

DOWNLOAD PDF THE NATURAL WAY MIGRAINE/A COMPREHENSIVE GUIDE TO EFFECTIVE TREATMENT (NATURAL WAY)

Chapter 1 : Natural Headache Remedies for Instant Pain Relief - Dr. Axe

*The Natural Way Migraine/a Comprehensive Guide to Effective Treatment [Eileen Herzberg, Richard Thomas] on blog.quintoapp.com *FREE* shipping on qualifying offers.*

Acetaminophen is a well known hepatotoxin. Wait, Hepata, what? Hepatotoxin is the term for substances that are toxic to the liver and acetaminophen is among the worst when it comes to over the counter drugs. In fact, it is the number one cause of acute liver failure in America! Read more here But other hormones can also cause headaches, like your adrenals and thyroid, as well as nutrient deficiencies such as magnesium. Working with a hormone expert can help you identify the source of your headaches and support you in relieving them for good. Finding your root cause is important to understand if something bigger is at play. At a dose of mg a day many people see a reduction in the number of migraines they have. Riboflavin is more of a preventative therapy and has to be taken consistently for at least 1 month to see any effects, with 3 months being the ideal minimum amount of time to evaluate the therapy. This little herb has been shown to prevent migraines. I recommend women aim for at least 25 mg daily to get the most benefit of this anti-inflammatory herb. One to two drops of peppermint oil and lavender oil applied or massaged into the temples can safely alleviate headaches. This is derived from the core of a pineapple and is a natural way to break down the inflammation causing molecules in your body. When taken with food it acts as a digestive enzyme. But taking about mg twice daily between meals can help lower your pain and inflammation. Eating a hormone balancing diet can help relieve symptoms of PMS, hormonal headaches, menstrual cramps, mood swings and more! Dehydration is a common cause of headaches. Aim for about 3 liters of water, herbal tea, bone broth, and mineral water daily. Catch yourself clenching your jaw? What about pulling your shoulders to your ears? Many headaches can come from tension and if your hormones are imbalanced then stress is going to take a greater toll. Try these stress reducing techniques to help prevent headaches. This beautiful golden root works on some of the major inflammatory pathways in the body to bring down pain and inflammation. It is excellent as a beverage see recipe and can be taken in capsule form at a dose of 1, mg daily. Fish oil is rich in omega-3 fatty acids that help lower inflammation and can help bring hormones back into balance. Aim to eat servings of fatty fish or supplement 1, mg daily. Yes ladies, sardines can help your headaches! Stretching, movement and exercise can go a long way in keeping pain at bay. Consider working with an exercise physiologist, functional trainer, physical therapist, or other movement expert as part of your pain prevention regimen. In general, a dose of 1, mg twice daily works well for most people. Ginger is also lovely as a tea and can be combined with turmeric for double the herbal anti-inflammatory power! Body work can not be underestimated for ladies who suffer from hormonal headaches! You need a doc experienced and trained in pregnancy to help you really have all your prenatal needs met. Gentle chiropractic care can help alleviate musculoskeletal pain. Eat Liver Loving Foods. The liver has a big role to play during your pregnancy, which includes supporting hormone breakdown and metabolism. A diet rich in high quality proteins, leafy greens, cruciferous vegetables, and root vegetables like burdock, carrots, and beets supports a healthy functioning liver. Need help with liver loving foods? Take care not to expose baby to heat or to apply heat for too long no more than minutes. Chat with your doctor about how to do this best and how often would be appropriate for you. Taken between meals, enzymes like bromelain can help cut down inflammation and pain. Of course, check with your doctor first, but this may be a helpful tool to add to your routine. This mineral has been shown to prevent headaches. It acts as a muscle relaxant and is also anti-inflammatory. Pregnant women often need more magnesium than their diet can provide, but diet is still the best starting place. And sometimes, you just might need a medication and that is ok. I would still recommend seeking adjunct therapies and work with your doctor to ensure you are maintaining a safe dose. Cramp Bark for Menstrual Cramps This is one every woman should keep in her medicine cabinet. If you have menstrual cramps taking Cramp Bark two days prior to your period and during may be just herb you need to break up with those NSAIDs. Women generally report relief with droppers full

