

iamblessediam

If anyone is timid about using essential oils [EO] - and there's a learning curve involved to safely use EO - then consider flower essences by themselves or as an adjunct to EO use. I use both EO and flower essences together. I also grow and consume edible flowers - about 20+ varieties. One advantage flower essence use has over EO is in "the how's" of use - some excellent resources: [www.lotuswei.com/?gclid=Cj0KCQjwx8fOBRD7ARIsAPVq-NnLzm2hZmURLTxTVJQuX7..] and: [livingwellmagazine.net/family-health/201703222029/health/family-health..]. Dr. Mercola has an extensive article knowledge base on EO use: [search.mercola.com/results.aspx?q=essential%20oils%20articles] as well as flower essence use: [search.mercola.com/results.aspx].

One of the most enjoyable and calming experiences I have in my edible landscape is working with and being around flowers - whether edible or not - it's all about flower power: [articles.mercola.com/sites/articles/archive/2012/04/18/42-edible-flowe..]. Don't forget the indoors - even one indoor flower like an orchid can impart health benefits: [www.justaddiceorchids.com/orchid-care-blog/can-keeping-orchids-have-po..] - indoor plants also: [articles.mercola.com/sites/articles/archive/2016/09/17/houseplants-for..].

Learning to combine both EO and flower essences, flowers and plants of all types WILL improve one's overall Mind/Body health picture. Be well everyone! Love, blessings and peace!

Posted On 10/04/2017

Erena5

Thank you iamblessediam. Great info!

Posted On 10/04/2017

Epona777

I have suffered most of my life with combination headaches. I can have a muscle tension headache (from any reason, not stress alone) and it will trigger a migraine, so I have both types of headaches at the same time. I also get ice pick headaches that thankfully last mere seconds, but are excruciating and disabling in those moments. My latest attempt to help alleviate muscle tension headaches I think is working though. Besides weekly massage, I have started using CBD oil. I have a 2:1 CBD:THC in olive oil that I have been taking nightly and for the last two weeks I have only had 2 headaches. One was due to a pulled neck muscle and I used an arnica and homeopathic cream on the muscle directly and took 2 extra strength tylenol and it actually WENT AWAY!! That has not happened since I was a child. The second headache was this weekend due to muscles not used to carrying my shotgun on a 3 mile hunt in the woods. When I woke up it had already triggered the migraine portion too and I was nauseous and photophobic. I took my Zomig and it went away, which I expected, BUT, unlike the usual 3 days of hell I have when I get a combo headache, it NEVER CAME BACK!!!! So I believe the CBD oil is helping my muscles to keep from spasming up into knots and helping me to sleep so much better that I finally feel I have control over my headache issues.

Posted On 10/04/2017

Muckrake

I hardly ever experience headaches. But expose me to somebody "wearing" essential oil, then I'll get one. Essential oils can be highly allergenic. I find it irritating that some people keep pushing them. I find peppermint, clove, eucalyptus, lavender, patchouli, and others I can't recall just now, particularly irritating, sickening and allergenic. Some people are making money selling them and that makes them happy. There may be a placebo effect at work here also. There's nothing "natural" about something that is no longer in the ground and has been distilled to make it intense. But when people think it's "natural," they think it's okay. Poison ivy, uranium, fossil fuels, Lyme ticks, flies on ***--all natural. Essential oils, not so much.

Posted On 08/21/2024

MannaFood

I used to wake up with terrible migraine headaches, sometimes beginning in the middle of the night. I thought it was my pillow that was causing the problem. I think it did contribute by being too high for me which caused neck strain. But one night I rolled over in bed and realized that I always pushed my head into my pillow as I turned. It occurred that this might be causing my headaches. I made an effort to stop this habit and the headaches nearly disappeared. A few years later, I was put on CPAP and I started drinking a glass of water upon waking. I haven't had a migraine headache since these changes.

Posted On 08/21/2024

bowgirl

I get headaches on the rare occasion, Drinking 16-32oz of water resolves the issue in minutes. Symptom- my brain feels loose when I shake my head and I do not think properly. I guess those would be dehydration headaches. I tend to forget to eat and drink.

Posted On 08/21/2024

nic3340

I had vertigo migraines occur in the Spring of 2021 - so severe I couldn't keep enough food down to avoid starving. Long story short, it was a food intolerance: I cannot eat fruit except melons, tomatoes, (cucumbers). I cannot put a grain and sugar together. Didn't believe it was true, but went from daily vertigo migraines to none for over two years. It pays to do the blood test for food intolerance.

Posted On 08/21/2024

sue2613

For headaches try peppermint oil on the back of the neck.

Posted On 08/21/2024

dolittlema02

I can't take any pain meds so I rely heavily on essential oils. They help me a lot. Oils I can't be without; peppermint, lavender, rosemary, frankincense, clove and lemongrass.

Posted On 08/21/2024

bkt

Essential oils never worked for my headaches. What is effective is Dr. Mercola's molecular hydrogen. I use 2 in a 16 ounce glass of warm water, and that takes away headaches every time.

Posted On 08/21/2024
