

~ Ask Granny Earth ~

www.grannyearth.com



Feverfew

Ask Granny Earth

I suffer from frequent migraine headaches. What natural, herbal remedy do you recommend?

The traditional herbal remedy for migraine sufferers is Feverfew (*Tanacetum pathenium*). *Tanacetum* is from the Greek word 'athanasia', which means immortality and refers to the long-lived flowers of certain species.

Feverfew is a biennial or perennial herb that resembles Chamomile, with daisy-like flowers. It prefers dry places, full sun and tolerates poor soil. It grows up to 2 1/2 feet tall and is an attractive addition to any garden. If you harvest it at its first bloom in about July, it will bloom again in September. Cut back the stems, allowing lots of room for hanging upside down in a warm and airy place. When dry, you can use the leaves and flowers for tea, tincture or capsules.

Approximately 25 million Americans suffer from migraine headaches and spend about \$5 billion a year for medication. And so the Pharma companies would not be too happy to see Feverfew replace the drugs that are now prescribed for this condition. But then, Nature is not about money is she? She is about healing.

It is thought that the reason this herb works for migraines is that it contains the phytochemical parthenolid, which is a Sesquiterpene lactone. Parthenolid appears to inhibit the release of serotonin, which is thought to trigger migraines.

As its name indicates, Feverfew has always been used to lower body temperature, in cases of fever. It can also help arthritic and rheumatic pain.

Dr. James Duke, tells us that the dose to take for your headache would be about 6 cap-sules of the 60 mg pills. This is a common herb, so you should be able to find it at your local herb store. Take it on a regular basis to prevent the reoccurrence of migraines.

Long-term users will notice a mild tranquilizing or sedative effect. This could be an added benefit along with getting rid of those awful headaches. When you start taking Feverfew, keep a journal. Take it daily and mark down your progress. If you don't do this, it's too easy to loose track of how the herb is affecting you and your healing process.