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drops three to five times daily. Grab your Hormone Starter Kit , which includes a hormone balancing meal plan and recipe guide. Your hormonal headaches have a root cause. Join this no-cost event by filling out the form below! She is recognized as a leading expert in Post-Birth Control Syndrome and the long-term side effects associated with hormonal contraceptives. Brighten is the best selling author, speaker and regular contributor to several online publications including MindBodyGreen. She is a medical advisor for one of the first data-driven apps to offer women personalized birth control recommendations. She is a recognized as an expert in Post-Birth Control Syndrome and the long term side effects associated with hormonal contraceptives. Brighten is a best-selling author, speaker, and clinical educator. This web site offers health, wellness, fitness and nutritional information and is provided for informational purposes only. This information is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. Always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem. If you have or suspect that you have a medical problem, contact your health care provider promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read on this web site. The use of any information provided on this web site is solely at your own risk. Nothing stated or posted on this web site or available through any services offered by Dr. Information provided on this web site DOES NOT create a doctor-patient relationship between you and any doctor affiliated with our web site. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

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Chapter 2 : Eileen Herzberg (Author of The Natural Way Migraine/a Comprehensive Guide to Effective Treatment)

Eileen Herzberg is the author of The Natural Way Migraine/a Comprehensive Guide to Effective Treatment (avg rating, 5 ratings, 0 reviews, published.

They can be pricey, and they can have side effects. Here are a few moves that may help you control your headaches without so much as looking at your medicine cabinet: Start a food journal. Migraine experts know that some foods may trigger migraines. The biggest culprits are those that contain a relatively high amount of a substance known as tyramine, which can cause headaches by increasing blood pressure. High-tyramine foods include aged cheeses, alcohol, processed meats and red wine. By keeping track, you can learn your triggers, and then avoid them to decrease the number of headaches you suffer. A study done in Sweden found that regular exercise can be just as effective at preventing migraines as the drug Topamax. When study participants rode a stationary bike for 40 minutes three times a week, they had as big a reduction in headaches as participants who took milligrams mg of Topamax a day. The only difference was that a third of the Topamax users had side effects, while the exercisers had none unless you count a boost in fitness. Exercise increases endorphins, which may be the mechanism by which it prevents headaches. Try some healthy supplements. A number of studies have found that a daily dose of mg of the B vitamin riboflavin can prevent migraines. Another nutrient that wards off migraines: Magnesium helps by calming the brain. Moving on to herbs, the herbal extract butterbur has been used for thousands of years for a variety of health issues. With so many promising supplements to choose from, you might wonder what to try first. I generally recommend starting with magnesium and riboflavin. In addition, I recommend trying mg daily of coenzyme Q Studies have also found that mg daily of omega 3 fatty acids reduce the frequency of migraines by reducing inflammation. Both of these supplements are good for general health. These supplements are all generally safe though, as with any supplement, you should discuss them with your doctor before you start. Headache Throbbing, pulsating and pain in the head are all symptoms of a headache. Varieties of headaches such as migraines, tension headaches, sinus headaches and menstrual headaches can halt your daily activities. But, you can learn what

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Chapter 3 : 5 Ways to Relieve Migraine Headaches Naturally! | HealthGuidance

