



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

As many times as I have experienced the changing of the seasons, having grown up in Pennsylvania and lived most of my adult life within an hour of my childhood home, I am always quietly amazed at the gentle shift we begin to take toward autumn at this time of year. The subtly altered quality of the light and air as summer's haze is pushed away by autumn's clarity. The deepening of the blue sky. The return of the sounds of fall. It's just nature, doing its thing. But I never fail to appreciate the miracle of it.

The same could be said of my appreciation for homeopathic medicine. When it brings about desired changes in the health of one of my patients, it too, is just nature doing its thing...but nothing short of miraculous. Each homeopathic remedy is made from a natural source and has the potential to stimulate healing within the individual. And even after 30 years of practicing family medicine, I am still amazed by the power of homeopathy and its ability to improve the lives of my patients.

As you anticipate the beauty of the fall season, here are some **steps you can take to ensure you stay well** and can enjoy it!

First, it's helpful if you **plan ahead** by making sure that you have some or all of the following items lined up on your shelf (like your own little health care team standing ready to stave off colds and infections). These supplements may be "old familiar friends" that have gotten you out of tough spots before. Just be sure you have enough on hand so that you can take action against an oncoming illness, even if its first symptoms arrive in the wee hours of the morning.

Echinacea Tincture: You can take this to *prevent* colds and viruses when you are feeling run down and think you may be susceptible. It's good to give it to children in the early part of the school year, to bolster their immunity, as they return to enclosed spaces with their classmates. (Adults ½ dropperful, children ¼. Take 2-4 times a day, in liquid if you prefer).

Astragalus Tincture: This is especially effective if you take it as soon as you feel the start of a nasal cold, such as sneezing and a runny nose. You may be able to stop the cold completely. (Adults ½ dropperful, children ¼. Take every 2-3 hours until you improve, then taper off.)

Hydrastis (Goldenseal) Tincture: It's a big help in fighting infections with thick, colored discharges and is particularly good for sore throats. *However, do NOT take Goldenseal if you are pregnant or in the first month of breast-feeding.* You may want to



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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."

mix this with fruit juice, honey or maple syrup to try to mask its bitter taste. (Adults ½ dropperful in liquid 3 times a day, 4 times a day in severe cases. Children ¼ dropperful in liquid, same frequency.) Of note, if you'd like to eliminate the alcohol in a tincture, you can just put it in a small amount of hot water (which will cause the alcohol to evaporate) and wait 10-15 minutes before taking it.

Colloidal Silver: This is great for sore throats also. It's useful in treating a variety of other infections as well, including those affecting your sinuses, eyes or ears. You can even put it directly on cuts and sores to promote healing, then switch to applications of calendula gel or ointment once you see improvement. (For throat and sinus, adults 1 tsp. 3-4 times a day, children ½ tsp. 3 times a day. For eye and ear infections, take orally *and* place 2 drops in eye or ear every hour or two at first, less as you improve.) Be sure you have genuine colloidal silver. We recommend MesoSilver.

Here are some other things you can do to stay healthy as the cold and flu season is ushered in by autumn...

Take a good quality multivitamin and mineral supplement daily.

Take antioxidants if you *do* get sick to help fight the infection. We carry a product called *Lifeguard* which combines a number of antioxidants in one tablet. (We also have *Lifeguard, Jr.* chewable for children.)

Try to get enough sleep and be especially sure that your children do, too.

Eat as healthy a diet as possible, avoiding sugar and white bread, flour, rice and pasta. Opt for whole wheat bread, flour and pasta and brown rice instead.

Drink enough water.

If you suffer from **fall allergies** (which actually begin in August) and cannot get relief, you can always schedule an appointment to come into the office so that I can talk with you and provide you with an individualized remedy that will get you back in balance and feeling well.

As those big yellow school buses slowly roll out of their summer hibernation, the street corners fill with backpack-laden children, and our cooler days continue to shorten, remember that we are here to help you with natural medicine, homeopathic remedies and support in achieving and maintaining **excellent health**. A well chosen homeopathic remedy can move you toward better health as gently as a breeze carries a leaf to a new place and it can produce healing as dramatic and welcome as the fall colors. I continue to feel grateful for the beauty of nature and for the ability to help my patients in miraculous ways with homeopathy.

Autumn is coming. Take a deep breath and enjoy the splendor.

All the best,

Dr. Bob Hall

(Preparing for a Healthy Autumn: September 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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