

February Highlights



Herbs for Headaches and Migraines

What triggers a headache or migraine? For the most part it is one's diet, specifically processed grains, as well as stress. People who commit themselves in eliminating processed grains and increase proteins on a daily basis have a good chance in overcoming migraines. What happens is your immune system goes into overdrive attempting to fight off the effects of grains – actually it is the pollution in grains. The immune system recognizes it can't keep up and the body is saying I can't stop all of these things going through the system, and it therefore has to protect the primary internal organs. So, one of the things that happens, the body restricts impurities reaching the brain. Imagine for a moment, the only way it can do that is to tighten the muscles in the neck area to restrict blood flow to the brain, hence you get a migraine. You are not getting enough oxygen and blood flow to the brain. Herbs, massages, biofeedback, etc. have shown to be helpful in getting those stress levels down, to relax these tight muscles and to get the circulation to the brain going again. Also, if you want to "fool" the immune system into thinking that it is doing a better job than it is and therefore not shutting down the system is to work with blood and immune boosters.

Tension Release©

Migraine sufferers say that this herbal formula has been very supportive in both preventing and treating headaches/migraines along with vitamin B-2. If taken at the onset of a migraine you may circumvent a full-blown migraine headache.

Migra-Free© combines herbs traditionally known to relieve migraine and tension headaches. People have said they've experienced relief after taking 1 teaspoon at the onset of a headache as an initial dose, then 60 drops every 30 minutes until the pain is relieved. You may also try to take one capsule of fenugreek. Fenugreek helps the body utilize oxygen.

Lavender Essential Oil massaged into the temples at the first sign of an attack has helped hundreds of migraine sufferers. The same can be achieved with peppermint essential oil.

Here is a list of more herbs traditionally considered to be most excellent for migraines and headaches; however, you may have to try a few to see which one works best for you.

Feverfew is known by many migraine sufferers and they say that feverfew is effective in reducing the number and severity of headaches, as well as alleviating the nausea and vomiting that often accompany them.

Ginkgo is known to improve blood flow to the brain supplying the brain with more oxygen, hence not only relieving headaches but improving memory and alertness as well

Nettles may stop a migraine if taken at the onset, because they are known to contain antihistamine properties. According to recent scientific research, antihistamines might act like methysergide to block serotonin receptors (migraines are linked to low serotonin levels in the brain).

Passionflower is a calming herb, known to be useful for mild depression, insomnia, nervous headaches, migraines, muscular/nerve pain, and stiffness in the neck.

Skullcap's name points to problems related to the skull and head. Interestingly, the word migraine comes from the Greek "hemikrania", which means "half a skull". Very often the pain begins on one side of the head, but can spread.

Cayenne has gained attention recently in the medical community especially for its treatment of cluster headaches. Cayenne's main constituent capsaicin, which among other things seems to raise the pain threshold.

White Willow is known by herbalists as the natural aspirin.

Stress Related Migraine

Stress Release© is a popular formula known to be appropriate for long term use as both a preventative and to ease headaches and migraines.

Tranquil© is another formula known by many migraine sufferers for its calming effect during times of stress.