16 Highly Effective Migraine Solutions. Find out what's causing your migraine and natural ways to make it stop.

Betony *Stachys officinalis* This perennial herb can be found throughout Europe and Asia. The plant has traditionally been used to relieve headaches and facial swelling and pain. The leaves can be used as a juice, poultice, or ointment. The mildly sedative properties of the plant are used to treat headache and migraine pain, menstrual cramps, stress, and tension. It may help alleviate sinus headaches and congestion when used in combination with lime flowers and comfrey. Betony can have a tonic effect on the body. **Evodia** *Evodia rutaecarpa* This deciduous tree is a native to China and has been used in Chinese medicine since the first century A. Evodia has traditionally been used to treat abdominal pain, headaches, diarrhea, and vomiting. The fruits of the tree may also reduce blood pressure. The anti-inflammatory and pain-reducing properties of the fruit may help ease migraine pain. **Warnings and potential complications** Although many herbal remedies can be safe when used correctly, they may also have side effects like any prescription medication would. Some herbs can interact with medications, such as oral contraceptives or heart drugs. Herbs can be dangerous or even deadly when misused. Some have little research to back claims, verify toxicity levels, or identify potential side effects. **Types of migraines** **Migraine without aura** This is the most common kind of migraine headache. It builds over several hours before the pain of your migraine peaks, usually lasting up to 72 hours. People who have these kinds of migraines tend to experience them a few times per year. If they occur more often than that, the condition may be diagnosed as chronic migraine. **Migraine with aura** Some people experience disturbances of the nervous system, called aura, during their migraines. Auras can include bright spots in the field of vision, tingling sensations, vision loss, hallucinated odors, and uncontrolled movements. **Retinal migraine** Retinal migraines involve vision loss in one eye. Unlike migraines with aura, the visual disturbances are usually contained to that eye. **Chronic migraine** Chronic migraine is defined as having migraines that occur on more than 15 days per month for 3 months or more. This frequency can be debilitating. Medical evaluation is required to obtain a treatment plan and to identify if something else is causing the migraines to occur so often. **Migraine triggers** Certain behaviors, emotions, hormones, and foods can trigger a migraine. Caffeine or chemical withdrawal can cause migraines, for example. Chocolate, food dyes and additives, preservatives, aspartame, and cured meats are the most common dietary triggers for migraines, according to the American Nutrition Association. Food allergies and sensitivities can also activate migraines as a symptom. A high-stress, competitive lifestyle can sometimes lead to recurrent migraines. Emotional stress from chemicals released during emotional situations can provoke a migraine. Hormones are also a notorious migraine trigger. For women, the menstrual cycle is often connected to when their migraines occur. You may want to consider if there are migraine patterns or triggers that you can identify before you decide to try an herbal treatment. In addition to herbal treatments, significant research shows that diet can play a major role in migraine frequency, duration, and intensity. Potential preventive measures and treatments for migraines include: Some can interact with other medicines and be dangerous or even deadly when misused. Discuss all treatment options with your doctor before use. Consider tracking your triggers, symptoms, pain intensity and duration, and other related factors in a migraine journal or migraine app. Whether you choose pharmaceutical treatments, natural remedies, or a combination, having a thorough record of your experiences will help you and your doctor narrow down the best treatment options.

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Chapter 4 : 16 Natural Remedies for Hormonal Headaches - Dr. Jolene Brighten

The Natural Way Migraine Comprehensive Guide To Effective Treatment More references related to the natural way migraine comprehensive guide to effective.

Pour the milk over the rice bowl. Give Yourself Superpowers Get your daily dose of vitamins, especially iron, instrumental in the production of energy through metabolizing food. Make sure you take a daily organic multivitamin. Go for a daily power walk. Even if you start with just 10 minutes a day, the goal is to work up to minutes of brisk walking per week. By Week 3, you should feel lighter and more energetic. Swap Out Sugar Start this week by replacing your usual sugary treats with fruit-based treats made with all-natural sugar substitutes. Make sugar swaps with your daily coffee or tea. Instead of artificial sweeteners, try one of these natural alternatives: A distilled sweetener derived from the blue agave cactus with a low glycemic index. A little goes a long way. Go Vegan Once a Day Choose one meal each day where you eliminate animal products, including eggs and dairy. Meat is a concentrated source of calories and fat. Even lean cuts contain a lot of fat: Also, meat has no fiber, an essential part of weight loss because it helps keep you satiated between meals. Eat high-quality plant-based proteins like beans, lentils, tempeh made from soy , and seitan made from wheat during your meatless meals. To make this simple, you need to eat less and move more - you need to put less in your mouth and get off your butt! That is the most natural way to lose weight. Once you learn about how many calories are in the foods you naturally eat, you can adjust accordingly. Also, be sure to watch your portions – a portion size, generally, will fit into the palm of your hand – just a side note, you might have to throw all the plates out that resemble a trough! To lose weight women should try to eat around calories and men should shoot for Then buy a pedometer and start tracking your steps. You should be getting in 10, steps per day – you can naturally increase your steps by taking the dog for a walk or going out to garden heck you might even think about starting your own healthy garden full of veggies to fill your smaller plate. The main idea is to get off the couch and start moving. These few tips will make losing weight become natural and not seem like such an effort. Knowing how many calories you take in per day along with how many carbohydrates, proteins and fats is a good start. Along with resistance training program and cardiovascular program you will see results week after week. A comprehensive plan that offers you reasonable nutritional alternatives to your current diet habits will reduce caloric intake and portion size, while increasing the diversity of foods eaten. In addition, you need to increase physical activity slowly over time, creating a plan that includes aerobic exercise at least 3 days a week and strength training at least 2 days a week. Your goal should be to get at least 60 minutes of physical activity most days of the week. The results of these adjustments will be slow but ultimately far-reaching, improving your appearance and your health substantially. Show More Weight Loss Strategies Everyone has opinions on how to lose weight – everything from Pilates to supplements to sleeping sans pajamas has been touted as an effective weight loss strategy. For some people, th Whatever strategy you choose, the key is finding something that you can stick with that works for your lifestyle.

