

Tea for Headaches (Peppermint + Feverfew Tea)

Ingredients

- 1 teaspoon dried peppermint leaves
- 1 teaspoon dried feverfew (safe for occasional use)
- 1 small slice fresh ginger (optional)
- 1½ cups hot water

Instructions

1. Place peppermint, feverfew, and ginger in a cup.
2. Pour hot (not boiling) water over them.
3. Cover and let steep for 8–10 minutes.
4. Strain and drink slowly while warm.

Benefits

- Peppermint relaxes head tension and improves blood flow.
- Feverfew is traditionally used to reduce migraine frequency.
- Ginger helps with nausea often linked to headaches.

