

The Amazing Migraine¹⁾ Cure

Migraines are an absolute nightmare. The pain is excruciating²⁾... and it's often accompanied by nausea³⁾, vomiting⁴⁾, and extreme sensitivity to light.

But now there's a cure for migraines — an herb that not only relieves migraine pain, but decreases the frequency of attacks. The herb is called feverfew, and it works by preventing the constriction of blood vessels to the brain.

How well does it work? In clinical studies, people who took feverfew had less pain... less nausea... less vomiting... and decreased sensitivity to light. Plus, they had a reduction in both the duration and frequency of migraine attacks.

Important: Do NOT use any feverfew product made with dried feverfew. It won't help your migraines, and may actually make them worse.

Instead, buy feverfew tincture⁵⁾... or use capsules that contain freeze-dried feverfew leaves. The recommended daily dosage is 15 drops of the tincture or three 300 mg capsules per day.

神奇的偏头痛治疗方法

偏头痛是一件很可怕的事情，这种疼痛难以忍受……而且还经常伴有恶心、呕吐及对光线的极度敏感症状。

现在偏头痛已经有药可治。它是一种草药，不仅可以消除偏头痛，而且还可以减少发病的次数。这种草药名叫小白菊，它是通过防止脑血管收缩来起作用的。

它的疗效怎样？经过临床研究，凡是服用了小白菊的人，头痛减轻，恶心和呕吐现象减少，对光线的敏感也降低。此外，还可使偏头痛持续时间缩短，发病次数下降。

注意事项：不要服用任何用晒干的小白菊配制的药品，因为它将无助于消除偏头痛，而且可能会使你的病痛变得更加严重。

取而代之买小白菊酊剂或是含有冷冻干燥的小白菊叶胶囊。推荐的每日用量为15滴溶剂或3粒300毫克的胶囊。

NOTE 注释：

migraine ['mi:greɪn, 'maɪ-] n. 偏头痛

excruciating [ɪk'skru:ʃɪɪtɪŋ] adj. 极痛苦的，折磨人的

nausea ['nɔ:sjə] n. 恶心，作呕

vomit ['vɒmɪt] n. 呕吐

tincture ['tɪŋktʃə] n. 酊剂