

Headache and migraine herbs

*To ease pain, David Hoffmann suggests that at the first sign of attack equal parts of Black Willow, Meadowsweet, Passion Flower, Valerian and Wood Betony may be helpful.

* For migraine associated with stress, use equal parts of Hawthorne berries, Lime Flowers, Wood Betony, Skullcap and Crampbark.

* Nervine tonics, such as Oats and Skullcap are appropriate long-term therapy, accompanied by Siberian Ginseng as an adaptogen.

* Massage Lavender oil into the temples at first sign of an attack.

* If the migraine is accompanied by nausea or vomiting, Chamomile, Meadowsweet or Peppermint may help.

* If migraine is associated with hormonal problems, long-term treatment should include herbs to try to balance the hormonal system. Vitex, Black Cohosh, or Wild Yam may be useful.

* European herbalists emphasize the importance of liver support in migraine treatment. Herbs like Burdock, Dandelion root or Milk Thistle would be ideal.

*6 parts Rosemary leaves 4 parts Peppermint leaves

4 parts Lemon Balm leaves 4 parts Sweet Violet

3 parts Feverfew 1/2 part sweet Violet Flowers