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Chapter 5 : Natural remedies for migraine headaches

Migraine sufferers often look for natural remedies to help prevent migraine attacks and ease their debilitating migraine. blog.quintoapp.com remedies, also referred to as nutraceuticals, have been used for many centuries for a range of ailments.

Luckily there are several natural remedies that can show you how to make a headache go away fast without medicine. Try some of these natural ways to fight headaches. People who suffer from serious headaches, like migraines, often have low levels of magnesium, and several studies suggest that magnesium may reduce the frequency of migraine attacks in people with low levels. Magnesium may prevent the wave of brain signaling, called cortical spreading depression, which produces the visual and sensory changes that are common when experiencing a headache, especially a migraine. Magnesium can block the pain-transmitting chemicals in the brain, and it can improve platelet function, which will help your body react to injuries and prevent bleeding. Taking 400 mg of magnesium a day can reduce the frequency of headache attacks. Both oral and intravenous magnesium are widely available, extremely safe and inexpensive. Magnesium can be used safely by women who are pregnant. The most frequent side effect of magnesium is diarrhea, but lowering your dose or taking it less often can eliminate that issue. Dairy products, meats, chocolate and coffee also include decent levels of magnesium.

Gluten-Free Diet When people with gluten sensitivity eat foods containing gluten, it can lead to a headache. According to the National Foundation for Celiac Awareness, patients who have undiagnosed celiac disease and migraine headaches often see either complete resolution of migraine headaches, or a significant reduction in the frequency and strength of symptoms after giving up gluten. You may not have celiac disease, but a gluten sensitivity that gives you a headache. Start this headache remedy by eliminating gluten for three weeks, then introduce foods containing gluten slowly. Pay attention to the way you feel when adding more gluten to your diet and find your happy balance. Listen to your body you will find out how much of a food group you can eat without triggering symptoms.

Peppermint oil generates a long-lasting cooling effect on the skin. Research shows that peppermint oil stimulates a significant increase in skin blood flow of the forehead, and it soothes muscle contractions. One study showed that peppermint oil, in combination with ethanol, reduced headache sensitivity. Research has shown that the use of lavender oil is a safe and effective treatment of migraine headaches. One study conducted in measured the results of inhaling lavender oil for 15 minutes. The 47 participants were asked to record the effects every half hour, for two hours. Out of headache attacks, 92 responded to the lavender oil remedy. If the smell is too strong for you, or if the peppermint is too chilling, dilute it down by mixing the essential oils with almond, grapeseed or coconut oil. By adding coconut oil, you can take advantage of its own amazing health benefits like balancing hormones, moisturizing skin and decreasing wrinkles.

Oxidative stress damages all body cell components: Several clinical trials indicate that spinal manipulation therapy may help treat headaches. In one such study, 22 percent of those who received chiropractic manipulation reported more than a 90 percent reduction of headaches; meanwhile, 49 percent reported that the headache intensity was significantly reduced after receiving chiropractic treatment. Studies suggest that chiropractic manipulation reduces tension and migraine headaches. The leaves of feverfew are used to make medicine. Research shows that consuming feverfew reduces the frequency of migraine headaches and headache symptoms, including pain, nausea, vomiting and sensitivity to light and noise. K, compared the results of six studies. Feverfew supplements are available fresh, freeze-dried or dried. Feverfew can be purchased as capsules, tablets or liquid extracts; the recommended dose for headache relief is milligrams of feverfew extract. Butterbur is an herb that reduces the inflammatory effect of chemicals that trigger headaches, especially migraines. It also acts as a beta blocker, resulting in normal blood flow to the brain. Doses of at least 75 milligrams twice daily seem to be necessary for the best headache-reducing results. One study, done over a four-month period, showed that migraine attack frequency was reduced by 48 percent in participants who consumed 75 milligrams of butterbur twice a day. This research, done at Albert Einstein

