

# QUICK WAYS TO STOP A MIGRAINE - WITHOUT DRUGS

**These tips work better in the earlier stages of a migraine**

- Lick 1/8 teaspoon of salt and follow with two big glasses of water and perhaps squeeze of lemon
- Ginger and/or turmeric – fresh, as a tea, as a capsule, even real ginger beer
- Cefaly or Theraneck device
- Ice on back of neck and head
- Stretching and movement – a stretch in bed or very slow walk around the block
- Massage
- Rest and sleep
- CBD oil (if you have legal access to this in your state)
- Drink a coffee or even Coca Cola (full sugar version)
- Electrolyte drink – coconut water can help here
- An extra dose of magnesium
- Drink lots of water
- Sex
- Closing eyes
- Peppermint, lavender and frankincense essential oils
- Deep and slow breathing – this can be really powerful!
- Short bursts of intense exercise
- Acupuncture
- Deep breathing
- Meditation or try this yoga sequence for migraine

**Copyright 2021 - Josie Carin, The Migraine Naturopath**

**[www.migrainenaturopath.com.au](http://www.migrainenaturopath.com.au)**



**The Migraine  
Naturopath**