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Safe, Natural Methods for Relieving Your Headaches

Introduction

Headaches are some of the most common ailments affecting the population worldwide—but they can result from a myriad of causes, and everyone experiences their effects differently. An estimated 50% to 75% of adults between the ages of 18 and 65 report having suffered a headache within the past year, and pain and severity can range from being a minor nuisance to a debilitating migraine. With so many variables involved in headaches, it's important to support your body holistically. If you're dealing with headaches that won't seem to go away, consider a few of the safe, natural methods that our experts recommend.

Hydration & Rest

Sometimes, a headache is your body's way of telling you that something is missing. If you haven't been drinking enough water or getting enough sleep, you might feel lethargic or irritable. A headache only exacerbates those feelings—making both your concentration and your temper shorter.

To make sure you're consuming enough liquids during the day, consider getting a reusable water bottle to use at the gym, home, or work. Some companies have even designed smart water bottles that remind you to hydrate. When your body is hydrated, your urine will be mostly clear with just a tinge of yellow. When it comes to rest, try to set definite bedtimes and wake-up times so that you develop a routine. This will ensure that you get the sleep your body needs for maximum wellness. (If you're having trouble falling asleep, [we wrote an entire eBook on getting a good night's rest.](#))

Drink Coffee or Tea

While drinking too much caffeine can be unhealthy, small doses of it can relieve headaches. Before a headache or migraine occurs, blood vessels tend to enlarge—but caffeine constricts the blood vessels, which can aid in pain reduction. Caffeine is also known to have a positive effect on both mood and energy levels.

Try to limit caffeine intake to the morning. Otherwise, it can affect your ability to fall asleep in the evening, which can ultimately lead to restlessness—and more headaches.

B-Complex Vitamins

The B vitamins serve multiple purposes in the body—including converting food to energy and positively impacting mood. Several of the B vitamins that have also been shown to relieve headache symptoms—specifically B2, B6, and B12. By taking a B-complex vitamin, you support your body with all eight forms of B vitamins. Even better, B-complex capsules are safe to take because they're water-soluble, which means when your body has an excess of it, it can simply be flushed out through the urine.

Whether your headache is caused by tense muscles or high stress levels, essential oils can help you re-center your mind and relax—which, in turn, can relieve your headaches.

Herbs

Several herbs have also shown effectiveness in reducing the severity of headache symptoms. Feverfew and butterbur, both of which have anti-inflammatory properties, are available as capsules. Many people take them to reduce pain from migraines—which would otherwise be debilitating.

Additionally, basil is an aromatic herb that has positive effects when added to tea or simply used as an inhalant when steeped in boiling water. Basil can calm tension headaches often caused by tight muscles. One of the best ways to take advantage of this herb is to boil a few leaves in water, add some honey, and relax with your cup of basil tea.

Essential Oils

Whether your headache is caused by tense muscles or high stress levels, essential oils can help you re-center your mind and relax—which, in turn, can relieve your headaches. Several oils are known to reduce the severity of headaches. These are some of the most popular:

Peppermint

Not only is peppermint known for its soothing scent, but it can also be applied topically. Try adding a few drops of it to an ounce of coconut oil and massaging it into your skin. Or, you can add it to a bowl of cool water, soak a cloth in it, and place it on your forehead as a cold compress to help you clear your mind. (Just be careful to keep the peppermint-infused water out of your eyes.) As with all essential oils, you can also diffuse it while you sleep or work to promote relaxation.

Lavender

As one of the most popular essential oils, lavender is often used to support healthy sleeping habits and diminish stress levels. Enhance your nightly routine with lavender by incorporating it into your bath before bed or adding a couple of drops to your face cream and then massaging it over your jaw, temples, and forehead. You can also carry a small bottle of lavender in your purse and inhale its scent to try to ward off a headache in its early stages.

Eucalyptus

One common cause of headaches is sinus issues—and eucalyptus has a sharp, fresh scent that is known to help clear nasal passages. If you want to allay the sinus tension that you can't seem to shake, spend a few hours diffusing eucalyptus.

Chamomile

Often found in tea, chamomile is used to support relaxation and soothe the muscles. As an oil, it has even more uses. Add a few drops to your bath or a pot of hot water and breathe in the steam.

Especially if your headaches stem from tight muscles, practicing relaxing stretches will help you refocus your mind and pay attention to the areas that are causing you the most pain.

Acupuncture

While oils and herbs can lessen the symptoms of infrequent headaches, people who suffer from them regularly often turn to other remedies to slow the recurrence. Acupuncture is an ancient art that stimulates pressure points on the body. Many people have reported experiencing fewer headaches after working with an acupuncture professional for tailored treatments.

Yoga

Especially if your headaches stem from tight muscles, practicing relaxing stretches will help you refocus your mind and pay attention to the areas that are causing you the most pain. You can isolate specific parts of your body to observe where you're tense—which allows you to center your focus on relaxation.

Yoga involves moving and stretching muscles that you might not utilize regularly. For example, if you spend most of your days sitting at a desk and staring at a computer, you might not notice that your shoulders are tense until you start stretching them during your yoga practice—and the sudden relief might surprise you. Yoga has likewise been shown to ease stress, which is a key step toward a fuller, healthier life.

Conclusion

The pain you experience from headaches doesn't have to keep you from your day-to-day activities. If you suffer from frequent headaches or debilitating migraines, there are plenty of safe, natural methods that can support your journey toward complete wellness.

Whether you use essential oils, adopt a yoga practice, or just start drinking more water, our team at Trinity School of Natural Health wants to equip you with techniques that work for you—and enable you to share those techniques with others. That's why we offer natural wellness programs that will certify you in your particular area of interest, such as aromatherapy or holistic fitness. Ready to take the next step? [Contact an enrollment specialist to learn more.](#)

REFERENCES

1. <https://www.who.int/news-room/fact-sheets/detail/headache-disorders>
2. <https://www.tasteofhome.com/collection/10-smart-water-bottles-that-are-worth-the-money/>



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