



From the Desk of Dr. Hall

During a recent conversation with the good folks at Boiron, one of the leading manufacturers of homeopathic products, I was reminded that just *three percent* of the U.S. population utilizes homeopathy. I know that, as a homeopathic physician, I'm biased, but my immediate thought in response to that statistic was, "Well, they're the *top* three percent of our country's health care consumers."

Having been raised by intelligent and loving parents without the use of homeopathic remedies and later educated in a fine American medical school and in clinical practice with no exposure to homeopathy, it was my own curiosity about natural methods of healing that led me to study this time-tested branch of medicine. And ultimately, it was my first dose of Arnica following a severe ankle sprain that would be my epiphany...the manifestation of instant pain relief and accelerated healing from a miraculous little plant-based, remedy pellet placed under my tongue.

Homeopathy, even early on in my practice, made me a better doctor, pure and simple. It didn't prompt me to abandon the training and clinical judgment I had attained through the rigors of my allopathic medical education. It enhanced it. Homeopathy enabled me to elevate the quality of care I could provide my patients, well beyond that which I could have provided through the use of conventional medicine alone.

Most of the time, I am able to treat my patients very effectively using just homeopathy or other natural methods. But if, in partnership with my patient, I assess that a complex diagnostic workup or intensive medical intervention (or even surgery) may be needed, I'll provide appropriate care within the scope of my practice and guide my patient in securing the additional services necessary.

As Dana Ullman puts it in his book *The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy*, "...most skeptics tend to assume incorrectly that advocates for homeopathy are antagonistic to conventional medical treatments. This overly simplistic perspective inaccurately portrays a flawed, black-and-white attitude. Advocates of homeopathy may have a strong critique of many conventional medical treatments, but this doesn't mean that they oppose the appropriate use of antibiotics, painkillers, surgical procedures, and/or many other drug treatments that provide blessed temporary relief." (p. 2)

However, temporary is just that. Ullman goes on to write, "Although scientific medicine may verify that a drug treatment reduces or eliminates a symptom, many educated people know that there is a significant difference between symptomatic relief and real cure 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."

disease...modern physiology now supports the long-held assumption behind homeopathic and natural medicine that many symptoms actually represent important defenses of the body...drugs tend to suppress the symptoms the sick person is experiencing and push them deeper into the body...homeopaths seek to find a medicine that will mimic the wisdom of the body to initiate real healing, not just symptom suppression." (pp. 20-21)

What consumers of homeopathy understand is that, unfortunately, the use of *some* prescription drugs often begets the use of *more* prescription drugs. Because, in many cases, the drugs are not solving the health problem, they are just masking it. In June of 2013, the Mayo Clinic reported that nearly 70 percent of Americans were taking at least one prescription drug and more than half were taking two. Antibiotics, antidepressants, and painkillers were most commonly prescribed. The news release from the renowned health care institution stated that, "prescription drug use has increased steadily in the U.S.," accounting for \$250 billion in spending and 12 percent of total personal health care expenditures in 2009. (<http://tinyurl.com/ohg9664>)

Citing 2010 data from the National Ambulatory Medical Care Survey, the Centers for Disease Control and Prevention recently reported that 75 percent of physician office visits involved drug therapy, with the most frequently-prescribed medications being analgesics, antihyperlipidemic agents, and antidepressants. This accounted for the ordering of 2.6 million drugs in the year of the survey. (<http://tinyurl.com/ov8ecqv>) **That's big business, not big healing.**

It doesn't have to be this way. And it's not, for those of you in the "top three percent" who enjoy and appreciate the benefits of homeopathic health care.

Last June, the American Medical College of Homeopathy released the results of its 2014 North American Homeopathic Patient Survey. The table below was included in the survey results. I am sharing it with you here because I think that it clearly illustrates some of the fundamental reasons why people who choose homeopathy do so.

Comparison Table of Homeopathic Medicine and Conventional Medicine as Perceived By Homeopathic Patients

Description	Homeopathic Medicine	Conventional Medicine
Cost (Treatment)	Less Expensive	More Expensive
Cost (Medication)	Less Expensive	More Expensive
Efficacy	More Effective	Less Effective
Direction of Cure	Holistic	Suppressive
Nature of Treatment	Natural	Artificial
Style of Treatment	Simple	Complex
Practitioner Communication	Caring and Trust	Not Heard
Focus of Treatment	Wellness Focused	Disease Focused
Relationship with Practitioner	Empowered	Dependent
Self Treatment	Yes	No
Philosophy	Yes	No
Pace of Healing	Slower	Faster
Safety	Gentle	Harsh
Effects of Treatment	Deep	Superficial
Availability of Practitioners	Poor	Good
Difficulty to Practice	Harder	Easier
Patient Understanding of Treatment	Harder	Easier
Compliance	Better	Worse
Interview	Time Intensive	Brief
Focus of Interview	Totality Focused	Diagnostic Focus
Patient Loyalty	Higher	Lower
Patient Sensitivity	Higher	Lower
Formulary	Larger	Smaller
Payment for Tx	Out of Pocket	Insurance
Patient Level of Education	Higher	Lower
Sex	More Women	More Even Distribution
Ethnicity	More Caucasian	More Even Distribution
Ages	All	All
Other Patient Populations	Animals and Plants	Animals

Homeopathy is a wonderful system of medicine. It is also a way of life. Because in choosing homeopathic care for yourself, you are optimizing your health and your dynamic balance. Choosing homeopathy does not preclude you from seeking conventional medical treatment (...even at my office!). Sometimes a conventional medical intervention is exactly what you need. But homeopathy can fortify your constitution against future illnesses and reduce the likelihood that you will need medical interventions of any kind.

So, to those of you who have made homeopathic health care a way of life, congratulations on being among the top three percent!

Wishing you the best of health,

Dr. Hall

(The Top 3%: March 2015)

"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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