



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

Homeopathic remedies can bring about wonderful cures and changes in our lives. The key to achieving the best outcome is to use the most appropriate remedy at a given time. In order for me to determine which remedy will be most helpful to you, it is essential that I have as clear an understanding of you as possible, including your symptoms, characteristics and circumstances. In fact, the more you are able to convey to me who you are and what it's like to be you, the greater advantage I will have as I work to select the correct remedy. And the greater chance we will have of achieving an excellent outcome.

I know that talking openly with me about yourself requires trust. Every high-quality doctor-patient relationship is built on a foundation of trust. This is especially so in the successful homeopath-patient partnership, because it necessitates that you dig a bit deeper when reporting symptoms and experiences. The person you are today has been shaped, in part, by a lifetime of experiences, both recent and past, some pleasant and some painful. Those experiences and your responses to them can serve as guideposts for me in my search for the best remedy for you.

Just as becoming and staying physically fit can be the result of choosing a lifestyle of eating healthy food and exercising regularly (rather than just trying a fad diet), becoming truly well with homeopathy is a lifestyle choice, too. Success with homeopathy comes more readily when you are self-observant; when you notice the nuances of how, when and under what circumstances you are sick and then report this to your homeopath. Remember that your physical status, your emotions, your thoughts, your spirit and your environment operate in relationship to one another, always. So despite how it seems, an illness isn't your enemy, it's a messenger trying to give you information about a less than optimal pattern in which you may be stuck. If you can pay attention to the nuances of your illness and report them to me, they will equip me not only to help you overcome the illness, but also to help you achieve true and lasting wellness.

This may sound like a lot of work but it's really just a more observant (and dare I say, enlightened) way of living. It can become second nature to you over time as you work with homeopathy to optimize all aspects of your health. And, as with any endeavor, the more attention you give it, the more benefit you will acquire from it.



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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."

Below is a list of the kinds of things to pay attention to when you are experiencing an illness. It's not an all-inclusive list. Nor is it intended to overwhelm you. It's just a sampling of the types of experiences or factors you might take note of when you are ill. Jot things down if you can, so that you will remember to tell me about them when you come in for your visit. This will go a long way in helping us to get you feeling your best.

Also, following the list, I've included a link to a really good article which was contributed to The Huffington Post entitled ***A Primer for Classical Homeopathy: How to Make the Interview Easier and More Productive*** by homeopath, Judith Acosta. I invite you to read it as it may further your understanding of how homeopathy works and how to make the most of your homeopathic health care visits.

For now, to help you with reporting symptoms, here are some things to keep in mind when you are telling me about yourself and your health problems:

Contributing causes (for this illness or for particular symptoms): Stresses such as lost sleep, poor diet, exposure to certain kinds of weather, or emotional stress of a certain kind.

Onset: How the illness began and the order in which symptoms appeared. How quickly the symptoms come or go.

Character of symptoms: Full descriptions of your sensations in as much detail as possible, using words like sharp, dull, aching, bruised, cutting, piercing, pulsating, pressing, burning, numbness, tingling, etc. Color, thickness and odor of any discharges as well as changes in urine or stool are all important.

Location and pattern of particular symptoms: The exact location of each pain, sensation or symptom is important and whether it extends or radiates from that original location. Any regular time or time intervals or alteration of symptoms is significant.

Modalities (modifiers) of symptoms: Each factor that improves or worsens a symptom or helps or worsens you in general. These include factors such as...

Time: The hour of onset; day or night; morning, afternoon, or evening; before or after midnight.

Temperature and weather: Wet, dry, cold or hot weather. Weather changes such as storms or thunderstorms (before, during or after them). Sun, wind, fog or snow. Open air, warm rooms, changes from inside to outside or vice versa. Stuffy or crowded places, drafts. Warmth of bed or uncovering. Heat from stoves or heaters.

Bathing: Hot, cold or sea bathing.

Rest or motion: Slow or rapid; ascending or descending stairs; while turning in bed, exerting yourself or walking; upon first motion, after moving awhile, while moving, after moving, during passive motion in a car or boat.

Position: Standing; sitting with knees crossed, rising from sitting; stooping; lying on painful or painless side, back, right or left side, abdomen; lying with head high or low, rising from lying; leaning head back, forward, sideways; closing or opening eyes; any unusual position such as knees against chest.

External stimuli: Touch (hard or light), pressure, rubbing, constriction (clothing, etc.), jarring, riding, light, noise, conversation, odors.

Eating or drinking: Symptoms that occur before, during or after eating; from eating or drinking something hot or cold; from swallowing solids, liquids or saliva; after eating any particular food; eating in general.

Sleep: Before or during sleep, during the first part of sleep, on waking or rising.

Urination or defecation: Before, during or after.

Sexual intercourse: During or after; from abstinence or masturbation.

Emotions: Symptoms that appear or are made better or worse because of psychological states such as anger, grief, fright, embarrassment, fear, shock, consolation, apprehension of crowds, anticipation, or suppression of certain emotions. Mental and emotional symptoms and characteristics are extremely valuable in homeopathic prescribing.

General symptoms: Any changes in your total condition such as fever, energy level, thirst, appetite, craving for or aversion to a certain food, perspiration, or sleep patterns are all very important.

Strength and energy level: Exhaustion, sleepiness, muscular weakness, disinclination to move; increased energy, restlessness.

Temperature reactions: Effects of exposure to heat or cold, hot or cold air, other warm or cold environments, damp or dry air, or changes of temperature.

Sleep: Ability to fall asleep and stay asleep, degree to which sleep is refreshing, feelings upon waking, sleeping positions, dreams and nightmares, perspiring, grinding teeth, uncovering feet.

Thirst and appetite: Intensity of thirst and strong preferences for hot, cold or iced liquids; food preferences and aversions; appetite; foods that cause symptoms.

Perspiration: Its odor; when it occurs; where it occurs, covered or uncovered parts of the body, etc.

Again, this list is meant to be a guide to give you an idea of what to pay attention to and what to report to me when you are going through an illness. And as I noted above, it's not meant to be burdensome. Developing this sort of "sixth sense of symptom observation" which is so beneficial to the homeopathic interview can take time. Hopefully, this will help you on your way.

Now, here is the link to Judith Acosta's article, as promised:

http://www.huffingtonpost.com/judith-acosta/classical-homeopathy-primer_b_1115117.html

I hope you find time to read her good advice and find it both interesting and helpful.

All the best,

Dr. Bob Hall

(Reporting Symptoms: September 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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