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College of Medicine, measured a decrease in migraine attack frequency “ suggesting that butterbur is an effective headache remedy and symptom reliever. B-Complex Vitamins Many B vitamins are involved in the formation of neurotransmitters, such as serotonin, which may be deficient in people who suffer from migraines. Sadly, millions of Americans are coming up short on one or more of the B vitamins and this is causing energy slumps, unhealthy blood cell and adrenal effects, foggy thinking and headache symptoms. A B-complex vitamin includes a group of eight water-soluble vitamins: Together, these vitamins improve brain cells, circulation, immune function and cardiovascular health. B vitamins are water-soluble, so an overdose is rare. If there is extra in your system, it will be flushed out through urine. Try taking one B-complex vitamin a day, as the benefits go beyond headache relief. Sixty participants were involved in the trial that assessed their personality, work demands, mood, anxiety and strain. The outcome suggested that vitamin B complex vitamins were a cost-effective treatment for the mood and psychological strain effects of occupational stress.

Stay Hydrated The dehydrating effects of coffee, sugary drinks and alcohol can certainly leave us with a killer headache. This simple and free remedy will keep you feeling full, energized and headache-free. Try adding these nutritious fruits and veggies to your diet in order to stay hydrated throughout the day:

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Chapter 6 : What is the most natural way to lose weight? | Weight Loss Strategies - Sharecare

Natural remedies are a drug-free way to reduce migraine symptoms. These at-home treatments may help prevent migraines, or at least help reduce their severity and duration.

A migraine is more than just a normal headache. Aside from an intense, throbbing, pulsing pain, there may also be nausea, vomiting, fever, chills, tingling sensation in the head and sensitivity to light, sounds, and smells, making most migraine sufferers unable to go to work or come out of their bed when an attack strikes. For many, migraine relief comes in the form of over-the-counter prescribed medication. But more and more people are finding relief in natural treatments to ease the pain. Even the American Academy of Neurology and the Headache Society highlighted the effectiveness of drug-free ways to prevent and relieve migraine attacks. Here are the 10 best natural tips and treatments to soothe and relieve migraine: Avoid or limit those into your diet to prevent future outbreaks. Dehydration is another cause known to trigger migraine attacks. Healing Herbs Some of these herbs are very effective to prevent migraine attacks when taken regularly or may help you to relieve and ease the pain: It inhibits chemicals in the brain which cause dilatation of blood vessels. It relieves spasms and works as an anti-inflammatory. When combined with feverfew it can significantly reduce the frequency, duration and intensity of a migraine attack. Ginger can ease migraine-related nausea and works as a natural painkiller. For a better effect, combine with feverfew. If you are interested in herbal remedies, you can find more useful information in the e-book Herbal Remedies Guide. This guide will teach you how to treat common ailments using herbs. Magnesium Research suggest that people who suffer migraine attacks are often deficient in magnesium. Add more magnesium-rich foods to your diet, like spinach, okra, broccoli, Brazil nuts , almonds, basil, and cacao. Or take an Epsom salt bath to replenish your magnesium levels. Advertisement Consuming adequate amount of magnesium is also one of the 70 habits featured in the e-book 70 Powerful Habits For A Great Health which will guide you how to take positive steps to improve your wellness and overall health. Omega 3s Inflammation of the tissue surrounding the brain is often the culprit of many migraine attacks and headaches. A dose of healthy omega 3 fatty acids can fight the inflammation. You may also be interested to read the article about the amazing health benefits of omega-3 fish oil. People who suffer from migraine attacks report less strikes when committing to a daily meditation session, breathing exercises, or having a relaxing massage once in a while. Getting enough exercise is also known to reduce attacks as it release endorphins which helps in controlling and reducing migraine attacks. Acupuncture Acupuncture is not for everybody, but the needles may trigger pain relieving chemicals in your body and help you to ease migraine or reduce their frequency. Advertisement You could stimulate your own pressure points to help your body release more endorphins. Put pressure on the nerve just under your eyebrow. This will stimulate your pituitary gland to release painkilling endorphins. Caffeine Caffeine is a sword with two edges. When you drink a lot of coffee it may trigger migraine outbreaks, but in small doses coffee or caffeinated teas can help to reduce the pain. As an alternative you can swallow a dollop wasabi paste. Hot and Cold Hydrotherapy Alternate a hot shower with a cold to alleviate pain. Begin with water as hot as you can stand, after 2 minutes switch to water as cold as you can stand. Repeat for 20 minutes to increase blood circulation and pull the pressure out of your head. Advertisement Another way is to to use foot soak. I guess you will need to experiment and find what works best for you to relieve headaches and migraine. Aromatherapy to Ease Migraine Some essential oils, such as peppermint, lavender, basil, sandalwood, rosemary, eucalyptus or green apple scent, work wonder to ease headaches and migraines. There are many aroma therapeutic options for you to try: Relaxing full body massage Massage your temples for quick relieve Relaxing bath Room diffusers Or making an aroma therapeutic perfume If you apply essential oils topically for a quick relieve, make sure to dilute the essential oils in a base or carrier oil like sweet almond, jojoba, or grapeseed oil. You can get more information on how to use essential oils to ease migraines in the post about the best essential oils for migraines. If you are interested to learn more about essential oils you can find useful information in the e-book

