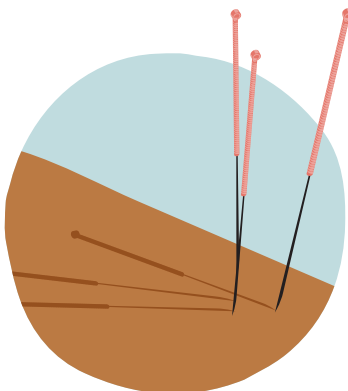


Natural Ways to Prevent and Relieve Migraine

While research is mixed on their effectiveness, these natural remedies may help manage migraine symptoms or prevent them from occurring.



Dilute lavender or peppermint oil with coconut oil and massage it into your temples.



Consider seeing an acupuncturist.



Incorporate ginger into your diet.



Add yoga, meditation, and breath work into your routine.



Make sure you aren't deficient in magnesium.



Try taking the flowering herb supplement feverfew.



Sign up for a biofeedback therapy session.



Limit alcohol consumption, especially red wine.