

# Help for Migraines

Jo Francks, M.H.

It is estimated that 25 million Americans suffer from migraines on a regular basis or as much as 12 percent of the population. A classic migraine is a severe and throbbing headache, usually on one side of the head and often preceded by visual disturbances. Nausea and vomiting often accompany a migraine.

Women suffer from this condition nearly 3 times more than men. Approximately one third of women who get migraines have them just prior to or during menstruation. Hormonal fluctuations of estrogen and progesterone are thought to trigger these migraines.

In Dr. Christopher's School of Natural Healing book, the cause of headaches is stated as the result of a disturbance in some other part of the body, such as digestive disorders in the stomach, liver or bowel; problems in the abdominal area; menstrual irregularities, impingements in the cervix; concussion, eye strain, nervousness, excitement, fatigue, etc. The headache is a mechanism which signals some serious problem elsewhere. The common headache is due to faulty elimination, and the waste matter causes problems until the toxic wastes reach the stomach nerves and affect them. Sometimes headaches are caused from panic, fear, or worrying about the unknown.

## **Herbal treatments for Migraines**

Feverfew (*Tenacetum parthenium*) is a well-studied herb for the treatment of migraines and has been used successfully. 1 to 4 fresh leaves can be eaten daily for prevention. Some people have noticed the fresh leaves cause mouth sores. A tea can be made of the fresh leaves to avoid getting mouth sores and capsules can also be used. Feverfew seems to work best when taken consistently over time.

Cayenne: This increases circulation to all parts of the body. Capsaicin in the juice of fresh peppers was applied to the nose of a group suffering from cluster headaches. This treatment significantly reduced the number of headaches and some were completely cured. Taking cayenne internally has also proven helpful for migraines which would be more preferable than using the fresh juice in the nostril.

Ginger: one study compared the efficacy of ginger for the treatment of migraine headaches to Imitrex a top selling drug. It turned out that only one-eighth of a teaspoon of powdered ginger worked just as well and just as fast as the drug when given at the onset of the migraine. Using ginger daily also helped prevent migraines or decrease their frequency and intensity.

Nervine herbs: Stress is one of the triggers of a migraine. Dr. Christopher suggested using a strong nervine tea such as valerian or skullcap with lobelia tincture added. His Relax-Eze formula is also helpful to relieve stress and help with headaches.

Dr. Christopher's MindTrac: Science is claiming that some migraines could be due to low serotonin levels. Using MindTrac is helpful as well as exercise, fresh air and sunshine to naturally increase serotonin levels.

As a sufferer of migraines myself I was able to get relief through chiropractic care from a NUCCA chiropractor. It took several treatments to get my head on straight and from there I had no more recurrence.

Not all people who suffer from migraines will respond to one treatment because the cause can be from many sources as explained above. The important thing is to find out what triggers a migraine and work to prevent them and to help relieve the symptoms. They can be very debilitating.

References:

*School of Natural Healing: John Christopher*

*Women's Herbs Women's Health: Christopher Hobbs, Kathy Keville*

*How Not To Die: Michael Greger*

*The Green Pharmacy: James Duke*

*Body into Balance: Maria Noel Groves*

***Jo Francks*** is a Master Herbalist graduate of *The School of Natural Healing*. She is also a *Holistic Iridologist and Quantum Touch Practitioner*.