



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

I find it especially meaningful to be writing to you this month, since it is without exception that I am **thankful**, every day of my life. It's nice that November reminds us to focus on thankfulness. But no matter what time of year it is, even my most challenging days give me plenty to appreciate. I hope that this is true for you, too.

The foremost reason for my thankfulness is God's caring presence with me as I journey through life. It is the context within which all of the events of my life...the ordinary...the joyful...and the difficult...take place. So I am profoundly thankful for the strength, guidance and happiness that I derive from my relationship with God as I take each step along the way.

I was fortunate to have been born to a wonderful father and mother, who nurtured and loved me throughout my childhood and have always been dear to me. My relationships with my own sons have benefitted from the model of fatherhood that I received from my dad. I cannot think of a greater gift from a father to a son than that. And it is one that he gave to me naturally, just by being himself.

I am thankful every day for my wife and sons and for our home. And I am truly grateful for the privilege that I have of helping you, my patients, to optimize your health and feel your best through the extraordinary capabilities of homeopathic medicine.

Next week, many of us will celebrate Thanksgiving with family and friends. So in the spirit of the coming holiday, I would like to share some of the reasons that I am thankful, as a physician and a consumer, for **the gift of homeopathy**.

- First of all, homeopathy **helped me to regain my own health** many years ago, when I was suffering with hypoglycemia and hay fever. During my medical training, I had always had a holistic bent; I was interested in how healing could be brought about without the use of drugs. As a family practice resident, I began to suffer quite significantly with the symptoms of hypoglycemia, a condition that was undoubtedly made worse by my grueling schedule and the poor diet that went along with it. I did a lot of things to try to improve my health including changing my diet, acupuncture, meditation and making an effort to get more sleep. But it was ultimately homeopathic medicine that made it possible for me to get back in



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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."

balance and return to good health.

- Over the years, I have also **been able to keep my family very healthy** with the help of homeopathy. That has been a real blessing.
- I find it tremendously gratifying that homeopathy enables me to bring about **true healing** in my patients, **as opposed to the symptom suppression brought about by drugs.** And rather than producing problematic side effects, which many drugs do, homeopathy very often produces **side benefits.** In other words, a patient comes to me for help with one health problem and as we bring that patient into better balance with homeopathic intervention, another condition they have been dealing with improves as well!
- **My knowledge of homeopathy gives me a feeling of confidence,** that no matter what problems life sends my way, nothing is all that hard to handle.
- The portability of homeopathy **appeals to the Boy Scout in me.** Scouts are taught to always “be prepared” and with a 30 remedy kit on my boat and a 200 remedy kit in my car, I feel that I am!
- Homeopathy is both **inexpensive and accessible.** Unlike pharmaceuticals, many very effective homeopathic remedies and products can be purchased at a low cost online or in our local natural food stores.
- Through the practice of homeopathy, I have come to **appreciate the importance of the psyche** of each individual as a component of his or her wellbeing (or lack thereof). Because homeopathy is holistic in its approach to patient evaluation and care, it takes into consideration the physical, cognitive, emotional, spiritual and environmental aspects affecting each person. Understanding that these aspects are inextricably linked and being attentive to them as a physician helps me to provide the best care possible.
- **I enjoy solving puzzles.** Finding a well-matched remedy for a patient can be rather like solving a puzzle. I put my years of medical training and practice as well as my specialized knowledge of homeopathy to the test each time. And it has the feel of an “aha!” experience when I arrive at the answer. I like that!
- **Homeopathy keeps me humble** because no one fully understands how it works. In effect, it opens me up to the mysteries of the universe.
- In medical school, students are taught that if a patient has no specific diagnosis and just does not feel well (what is referred to as “general malaise”), there is not much else to do but reassure them. But with homeopathy, we can find a **subtle individualized remedy** matched to the patient’s vague feelings of illness and help them improve. I surely prefer helping my patients to feel well, rather than just reassuring them.
- Homeopathy is very **good for acute illnesses** but the charm of it is that **it is also a means for achieving better health long term.**
- Something that I especially like about the practice of homeopathy is that it requires the **patient and doctor to collaborate** in an effort to find the right remedy for whatever health problem is being experienced. Both must be attentive and communicate well in the process. The patient is not just a passive consumer of health care, but rather an **active participant** in achieving excellent health. I think that's the way it should be.
- Finally, **homeopathy has given me the chance to work with the nicest group of people!** My patients (that

includes *you*) tend to be open-minded, caring individuals, who really want to ***live well***. This has been one of the most enjoyable aspects of my practice for more than 30 years. Thank you!

So these are some of the reasons that I am ***thankful for homeopathy*** and have been for many years. I hope that you have your own reasons to be thankful for it as well.

I believe that it is good and right to move through life with a spirit of thankfulness. I think that it tends to elevate our quality of life if we do this. So try to step out each day with a thankful heart, even during difficult times. You will reap the benefits of doing so.

Have a lovely and meaningful holiday next week. And thanks again for giving me the privilege of caring for you.

All the best,

Dr. Bob Hall

(Thankfulness: November 2011)

"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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