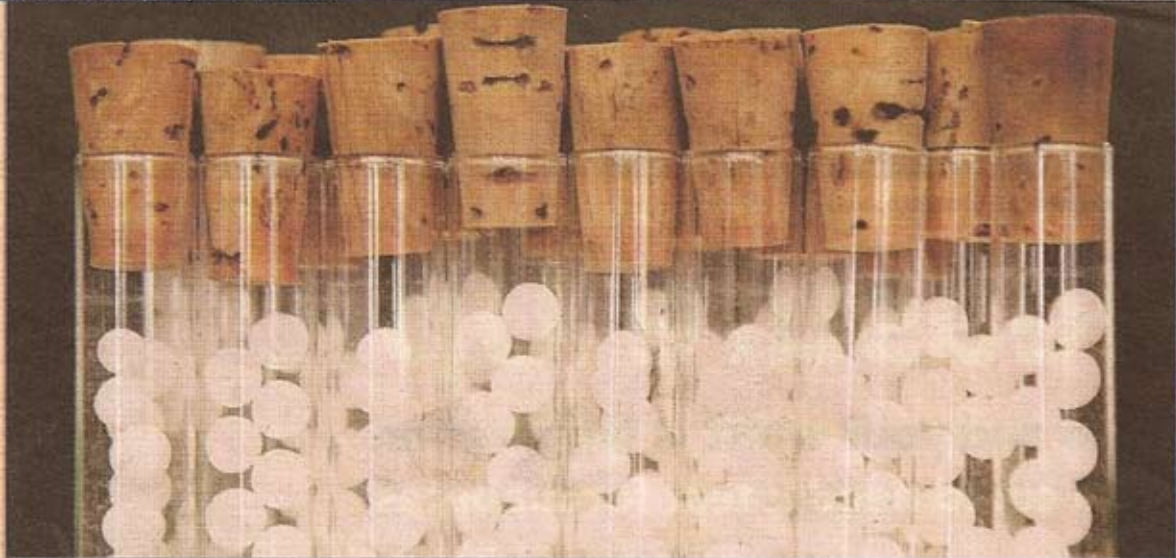


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# METRO

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**Heal thyself:**  
Homeopathy aims to treat the person as a whole and restore organ function

## The homeopath of most resistance

Constantly exhausted? There's something profoundly out of balance with your internal engine, says homeopath Cassandra Everett. 'The homeopathic remedy will restore your internal organ function – a sluggish liver or exhausted adrenal glands, for instance – and increase your resistance to infections and pollutants.'

Everett says the remedies, which normally come in the form of tablets,

tinctures and creams, can improve energy levels within a few days and may also reduce the likelihood of tiredness in the future.

'Homeopathy works by treating the whole person and takes account of diet, circumstances, background, mood and personality, as well as your presenting symptoms. It stimulates the natural tendency of the body to heal itself.'

A 2004 study from the Journal of Psychosomatic Research found that, of 86 patients suffering from chronic fatigue syndrome, those in the homeopathic medicine group showed significantly more improvement than those given a placebo.

Call Cassandra Everett on 020 7629 2927 or visit [www.absolutehomeopathy.co.uk](http://www.absolutehomeopathy.co.uk)