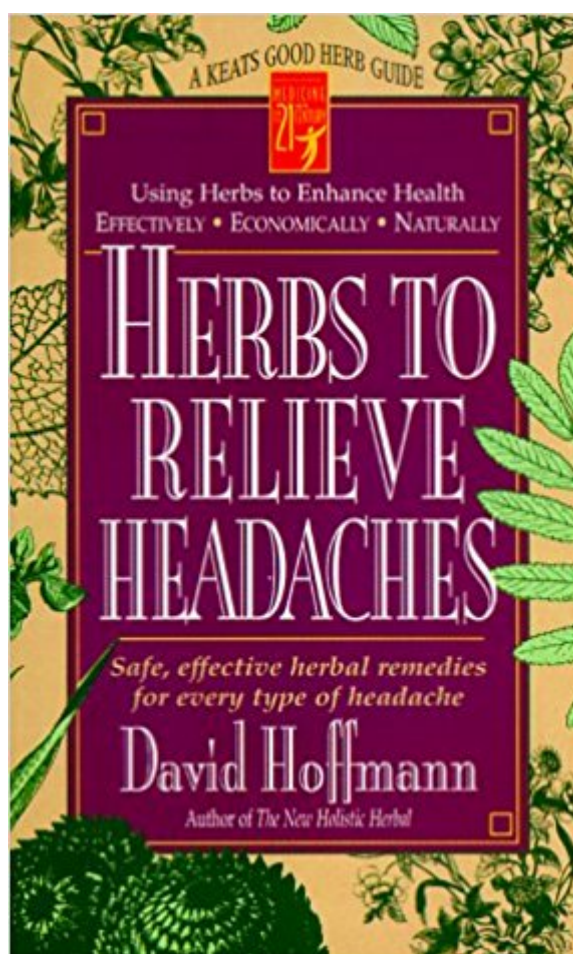


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# Herbs To Relieve Headaches: Safe, Effective Herbal Remedies For Every Type Of Headache (Good Herb Guide Series)



## Synopsis

Explores the different causes of headaches and the appropriate herbs for each. The book suggests feverfew for migraine, camomile to relax the nervous system, ginseng for stress, and white willow bark, cayenne, peppermint and echinacea as other natural alternatives.

## Book Information

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