



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

I sincerely hope that this newsletter finds you *not* feeling overwhelmed by what are supposed to be the "joys" of the holiday season. If there is a weight rather than a sense of peace in your heart, maybe you can remedy this by letting go of a thing or two. Does the thought of letting go of even one tradition make you feel a little sad or guilty? What is the true meaning of that tradition? Some traditions are cherished and deeply meaningful...while others may be activities that we have added one by one over the years that may not be quite as important...but we have gotten used to holding onto them anyway. If you are feeling overwhelmed, try to take a long walk and think about what is most important to you. Is there one thing that you could let go of? Or even two things? Despite all commercialism to the contrary, this really is the season in which *less is more*. It is in those moments of quiet and calm that we are most able to attend to our spiritual wellbeing. Try to lighten your load and lift your spirit so that you can share in the true joy of the holiday season.

Also, because the holidays are approaching, I think I had better include some information here about our office hours in the weeks ahead. They will be as follows:

Week of December 19th – Regular hours (Mon-Thurs)

Week of December 26th

Monday – closed

Tuesday – 1:30 pm to 5:30 pm

Wednesday – 9:00 am to 7:00 pm

Thursday – 1:30 pm to 5:30 pm

Week of January 2nd

Monday – 11:00 am to 5:30 pm

Tuesday – 1:30 pm to 7:00 pm

Wednesday – 9:00 am to 6:00 pm



[Forward to a Friend](#)



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."

Thursday – 1:30 pm to 6:00 pm

For those whose children will be home from school on winter break toward the end of the month, give us a call if you would like to get your son or daughter in for a check-up while his or her schedule is less busy.

This is also the “season of flu shots.” It seems that signs marketing them are hanging on the door of every business but the local car wash and hardware store (and it’s probably only a matter of time...). As you tug on those door handles and the signs loom momentarily closer, do you find yourself questioning whether you, your child or some other family member should be getting a flu shot? If so, here are my thoughts on the subject...

With rare exception, it is better *not* to get a flu shot. Those who should *consider* getting a flu shot are individuals who have a significant chronic disease which may compromise their immune system. Otherwise, it is better to just leave well enough alone and simply stay “tuned up” with homeopathy so that you are less likely to get the flu. You can also take antioxidants and Echinacea to help you stay strong and ward off illnesses.

I personally have not gotten a flu shot since I was a medical intern. I should say that I have not gotten a flu shot since I have *known better*. It is reasonable to have a healthy respect for the flu but not a fear of it. Getting the flu is not a big deal unless you have a serious underlying health condition. On the rare occasions when I have gotten the flu from patients I have been seeing, I have taken a well-matched remedy, gone home to bed and been healthy enough by the next morning to go back to work.

If you have any question as to whether you or a family member should be getting a flu shot, don’t hesitate to call me so that we can talk it over. I will be happy to help you.

As we ring in the New Year, many will celebrate this new beginning by resolving to make 2012 an even healthier year. We are all for that! And we hope that you will remember that we are here as your health allies to help you succeed.

Both Gale and I wish you peaceful and joyous holidays.

All the best,

Dr. Bob Hall

(Less is More: December 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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