



Health

The Best Cannabis Strains For Migraines, As Chosen By Lift & Co. Users

The best strains to help with migraine pains according to the Lift & Co. reviewer community.

By **Lauren Wilson** • Jun 28, 2018



Imagine intense headache pain dialed up to a 10, and, as many migraine sufferers experience, having to deal with it on a consistent basis. No good.

Headaches are one of the most often-cited medical uses for cannabis, and now migraine sufferers are turning toward a variety of strains. You will find all of the top-listed strains contain beta-caryophyllene, a **terpene** that is gaining more **scientific support** as a potent anti-inflammatory and pain-reliever.

These are the top five strains used for treating migraines, as chosen by the Lift & Co. community.

Ruxton (1) Sour OG by Broken Coast

Indica-dominant hybrid, THC: 25.5% | CBD: 0.04%, \$8.50/g
Terpenes: Alpha-pinene, beta-pinene, myrcene, limonene, terpineol, beta-caryophyllene

Ruxton (1) Sour OG is a descendent of the OG Ruxton Sour OG. According to the folks at **Broken Coast**, Ruxton (1) is a slightly different phenotype that boasts a well-balanced terpene profile that combines those of OG Kush and Sour Diesel, giving this strain a lovely citrus kick.

In addition to helping with migraines and general pain, many Lift & Co. users enjoy Ruxton (1) for its mood-enhancing head high. "...Prior to use I felt tired, anxious and somewhat nauseous due to a migraine," says **Landry16** of Arichat, N.S. "This woke me up and gave me energy as well as relieving migraine pain and nausea."

Pink Rockstar by Broken Coast

Indica-dominant hybrid, THC: 17-19.6% | CBD: 0.04%, \$10/g
Terpenes:Beta-caryophyllene, myrcene, limonene, beta-pinene, terpineol, alpha-pinene

Pink Rockstar is an indica-dominant hybrid crossing Pink Kush and the popular BC strain Rockstar Kush (also known as BC Rockstar), both of which are prized for potent pain relief and relaxation.

"I felt this strain really helps with migraine, headaches, and sleep! It did make me very relaxed and helped me to sleep more comfortably and longer," says Lift & Co. user **Godscore**, from Ontario.

Blueberry Kush by CannTrust

Indica-dominant hybrid, THC: 22-24% | CBD: 0.04%, \$12/g
Terpenes: Limonene, beta-caryophyllene, pinene, humulene

This high-THC indica-dominant hybrid is believed to have come from Afghani and Thai landraces, and is loved by Lift & Co. users for its fruity aroma and sweet smooth flavour. It is a **highly rated strain** that is often used for general pain relief and as a sleep aid.

Sarr007 of Toronto, Ont., enjoys Blueberry Kush for "the very pleasant buzz: uplifting, and a total distraction from pain that a minute earlier was first on my mind. It gives a new, improved, and mellow attitude on everything. I take it every day and it works as described. Excellent pain reliever for migraines and headaches."

Herringbone No. 1 (Ken's Kush) by Tweed

Indica-dominant strain, THC: 20.9% | CBD: 0.07%, \$12/g
Terpenes: Beta-caryophyllene, myrcene, limonene, alpha-pinene, beta-pinene, terpineol

A sativa-dominant hybrid brought to us by Ken Estes, creator of the popular Granddaddy Purple strain, Herringbone No. 1 is a phenotype of the original **Herringbone** by Tweed. Lift & Co. users enjoy this strain for daytime use, providing pain relief with a clear-headed high.

Ballouhey enjoyed both the experience and results they felt with Herringbone No.1. "For me it was flavourful and quick acting to help with my migraine and muscles spasms. I highly recommend this flower for use in morning or daytime!"

Brackley Beach Waves by Canada's Island Garden

Indica-dominant strain, THC: 13-15% | CBD: <0.07%, \$9/g
Terpenes: Pinene, myrcene, caryophyllene, limonene, terpineol

Brackley Beach Waves is highly reviewed indica-dominant strain sharing some genetics with the infamous strain Sweet Skunk, known for its powerful head high. Though on the low-moderate end of the THC spectrum, many Lift users report this strain as being helpful with pain, while still allowing them to be productive.

Woolyscoundrel, from Bridgenorth, Ont., says that Brackley Beach's "pain relieving properties are impressive. I found it kept a migraine at bay with respectable potency, lasting for more than 3 hours. The high was pretty evenly split between body and head, as I felt a pleasant relaxing contentment from head to toe. Highly recommended."

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Lauren Wilson is a writer and well-rounded geeker-outer. She is co-author of the forthcoming book **Healing with CBD: How Cannabidiol Can Transform Your Health Without the High**, available September 18th, 2018, from Ulysses Press.