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Magical Aromatherapy. This e-book will help you to discover the power of essential oils and the most effective ways to use them. Another, more expensive, way to treat migraine or cluster headaches, is a normobaric or hyperbaric oxygen treatment. Hyperbaric oxygen therapy involves breathing pure oxygen in a pressurized room. The therapy is better known as the treatment for decompression sickness for scuba divers. Normobaric oxygen therapy is a cheaper version of the hyperbaric therapy and is easier to apply as it involves breathing pure oxygen at room pressure. Although most people seek guidance from a specialist, normobaric therapy can be done at home if you have the special oxygen tank and mask. Both improve circulation and oxygen supply to the entire body, especially to the brain.

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Chapter 7 : Natural Cure for Dizziness: 8 Easy Ways to Get Rid of Dizziness Fast & Naturally

If used right, it can help to reduce migraine headache pain and provide relief the natural way. In a report published in the Journal of Chemical and Pharmaceutical Sciences, basil was mentioned as "a treatment modality for various ailments such as poor digestion, nausea, migraine, depression, insomnia, kidney malfunction and skin infections."

Caffeine is also in some migraine medications. But, too much caffeine may cause a migraine. It may also lead to a severe caffeine withdrawal headache. To figure out which foods and beverages trigger your migraines, keep a daily food diary. Record everything you eat and note how you feel afterward. Apply lavender oil
Inhaling lavender essential oil may ease migraine pain. According to research , people who inhaled lavender oil during a migraine attack for 15 minutes experienced faster relief than those who inhaled a placebo. Lavender oil may be inhaled directly or applied diluted to the temples. Try acupressure [Share on Pinterest](#)
Acupressure is the practice of applying pressure with the fingers and hands to specific points on the body to relieve pain and other symptoms. According to a systematic review , acupressure is a credible alternative therapy for people in pain from chronic headaches and other conditions. A separate study found acupressure may help relieve migraine-associated nausea. Look for feverfew
Feverfew is a flowering herb that looks like a daisy. Still, many people claim it helps their migraine symptoms without side effects. Apply peppermint oil
The menthol in peppermint oil may stop a migraine from coming on, according to a study. The study found that applying a menthol solution to the forehead and temples was more effective than placebo for migraine-associated pain, nausea, and light sensitivity. Go for ginger [Share on Pinterest](#)
Ginger is known to ease nausea caused by many conditions, including migraines. It may also have other migraine benefits. According to research , ginger powder decreased migraine severity and duration as well as the prescription drug sumatriptan, and with fewer side effects. Sign up for yoga
Yoga uses breathing, meditation, and body postures to promote health and well-being. Research shows yoga may relieve the frequency, duration, and intensity of migraines. Try biofeedback
Biofeedback is a relaxation method. It teaches you to control autonomic reactions to stress. Biofeedback may be helpful for migraines triggered by physical reactions to stress such as muscle tensing. Add magnesium to your diet
Magnesium deficiency is linked to headaches and migraines. Studies show magnesium oxide supplementation helps prevent migraines with aura. It may also prevent menstrual-related migraines. You can get magnesium from foods that include:

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Chapter 8 : The Natural Way to Rid Yourself of a Migraine Headache

8 Natural Ways to Get Rid of a Headache Popping a pain pill might provide you with temporary relief, but it doesn't address the root cause of your headaches. Plus, pain medications can also have nasty side effects, like increased risk of heart failure.

