

Migraine

Recommendation (at first signs/symptoms of migraine)

1/8th tsp ginger powder twice daily, e.g. add to yoghurt, smoothies or water to drink etc.

or 2 drops Lavender essential oil under nose so it can be inhaled over the next 20-30mins.

Note: if the oil causes skin irritation (which is rare), please discontinue use.

Results: studies show either can reduce migraine severity/duration in about 70% of cases.

How it works: positive effect on anti-nausea, inflammatory, anxiety and pain pathways in the body.

Side-benefits: according to the research regular ginger use may provide a wide-range of other potential health benefits (e.g. help with weight loss, osteoarthritis, indigestion, cholesterol).

References: healGB.com/migraine

Feedback: if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

Disclaimer: the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.