**Use Salt To Stop A Terrible Headache Immediately – Here’s How**

**  November 4, 2016 | **  [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/), [Video](http://www.healthyfoodhouse.com/category/video/) | **  0 | **  admin

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Some people occasionally suffer from extremely intense, meltdown [migraines](http://www.healthyfoodhouse.com/this-is-how-i-stopped-my-migraines-in-just-five-minutes-with-this-unbelievable-drink/) which cause debilitating pain, and make eve the easiest daily tasks impossible to do.

WebMD reported that migraines accompanied by the throbbing, pounding pains can lead to sensitivity to light, nausea, and vomiting.

In an attempt to soothe this pain, people often use various [commercial painkillers](http://www.healthyfoodhouse.com/warning-this-popular-pain-killer-can-increase-your-chances-of-a-stroke/) available today, but their side-effects are sometimes even more severe that the issue they are initially trying to treat.

Even though many of the popular over-the-counter medications can temporarily relieve the pain, they have serious side-effects, including liver damage, kidney issues, increased stroke and [heart attack risk](http://www.healthyfoodhouse.com/avoid-this-beverage-to-reduce-your-risk-of-having-a-stroke-and-heart-attack/), heartburn, nausea, rash, allergies, upset stomach, and stomach ulcers.

Therefore, people often need to choose between these medications and face harmful side-effects, or live with the pain.

However, we have some good news. Apparently, there is another choice you can make, and that is to treat this issue naturally! You can [treat migraines](http://www.healthyfoodhouse.com/make-ginger-water-treat-migraines-heart-burn-joint-muscle-pain/) in less than 5 minutes, with the help of some simple ingredients that are already in your kitchen!

The solution we are suggesting is inexpensive, safe, and extremely effective. You need to mix some lemon juice and Himalayan sea salt. This combination can relieve the migraine pains extremely fast.

According to Livestrong, this is due to the ability of the Himalayan sea salt to detoxify the body and thus supports the proper functions of the body. Moreover, it provides numerous minerals needed for the body, which are completely natural and have not been chemically processed or refined.

All you need to do is to mix 2 teaspoons of this salt with the juice of one lemon. Then, drink this mixture and within a few minutes- it will soothe the terrible migraine headache!

Sources:  
[healtheternally.com](http://healtheternally.com/1673/say-goodbye-to-migraines-with-a-simple-salt-solution)[www.naturalmedicinebox.net](http://www.naturalmedicinebox.net/use-salt-to-stop-a-terrible-headache-immediately-heres-how/)[livingtraditionally.com](http://livingtraditionally.com/instantly-stop-migraine-salt/)