**Here is How To Instantly Stop A Migraine With Salt**

**  March 6, 2017 | **  [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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If you or someone you know suffers from a migraine, you are well aware of the unbearable pain it causes, which affects the everyday life and aggravates even the simplest daily tasks.

[Migraines](http://www.healthyfoodhouse.com/green-juice-hydrates-brain-removes-migraines/) also lead to sensitivity, and sometimes, even a ray of sunlight causes horrible pain. These severely painful headaches are often accompanied by nausea, vomiting, blind spots, light flashes, and tingling sensations in the legs and arms.

Moreover, their treatment is not easy, and even though there are numerous advertised migraine cures, none seems to provide relief, and they are expensive and full of harmful chemicals.

Also, prescription migraine medication might soothe the symptoms, but not for long, as they come back as soon as the effect of the drug is over. This is great for the pharmaceutical companies, as they profit from the constant need of migraine drugs.

Therefore, we will suggest an all-natural, completely safe, and incredibly effective [natural remedy for your migraines](http://www.healthyfoodhouse.com/this-is-how-i-stopped-my-migraines-in-just-five-minutes-with-this-unbelievable-drink/).

Its main ingredient is salt, as it is extremely beneficial in the case of various ailments, including headaches. Yet, make sure you purchase a high-quality one.

We recommend using organic Himalayan salt. It will strengthen the immune system, treat the [headaches](http://www.healthyfoodhouse.com/6-different-types-headaches-signs-recognize/) and migraines, and restore the alkaline and electrolyte balance in the body.

The other ingredient in the recipe is lemon, which alkalizes the body, cleanses it, and relieves a migraine.

Ingredients:

* 1/2 teaspoon Himalayan salt
* half a lemon

Instructions:

You should squeeze the lemon juice into a glass of water. Then, add the salt, and drink the remedy!

After a few minutes, you will experience a great relief!

Source: [gonaturalcures.com](http://gonaturalcures.com/how-to-instantly-stop-a-migraine-with-salt/)