

3.2.2.3.4.9 Tongkat ali reliably cures migraines

I have always been amazed by the versatility of tongkat ali.

No other herb has such a wide array of applications.

Sure, tongkat ali enhances male sexuality. That is what tongkat ali is most famous for.

And this is not a small matter. If we have solved all problems of daily life, and are of perfect health, then life still isn't worthwhile if we can't have great sex.

So, tongkat ali is for perfectly healthy people. For those who just do not get enough kick out of sex, and for those with vanity concerns such as bodybuilders and penis enlargers. Genuine tongkat ali surely helps them.

But tongkat ali is effective, too, in people who are ill. Tongkat ali has been studied, with positive results, in many conditions as different as high blood pressure and cervical cancer.

But it is not these diseases for which tongkat ali is the most impressive cure.

Most astonishing is that tongkat ali cures migraines and other persistent headaches.

I myself have suffered from migraines for decades. Until I mentioned this to the manager of the company where I regularly purchase my high-potency extract.

"Migraines?" he asked. "Nothing is easier cured by tongkat ali than migraines," he said.

On the other hand, I had been taking tongkat ali for sexual enhancement, with great success of course, but my migraines had not disappeared.

"Wrong regimen," he explained. And that is how I learned the importance of following dietary guidelines with tongkat ali.

These dietary guidelines are exhaustive, about 10 printed pages, and they incorporate a lot of traditional knowledge from hundreds of years of human usage.

After the conversation with the manager of the site where I order my tongkat ali, I observed the guidelines to the letter... not just any tongkat ali dietary guidelines but the set specific to migraine sufferers.

And during on-cycles, I haven't had a single migraine attack since. They do still occur during off-cycles, but are never severe.

Certainly, tongkat ali washes out dirty chemicals like tyramine from my bloodstream so these chemicals do not exert their disturbing effect on my cranial blood vessels.

To migraine sufferers, that is for sure, tongkat ali, combined with the time-tested knowledge how to properly use it for this condition, is a God-sent.