

“Migraines are making me miserable!”

Here, three of the UK's leading alternative health practitioners reveal their natural remedies

Q I get terrible migraines, which can be really debilitating. I have to go and lie down in a dark room till the pain goes away. I don't like taking painkillers, so are there any natural cures I can try?



The reflexologist

Marie Coudounas says: "Reflexology has been proven to reduce and even eliminate migraines. This gentle



therapeutic pressure point massage is applied to the feet and can detect crystalline deposits and blockages along the energy lines that correspond to imbalances felt within the body. Unblocking these lines restores balance.

A recent Danish study examined the beneficial effects of reflexology on people suffering from migraines. The research findings revealed three months after a series of reflexology treatments 81 per cent of patients confirmed it had either completely cured or helped their symptoms. Almost 20 per cent of the patients completely gave up taking their medications after the studies.

Try these reflexology techniques at home:

1. Pinch the tips of each finger and the thumb of your right hand. The pressure applied by your fingers should be firm, but not painful. A few seconds for each fingertip will do. Then repeat this process on your left hand.
2. Pinch the sides of the fingertips. With a vigorous action, rub the top, bottom, front and sides of each finger.
3. Grasp each finger and thumb at its base and tug firmly.*

Reflexologist Marie Coudounas can be contacted on 07870 670 617 or via completelycomplementary.co.uk

The aromatherapist

Katie Whitehouse says: "Stress levels, exercise, diet, patterns of muscle tension and hormonal imbalance can all play their part.



Here are some suggested aromatherapy blends for massage or baths. Mix into an eggcupful of base oil.

For relief from nausea and tension:

- 1 drop of peppermint
- 3 drops of ginger
- 4 drops of lavender

For relief from emotional and muscular tension:

- 4 drops of lavender
- 2 drops of Roman chamomile
- 1 drop of peppermint

Massage the appropriate blend into your forehead and temples, the back of the neck and shoulder muscles as well as your solar plexus and abdomen. Alternatively add the same essential oils to an eggcupful of full-fat milk and stir well into your bath water. Relax for at least 10 minutes. Lastly you could try putting a few drops on a tissue and inhaling, or put six to eight drops in a diffuser or burner two or three times a day.

Only use pure essential oils. Use as directed, never undiluted on the skin. If you're taking other medication, discuss with your GP.*

Katie Whitehouse specialises in aromatherapy, massage and reflexology and runs Vital Touch, promoting positive touch and pure, natural aromatherapy. Visit vitaltouch.com

The naturopath

Emma Jones says: "There are many effective remedies for combating migraines and tension headaches. Most people find that it's a combination of various things that create the best results.



Often the main cause of migraines is dehydration of the liver. Therefore reducing dehydrating things such as caffeine, alcohol and sugar can be effective, as well as increasing the water consumption to two litres per day.

Foods that are highly acidic such as dairy, wheat, tomatoes and oranges may contribute to the pain. Therefore, increasing alkaline-forming foods such as green vegetables, brown rice and sliced lemon can really help. High magnesium-rich foods such as broccoli and apples may help to relieve pain because this mineral is a natural muscle relaxant.



The best remedies for migraines are herbs and supplements that cleanse and support the liver. The most effective herbs include feverfew, which is a natural pain reliever, and milk thistle which cleanses the liver. Finally, taking a multi B vitamin complex and a magnesium supplement will help to reduce stress and therefore prevent the onset of migraines.*

For more information, contact Emma Jones on 07854 425 930 or visit her website: healthyjones.co.uk

If you have a health question that you would like answered by our holistic clinic experts, please send an email to lh@aceville.co.uk or write to: Holistic Clinic, Natural Health magazine, 25 Phoenix Court, Hawkins Road, Colchester, Essex CO2 8JY