Recipe to relieve migraines



Here's a herbal recipe to relieve migraines:

Ingredients:

- 1 teaspoon dried feverfew leaves
- 1 teaspoon dried peppermint leaves
- 1 teaspoon dried chamomile flowers
- 1 cup boiling water

Instructions:

1. In a teapot or heat-resistant container, combine the dried feverfew leaves, peppermint leaves, and chamomile flowers.
2. Pour the boiling water over the herbs.
3. Cover the teapot or container and let the mixture steep for 10-15 minutes.
4. Strain the tea to remove the herbs.
5. Drink the herbal tea while it's warm.

Note: It's recommended to drink this herbal tea at the onset of a migraine or when experiencing migraine symptoms. You can also add a teaspoon of honey to sweeten the taste if desired.

Please remember that while herbal remedies can be beneficial for some individuals, it's important to consult with a healthcare professional before trying any new treatment, especially if you have any underlying health conditions or are taking medications.

© Activité-Paranormale 2009-2026