DRINKS & SMOOTHIES

This Green Juice Hydrates the Brain & Removes Migraines

By bestfolkmedicine · 20/11/2018 · 1 min read

Everyone will agree that headaches can be really painful and unbearable, especially if they happen on a more frequent base. Sometimes, suffering from headaches could be a consequence of dehydration and the consequent reduction in the amount of energy and nutrients in the body.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

This being said, did you know that headaches can be healed with the help of three pivotal minerals, that is, magnesium, potassium and calcium? Therefore, we decided to present one of the most powerful natural remedies against headaches; it is rich with all of these 3 minerals. Amazing, right?

Homemade Green Juice Recipe

You will need:

One-inch ginger root

2 cups of grapes, green

¼ lemon

A green apple

A handful of spinach

2 peppers, green

Preparation:

Place all of the ingredients in a blender and mix them for several minutes to get a homogeneous mixture. Transfer it into a tall glass and drink it daily to decrease the chance for headaches.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Additional Tip

Avoid the following foods and drinks that are known to trigger headaches and migraines:

- ***Alcoholic beverages***
- ***Fatty foods***
- ***Sugar***
- ***Nuts***
- ***Artificial sweeteners***
- ***Chocolate***
- ***Seeds***
- ***Dairy***
- ***Caffeine***

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