Johnson , In Headaches Most people just take a pain pill, but how safe is that? If you are worried about taking potentially dangerous medications for your migraine headaches maybe you should try one of the many safe and effective natural approaches that are available today. There are many new migraine headache treatments available that can be both safe and effective. Natural treatments for migraine headaches are usually safer and cheaper than traditional pain medications. And in many instances they can relieve pain just as well or even better than prescription or non-prescription drugs. The possibility of a negative reaction to a safe and natural migraine headache treatment is still there, but it is less with most natural treatment methods than it is with pain-relieving medications. Every person on the face of the earth is unique. One person may find relief from their migraine headaches with one type of treatment while someone else may try that same treatment and find no relief at all. No two people will experience the same reaction from the same treatment. But why is that? Every body is made up of a mixture of chemicals. Every person produces certain chemicals in their body so that they will be able to function at their best. Histamines will increase gastric secretion and dilate the capillaries. Insulin is secreted by the pancreas and helps regulate the blood sugar levels. Hormones are produced by the body for many different functions. Adrenaline epinephrine is produced in response to stress. Every body is unique and produces different chemicals in differing amounts. That may be true, but when one chemical such as aspirin is taken by two separate people their reactions will never be exactly the same because no two people have identical chemicals in their body. One person taking aspirin will not have the same reaction as someone else taking aspirin. Since no two people are identical no two people will respond exactly the same to a treatment method for migraine headaches. There are many effective alternatives to taking medications when it comes to relieving migraine headaches. You just have to try one for yourself to see if it will work for you. One natural and popular treatment method for migraine headaches is chiropractic care, or chiropractic manipulations. And chiropractic treatment has been shown to be extremely safe. Spinal problems cause headaches and when these spinal problems are treated by chiropractors a high percentage of their patients experience relieve from their pain. Another natural way to relieve migraine headaches is biofeedback. This is a safe and potentially effective way to eliminate pain. Biofeedback is not actually a treatment, but a training program designed to help a person develop the ability to control their autonomic involuntary nervous system. Functions that are normally automatic in the body, such as blood pressure regulation or heart rate can be controlled voluntarily. This technique makes it possible for a person to control their own heart rate, blood pressure, skin temperature or relaxation of their muscles. And nobody will deny that muscle tension causes pain and headaches. With biofeedback the machinery is not always necessary. Once the biofeedback technique is learned there is no longer any need for the equipment. The patient with migraine headaches can now produce the desired effect at any time. A person that has been trained with biofeedback can control some of their bodily functions, such as muscle relaxation, which can help relieve their headache pain. Another cause of headaches can be the intake of too much salt. They pour it onto their food with wreckless abandon. And too much salt can and does cause headaches. Simply lessening the salt intake can sometimes prevent the headaches from occurring. Food sensitivities have also been shown to cause migraine headaches in some people. Foods such as cheese, alcohol, MSG monosodium glutamate " a food additive , yeast, wheat, nuts, avocados, beans, bananas, oranges and other citrus fruits , pork, vinegar and pickled foods , dairy products, caffeine, chocolate, onions and others can cause migraines. It sounds simple, but it takes a little detective work to figure out which foods, if any, are causing the migraine headaches. So how can you determine which foods are the culprits? The logical way is to keep a diary of what you eat and when. Get a small notebook, with each

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page representing one day, and make three columns on each of the pages. The first column on the left side of the page will contain the hours in the day. The second column down the middle of the page will be a list of the foods eaten that day. And the third column on the right side of the page will list the symptoms headaches that you experience. Make a note of everything that you eat on this list and at what time you ate them. For example, if you had 3 migraine headaches over a one-month period, and you had milk shortly before each of the migraine attacks, milk may be the culprit. It may take a few weeks or even a few months to come to any conclusions, but over time, by figuring out which foods or ingredients in these foods, are causing your pain, you will be able to eliminate these ingredients and relieve your pain caused by these foods. Probably the most common cause of headaches is just plain old stress. People who experience tension in their lives can get headaches from their increased tension. Stress can be caused by many things including work-related stress or family-related stress. Biofeedback training as explained above is one way to help reduce stress. Other ways are taking a warm bath or shower, lying down and relaxing in a quiet dark room, having someone massage your neck and head temporal region muscles to help relieve your tension and muscle spasms or placing something cold ice on the back of the neck at the base of the skull. When using ice it should not be placed directly on the skin. Some wet paper towels that have had the water wrung out of them should be placed between the ice and the skin. Regular exercise can also, over time, reduce tension. We have discussed 5 natural treatment methods that are available to migraine headache patients. They are all considered safe and are effective for many people. There are many other natural treatment methods out there for you to try. If you have headaches it may be beneficial for you to try some of these treatments or search for others on your own. But as a word of advice, it is always a good idea to talk with a chiropractor or medical doctor before treating yourself for a health condition.

