches This book contains findings that your doctor may never have told you God s divine plan of health for you The hidden causes behind headache pain Which chemical lessen the pain Which vitamins and supplements relieve migraines      *Heal the Body - Honor the Soul* Michelle Catherine Spuck,2007-10-09 Since writing and publishing *Heal the Body Honor the Soul* Readers have shared some extraordinary comments on how the book touched and changed their lives I wrote this book because I felt I could inspire motivate and help others with their healing and finding purpose and meaning to their life I feel blessed that the book and it s offerings exceeded beyond my expectations I want to thank Trafford for getting me off the ground and also all of you who have read the book and were kind enough to share your feedback Love and Blessings Michelle Catherine Spuck

**Mama's Home Remedies** Svetlana Konnikova,2008 Interwoven with centuries old herbal remedies time tested techniques and women s wisdom handed down through the ages this kaleidoscopic whole health tapestry reveals a myriad of natural methods for achieving and maintaining good health and all around happiness      *A Homeopathic Handbook of Natural Remedies* Laura Josephson,2002-08-13 A Homeopathic Handbook of Natural Remedies offers the most succinct and up to date information available on homeopathy a method of healing that works by stimulating the body s natural defenses Laura Josephson provides an overview of the healing principles and history of homeopathy clear guidelines for identifying and treating symptoms and instructions for preparing and stocking your home kit In addition to homeopathic first aid treatment for such ailments as back pain puncture wounds eye injuries fractures and insect bites the book outlines remedies for a wide range of everyday complaints including allergies coughs colds flu fevers digestive problems headaches PMS earaches insomnia jet lag and more A separate section deals specifically with childhood conditions Also included is an extensive resource directory of homeopathic pharmacies and a list of articles and other publications that provide further information      *Health Culture* ,1913      *Water-cure Journal* ,1851      **Body & Soul** ,2008      *Toward a More Natural Science* Leon R. Kass,2008-06-30 Kass shows how the promise and the peril of our time are inextricably linked with the promise and the peril of modern science The relation between the pursuit of knowledge and the conduct of life between science and ethics each broadly conceived has in recent years been greatly complicated by developments in the science of life This book examines the ethical questions involved in prenatal screening in vitro fertilization artificial life forms and medical care and discusses the role of human beings in nature      **Natural Ways to Health** C. Norman Shealy,1996

Body & Soul (Watertown, Mass.) ,2008      **Fit Soul, Fit Body** Brant Secunda,Mark Allen,2008-12-01 From setting appropriate goals for each type of fitness to learning how to feed both body and soul this ground breaking guide goes beyond the typical health mantras eat right exercise regularly reduce stress and explores the emotional and physical obstacles to corporeal and spiritual fitness Based on the immensely successful training of a six time Ironman triathlete by a renowned Huichol Indian healer this handbook seeks to remedy the conspicuous absence of spirituality in typical Western exercise regimens by explaining how to incorporate the divine into everyday exercises and why the two issues are inexorably linked After years of respective training both parties realized that the art of prayer and its signature mindfulness could increase not only one s physical abilities but also the mind and that fitness wasn t just a matter of good cardiovascular health and strong muscles Whether training for intense competition or just reaching fitness goals this indispensable resource discusses how to exceed mental limitations and become successful in any physical emotional or spiritual journey      Health [a Monthly Devoted to the Cause and Cure of Disease] ,1901      **A Lighter Side to Cancer** Sandra Miniere,2012-09 A Lighter Side to Cancer shares Sandra Miniere s uplifting story and offers life saving information about how to treat and prevent cancer using an integrative approach body mind spirit and environment Twenty seven authors and doctors share valuable information about the approaches she used to heal her body mend her ways and change her life The book includes stories by 12 cancer patients who participated in their own healing and accomplished successful results A Lighter Side to Cancer is an enjoyable read and a call to action a time to think and do outside the box It is a book of possibilities and hope In sharing her journey Sandra inspires people to embrace their healing as they explore integrative treatment options make informed decisions and remain open to divine intervention      The Epworth Herald ,1898      *Light* ,1891      **Bottom Line's Health Breakthroughs, 2006** ,2005      *Ebony* ,2000-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      **The Water-cure Journal** ,1854      **Ebony** ,2000-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

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