

MIGRAINE HEADACHE REMEDY

A very effective non-chemical, noninvasive method of relieving headaches, especially migraine headache, combines the use of hot and cold hydrotherapy.

- Choose a chair for a comfortable sitting position (kitchen chair).
- Prepare a footbath with hot water at least 104 degrees Fahrenheit place on floor front of chair.
- While sitting in chair, gradually ease each foot into the hot water since it will feel uncomfortably warm in the beginning.
- Place an ice pack at the back of the neck close to the base of the head.
- Relax in this position for at least fifteen minutes. Headache should be gone.

The only barrier to the successful use of this method is that the person suffering from the headache can be so uncomfortable from the pain and sometimes accompanying nausea that she lacks the energy it takes to prepare the foot bath and ice pack.

When planning to use this technique, engage the participation of family members to help with the preparation of the footbath and ice pack.