DRINKS & SMOOTHIES

How To Make Lavender Lemonade To Get Rid Of Headaches And Anxiety

By bestfolkmedicine · 30/10/2018 · 2 min read

If you're one of the millions of people who suffer from chronic headaches or anxiety, or a mixture of the two, there is no better remedy for you than the all-natural lavender lemonade.

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These two ingredients, once combined, form a unique mixture that can help with numerous other health issues.

Pure lavender essential oil is commonly used in meditation, due to its ability to relax both the body and the mind. This oil contains more than 150 active ingredients, and some of them are responsible for giving it exceptional healing powers. Lavender oil has been proven to reduce stress, in a study involving *Florida State* students during the exam period. It also reduces pre-surgery stress, which is the reason many hospitals around the world started using it as an aroma therapy.

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Apart from calming and relaxing us, lavender oil also has antibacterial, antifungal, anti-inflammatory, and detoxifying effects on our body. We use it to prevent and fight infections, reduce depression, unclog our sinuses, manage insomnia, and reduce pain, even during labor.

Lavender oil is commonly used as a skin-care remedy and a beauty product. Adding half a dozen drops of this oil to your bath once or twice a week will keep your skin hydrated and wrinkle-free for years to come.

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Another great method of using lavender oil is to mix 2 drops of oil per ounce of almond or olive oil. This creates a versatile mixture that can be used to repeal insects, hydrate the skin, improve sleep, and help you relax.

Lavender oil's efficiency in relaxing us comes from its fragrance that we associate with nature and calmness. The effects aren't all psychological, as lavender oil works with volatile oils in our limbic system to slow down hormone secretion and calm us down.

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How to make anti-headache and anti-anxiety lavender lemonade:

You will need:

- **1 drop of lavender essential oil**
- **6 juiced lemons**
- **1 cup of raw honey**
- **12 cups of pure water**
- **Some lavender springs for garnish**

Combine all of the ingredients, making sure they are incorporated well, and leave them in a fridge to cool down. You can have a cup every hour, or whenever you feel like it.

This cheap and easy lavender lemonade will make you feel like a million bucks, as it rehydrates your cells. Anxiety and headache will disappear within hours, while you can expect other positive effects of this drink, such as improved sleep, boosted immunity, and more, to kick in within weeks.

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