

Migraine Home Remedy-Migraine Headache Symptom Relief Ideas

Sometimes a migraine can be treated without a person having to resort to prescribed or over the counter medicines. In this article we will look at some migraine home remedy treatments that you may wish to try in place of traditional western medicines. Such treatments are commonly known as alternative medicines and migraine home remedies are not made up of complex chemical compounds but rather are based on common sense and know how. One of the most inexpensive forms of treating a migraine at home is the ice wrap. The types you can buy in your drugstore are meant to be placed on either the forehead or neck of the victim but you can easily produce one of these at home. What you need to do is get a towel and wet it liberally then squeeze (but do not wring out) some of the water. Next fold the towel until you can easily place it in your freezer and leave it for about 5 minutes or until the towel has begun to stiffen. Unfold it and then refold it and placing the frozen sections in the middle and the wet parts of the towel to the outside. Once the towel has become reasonably frozen then place it around your head and eyes. For some this offers migraine headache symptom relief. Why not try to increase your salt consumption? If you feel a migraine beginning to start then eat a pack of corn chips (Fritos are good) or get some fries and cover with a lot of salt (or any other type of salty food) as these will help to calm a migraine attack. Although sometimes this method may not work it can provide you with a period of time in order to prepare the frozen towel treatment. It's not often we're told to eat salt! But this is a popular migraine home remedy and there are people who claim migraine headache symptom solutions from it. The next migraine home remedy treatment we will look at for a migraine will need the assistance of another person. What you need to do is go into a quietened dark room and relax as someone massages your scalp for you. They should massage your head and not your temples and 10 minutes of this treatment should do the trick. See how it works for you and if it offers migraine headache symptom help. However a great way of relieving a migraine is to prevent it and so closely scrutinise your lifestyle and see what could be causing your migraines. It may be a certain food you are eating or because you have not had enough sleep. Whilst others find that bright or flashing lights, loud noise or stress can cause a migraine attack. By defining what is causing your migraine attacks will go a long way to helping controlling and relieving them in the future. As you can see there are plenty of migraine home remedy treatments to choose from and it's best to find what's suited for you.

About the Author

Herbal Remedies are products originating from plants or plant extracts used for their medicinal. Herbal Remedies include traditional.

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