



Naturally Healthy  
Family Medicine

## From the Desk of Dr. Hall

### Hello!

Here we are at the beginning of a brand new year. I hope that your holidays were happy and that you feel energized to make 2012 a really good year for yourself and your family. Of course, a lot of people make New Year's resolutions in order to motivate themselves to take immediate action toward achieving a better quality of life. Perhaps you made this kind of commitment to yourself as the clock struck midnight on the first of this month. If so, I hope that you are off to a great start in your pursuit of a goal or set of goals that you've decided are worthwhile and important to your wellbeing.

However, if just reading about New Year's resolutions or any kind of goal-setting makes you sort of glum, then maybe you are feeling more "stuck" than motivated as you face the year ahead. A lot of people have been deeply affected by the recession and its far-reaching impact. For some, it has seemed to overshadow just about every aspect of life like a chronic illness. Looking toward the new year might be associated with the expectation of "more of the same." But it doesn't have to be. It is under difficult conditions that the resiliency of the human spirit can thrive and bring about real and positive change. More often than not, lasting change comes as a result of incremental steps in a desired direction, rather than one large action. So take heart and resolve to begin taking small steps toward your life and health goals.

As a physician, I believe that the health of the body, mind and spirit are foundational to an excellent quality of life. And so I would like this to be the first of a series of newsletters devoted to the topic of *change and growth toward optimal health*. What gets in our way? What helps us along the path toward optimal health? These are the types of questions that I invite you to reflect upon with me.

First, let's consider this question: What *is* health? The World Health Organization, in 1946, defined health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Another definition refers to health as "soundness, vigor and vitality...of the body or mind." And *vitality* is "exuberant physical strength or mental vigor." Dr. Samuel Hahnemann, the founder of homeopathy, referred to the *vital force* being "that aspect of a healthy organism which retains all parts in harmonious relationship to each other."

I believe the following list characterizes some of the qualities of



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### Dr. Bob Hall

"Nothing in all my all my years of medical training made as big an impact on me as the "Wow!" effect of being helped by homeopathy. Once I experienced it firsthand, there was no turning back. I knew that I wanted to provide homeopathic treatment for my patients as a family physician. Offering anything else would be less than the best."

true health:

Dynamic balance...adapting easily to whatever impacts you.

Equilibrium...not swinging too far in any emotion or physical function, with ready ability to return to baseline.

Having purpose and a sense of fulfillment.

Loving selflessly.

Having the ability to forgive.

Confidence.

Energy.

Peace, grounded optimism, hope.

All systems reliable and working harmoniously.

Optimal structure of each physical part, with rapid repair of damage or infection, and good *resistance* to infection.

Optimal functioning...including such functions as intake, discharge, metabolism, defense against disrupting influences and phenomena.

Efficiency of processes and cyclic activities such as sleep, temperature regulation and so on.

Spiritual fulfillment.

Healthy social interactions...family, friendships, occupational, educational...

Mental functions working optimally...perception, assessment, storage, recall, calculation, creativity and problem solving...

Emotions balanced, not stuck in any; living from intention rather than from emotion.

Freedom.

Though I have worked with homeopathic medicine for more than thirty years, I still marvel at its ability to effect change in my patients and help them to move on to significantly improved health. Just as the needle of a record player can get stuck in the groove of a phonograph record and require a little nudge in the right direction to go on playing a beautiful song...a patient can come to me in a state of "dis-ease" (physical, emotional or spiritual) and greatly benefit from the nudge that a well-matched homeopathic remedy can give them in the direction of excellent health.

As we all move ahead in 2012, I truly look forward to partnering with each of you to help you achieve the freedom, happiness and wonderful health you so deserve.

**All the best,**

**Dr. Bob Hall**

(What is Health?: January 2012)

*"I can't remember a time when I didn't want to be a doctor. The doctors I knew as a very young child must have helped to plant the desire in me, when I was as young as age five or six. One homeopathic physician, Dr. Justice Gage Wright, was a great model."* C. Everett Koop, MD, Surgeon General of the United States 1982-1989

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**Our mailing address is:**

Naturally Healthy Family Medicine  
7637 Lancaster Pike, Bldg. 2  
Hockessin, DE 19707

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