

## [HOME REMEDIES FOR HEADACHES](#)



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Ginger, The All-Rounder Touted as an elixir for headaches, ginger is a home remedy for instant relief. It helps reduce inflammation of the blood vessels in the head, hence easing the pain. It helps reduce inflammation of the blood vessels in the head, hence easing the pain.

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A 2010 study published in the American Journal of Chinese Medicine suggests that a month of acupuncture treatment is effective in reducing chronic headache as compared with muscle relaxant treatment for a month. In this study, trigger points BL2, GV20, GB20, TH21, and GB5 were used most commonly.

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### **Home Remedies for Headaches and Migraines Headache and**

Flaxseed, which is rich in them, may help provide headache relief. It can be used as a home remedy in several forms, including as an oil and as ground or whole seeds.

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### **Home Remedies for Headaches Reader's Digest**

Natural Headache Remedies: Use thyme and rosemary oil for head rubs. iStock/marrakeshh. To relieve headache pain, dab a drop or two of thyme or rosemary essential oil on each temple and on your

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### **Natural Headache Remedies for Instant Pain Relief Dr Axe**

To find headache relief, use these 10 headache remedies, which include herbs, vitamins, posture correction, diet changes and more, to fight headaches in a natural and healthy way. Types of Headaches Although there are 150 different types of headaches, there are four types that are most common.

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### **18 Helpful Remedies to Relieve Headache Pain Tension**

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Home Headaches and Migraines One such therapy, called occipital nerve stimulation, appears promising in the treatment of cluster headaches and migraines, studies show, although larger studies

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Natural remedies are a drug-free way to reduce migraine symptoms. These at-home treatments may help prevent migraines, or at least help reduce their severity and duration.

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### **Home Remedies for Headaches HowStuffWorks**

Herbal Remedies for Headaches can show you how. Sinusitis, an infection of the sinus cavities, can cause headaches and other uncomfortable symptoms. Learn more in Home Remedies for Sinusitis. In Home Remedies for Hangovers, learn how to bounce back when an excess of alcohol strikes you down.

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### **13 Home Remedies for Sinus Headache That You Must Try**

One of the best home remedies for sinus headache is an alternate hot and cold compress. When moist moderate heat is applied on the sinus region it eases the pressure and loosens the thick mucus. Whereas when cold compress is applied, it provides relief from the pain by constricting the blood vessels in the sinus region.

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The discomfort of frequent headaches can make everyday living harsher than necessary, but most can be relieved with some true and tried home remedies. Here is a look at some of the most popular remedies for a headache.

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