



Headache with Nervous Tension

Headache with nervous tension is something we can all be facing these days. Treat it with a tea containing rosemary and lavender. “The two herbs can be combined as a yin-yang pair to treat headache and indigestion associated with both depression and nervous tension.” Both of these herbs are attributed with stress, anxiety, and depression-easing qualities as well as relieving headaches. Rosemary is responsible for the digestive help. While it calms us it also helps enhance nutrient absorption and can help neutralize food-borne pathogens.

If you’d like to try a different combination for this ailment, try lavender and ginger together. “Lavandula [lavender] is specific for calming...to treat headache and for clearing... to treat insomnia or anxiety. In cases where there is accumulation of internal tension with sensations of pressure, restlessness, and heat, Zingiber [ginger] can sometimes be effective by moving the Interior Stagnation and dispersing the Heat out through the surface.” Physically and energetically these teas will help you digest or diffuse what’s stored in the body and bring you a sense of tranquility.

Cover these teas while they steep, some of the medicine they contain is due to the aromatic qualities of the herbs. Wishing you rest and ease!

For loose-leaf infusions:

“1. Put 4 to 6 tablespoons of dried herb (or 6 to 8 tablespoons fresh herb) into a glass quart jar.

2. Pour boiling water over the herbs, filling the jar. Let steep for 30-45 minutes. (The length of steeping time and the amount of herb you use will affect the strength of the tea.)

3. Strain and drink.”

-R. Gladstar, *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*