

This fruit drink will assist you to urge eliminate Anxiety and Headaches!

Most of the people suffer from a headache, and the third most common mental issue worldwide is anxiety.

Usually, doctors prescribe medications to help people fight it back and there are cases that they are very helpful, but there are cases that people do not benefit a lot from prescriptions

So, actually beside prescribe medications, there are natural ways to ease anxiety and headaches. The most useful and delicious one is this lavender lemonade.

One of the most powerful oil for health and wellness is considered lavender oil. Beside the idea that it is freaking delicious, also it contains more than 150 active constituent and has antiseptic, antibacterial, antimicrobial and detoxifying properties.

You will need:

6 organic lemons, peeled and juiced.
1 drop of lavender essential oil.
12 cups of pure water.
1 cup of raw honey

Instructions:

Mix all the ingredients together, chill, and serve over ice.