

# 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](http://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)

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