

Migraine

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Intense headaches that come with vision problems, nausea, and other unpleasant symptoms are called migraines. More women suffer from migraines than men do.

Cordyceps- Internal - Purposes: Helps in relaxing and reduce stress and aids in sleep.

Feverfew- Internal- Purposes: Relieves pain. Cautions: Do not use if pregnant.

Ginkgo biloba- Internal- Purposes: Boosts cerebral Circulation.