



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

When most people think of the phrase, "Billions served!"... they think of bags of hamburgers popping out of drive-thru windows beneath the golden arches. But that phrase crossed my mind and brought a smile to my face the other day, when I thought about how many people I've been privileged to help overcome their health problems, thanks to homeopathy. Okay, maybe I haven't served *billions* thus far in my career as a physician, but thousands? Absolutely!

One of the greatest benefits of homeopathic medicine is that it can improve or cure just about any problem on the menu (or disease list, I should say). Here at our practice, we've treated and continue to treat people homeopathically with myriad problems, from minor "quick fixes" to more serious chronic conditions that we are able to improve over time. We regularly *cure* illnesses like strep throat, infected cysts, or acute bronchitis, while we *help greatly improve* things like the chronic effects of strokes, the inability to concentrate, or the balance and gait problems one might experience with Parkinson's disease. And we are able to bring about these changes without bringing on the side effects that so many allopathic medicines can cause.

I have shared with you previously how much homeopathy helped me more than 30 years ago to overcome the miserable hay fever that had plagued me up to that point in my life. Am I considered cured because I've not had to take any allopathic medicines to stay comfortable in the face of the allergens that used to affect me? I probably have one to two percent of the symptoms that I used to have and their impact on my comfort and functioning is negligible. As an outdoorsman and a part-time blackberry farmer, I can assure you that I have enjoyed years of freedom from hay fever thanks to the constitutional change that homeopathy brought about in me. And I've avoided having countless allergy injections or a mountain of antihistamine pills that would have left me dried out and drowsy, or worse. I'd choose homeopathy over that kind of lifestyle any day!

In our practice, we will see a person who may have a constellation of symptoms that causes them to be *labeled* with a specific diagnosis. But we don't just treat those



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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."

symptoms...we treat the whole person. The result is that *the whole person* gets better, not just those few symptoms. Someone might come to me and tell me that they've felt rather depressed their entire life and they believe that's just "who they are." But that doesn't have to be. Homeopathy can help that person to achieve a happier emotional baseline and keep it.

In choosing among your health care options, it's important to think about what you want the trajectory of your health and life to look like in the years ahead. We all want to avoid chronic illnesses and their treatments. If you ensure that your children don't get loaded with antibiotics and conventional medicines during their youth, they will be constitutionally stronger in their later years and less likely to acquire illnesses like diabetes, arthritis, and so on.

When illness does occur, homeopathy provides an amazingly versatile, gentle, effective, and side-effect-free approach to treatment. In fact, while thinking about the many people I've enjoyed caring for over the years, I was prompted to begin listing the different conditions we have successfully treated here in our family medicine practice, either to the point of cure or significant improvement. I have included the list below and it really only represents some of the many problems we have been able to help by tailoring homeopathic remedies to each individual's needs. Not that I required any convincing, but when I pushed back from desk after making the list, I found it to be just one more affirmation of the incredible, natural healing power of homeopathy.

I know that my own health maintenance is much easier than many of my contemporaries because I have been blessed to be both a provider and a consumer of homeopathy for all these years. Who knows, maybe homeopathy will keep me practicing medicine long enough to achieve that "billion served" mark!

Always remember that we are here if you need us!

Be well!

Dr. Hall

And here's that list...

Mind/Emotional: Attention deficit hyperactivity disorder (ADHD); dyslexia; anxiety disorders; panic attacks; chronic depression; bipolar disorder; anger problems; problems from physical or sexual abuse; post-traumatic stress disorder (PTSD); shyness; phobias; weak memory; cloudiness associated with chronic fatigue syndrome; post-concussion syndrome; chronic effects of traumatic brain injury; chronic effects of strokes; mania; obsessive compulsive disorder; autistic spectrum disorders; anorexia; bulimia; tics; trichotillomania; addictions; behavior disorders of children; procrastination; lack of confidence; reading difficulties.

Vertigo: Benign positional vertigo; Meniere's syndrome; balance and gait problems, including Parkinson's disease.

Head: Injuries; headaches; migraines; cluster headaches; neuralgias.

Eyes: Double vision; amblyopia; focus problems; dry eyes; recurrent styes; conjunctivitis; itching; tearing; infections, glaucoma.

Vision: Auras; flickering; flashes; blurred vision.

Ears: Otitis media; swimmer's ear; cerumen blockages; infected cysts; eczema.

Hearing: Ringing and other noises; sensitivity to noise.

Nose: Loss of sense of smell; nasal polyps; acute sinusitis; chronic sinusitis; recurrent sores or pimples in nostrils.

Face: Acne rosacea; acne; excessive perspiration.

Mouth: Canker sores; fever blisters; loss of sense of taste; bad breath; tongue pain; gingivitis.

Teeth: Toothache; teething difficulties.

Throat: Strep throat; chronic pharyngitis; swallowing difficulty.

External Throat: Swollen glands; goiter.

Neck: Torticollis; stiff neck; disc problems.

Stomach: Gastroesophageal reflux disease (GERD); burping; indigestion; anxious stomach.

Abdomen: Irritable colon; chronic abdominal pain; excessive gas and bloating.

Rectum: Hemorrhoids; fissures; fistula; pilonidal cysts.

Stool: Constipation; diarrhea.

Bladder: Urinary tract infections; chronic interstitial cystitis; urinary incontinence, frequency and urging.

Kidneys: Kidney stones.

Prostate: Benign prostatic hypertrophy.

Urethra: Painful urination; urethral discharge.

Male genitalia: Orchitis.

Female genitalia: Nausea of pregnancy; ovarian cysts; uterine fibroids; dysfunctional uterine bleeding.

Sexual: Decreased sex drive.

Larynx: Lost voice; husky voice.

Respiratory: Asthma; chronic bronchitis; shortness of breath.

Cough: Chronic cough; acute bronchitis; whooping cough.

Chest: Mastitis; cystic fibrosis.

Back: Degenerative disc disease; sciatica; low back pain; torticollis.

Extremities: Plantar fasciitis; bursitis; fractures; sprains; plantar warts; finger warts; tendonitis.

Sleep: Insomnia; sleepwalking; bedwetting.

Dreams: Nightmares.

Chill: Chronic chilliness.

Fever: Recurrent fevers.

Perspiration: Excessive perspiration; absent perspiration.

Skin: Eczema; psoriasis; abrasions; lacerations; warts.

General Conditions: Hypoglycemia; hypothyroidism; hyperthyroidism; non-union of fractured bone; chronic fatigue syndrome; reflex sympathetic dystrophy; hypertension; diabetes; fibromyalgia; cancer of various kinds and stages

(as part of a comprehensive treatment plan).

Infections: Methicillin-resistant Staphylococcus aureus (MRSA); molluscum contagiosa; Lyme disease; ringworm; athlete's foot.

(Billions Served!, June 2014)

"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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