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Chapter 9 : Top 10 Natural Tips and Treatments to Relieve Migraine

A review suggests that feverfew is an effective treatment for of linden tea on migraines to recommend it as an effective natural remedy. Rid of a Migraine: A Step-by-Step Guide.

Natural Cure for Dizziness: In fact, there are plenty of great natural cures and treatments for dizziness. If your bouts of dizziness are rather tame and sporadic then some of these home remedies may work wonders. Here are a few of the most common and effective methods of treating dizziness fast and naturally. You can also check our post - Natural and Homemade Remedies for Vertigo - Types of Home Treatment Dizziness is, unfortunately, something we have all had to deal with in our lives. Since dizziness is not a disease that can be cured, but rather a symptom of other, perhaps more serious conditions, such as hypoglycemia, heart disease, inner ear infection or hearing loss, poor blood circulation, high blood pressure, benign paroxysmal positional vertigo or BPPV , heat stroke, loss of balance, and migraine-associated dizziness it makes treating the condition somewhat difficult. This is due to the fact that dizziness must first be connected to a specific condition and then treated as such. Since this can be a multitude of things, finding the right medication can be difficult. Of course, it is not to say that treating dizziness is impossible. Though it cannot quite be termed a herbal remedy, simply eating and drinking healthily means you will get the correct balance of required vitamins and minerals in your diet. Anyone suffering from a bout of dizziness may have just not been eating and drinking enough food and water that day. Dehydration is one of the most common causes of dizziness. Failing to supply your body with enough water throughout the day can result in dizzy spells. Thankfully, this can be treated rather easily in less serious cases by simply drinking a couple glasses of water. This may seem like a lot but doctors agree that if you are even to the point of feeling thirsty, your body is already dehydrated. The lack of proper nutrition due to a lack of eating can also cause dizziness. In order to prevent and treat this condition, you simply need to make sure you are eating enough throughout the day. The type of food you eat will also have a considerable effect on preventing and treating dizziness. Foods that are high in carbohydrates and sugars can dispel the effects of dizziness for those suffering from low blood sugar. Eating bananas or chocolate bars are good for this purpose. Also, eating fruits that have high water content can help cure dizziness and the same goes for yogurt and nuts, as well. Other exercises that will help counter feeling light-headed include walking with your eyes open and closed and walking while staring at a fixed point and going up a steep incline. These may sound a bit strange, but they are trusted and proven ways to strengthen the nerves that can cause dizziness. These exercises should be done two to three times a week in order for them to have the optimal effect. The reason for this is that ginger helps promote blood flow to the brain, as well as other parts of the body. People will simply chew on a small piece of ginger root or enjoy sucking on a piece of ginger candy to treat their dizziness. You can also drink some ginger ale, or tea, a couple of times a day to both treat and prevent dizzy spells. The same can be said for vitamin supplements that include ginger. Lemons are very high in vitamin C which helps to boost your immune system. Lemons also have other great nutrients that that help refresh and energize the body. Drinking this concoction two to three times a day can work wonders in treating dizziness. One proven method of ingesting honey in order to prevent and treat dizziness are to mix a teaspoon of honey with a teaspoon of cinnamon powder and eat it a couple times a day. You can also mix a couple teaspoons of honey with a couple teaspoons of apple cider vinegar and throw it in a glass of water and drink. For a more immediate response to dizziness simply mix a tablespoon of both honey and lemon juice in a glass of warm water and drink it. Massages will help soothe and release built up stress in muscles and nerves. It will also significantly increase blood flow to the entire body and brain. Dizziness is only a surface symptom of a very complex ocean of underlying imbalances. Causes are always deeply interconnected so we cannot change anything while we view the problem separate from our lifestyle, emotional intelligence, and capacity to remain mentally stable. Yes, we must address physical issue as soon as possible but it is immensely unwise to leave it there. I know that this idea of holistic and inclusive approach

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might seem incomprehensible for many. But I believe that until we realize and accept that every part of our life is connected to every other part, and to all, we will be chasing our own tail of treating the surface. If yes, please consider subscribing to our newsletter further down this page.