



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

You may recall that my last newsletter invited you to reflect on the topic of *change and growth toward optimal health* and to consider what obstacles can get in the way when we try to make positive changes in our lives. While change can be freeing, it can sometimes feel really hard to achieve.

One of the things that can delay us from making healthy changes is our inclination toward the habitual. We are creatures of habit. Most of us could pretty much sleepwalk through our days. To a large extent, the demands of life require us to do some things over and over. Monday through Friday looks one way. Saturday and Sunday have their own patterns. Habit patterns help us to maintain equilibrium as we go through life. But then there are the habits that we should or would like to change. They seem to happen on autopilot. Reprogramming the autopilot to do one task differently while continuing to do all the rest of its necessary functions the same can be challenging and we certainly don't want the plane to crash!

Beliefs and perceptions also strongly influence our ability to make changes for the better. How we see ourselves or our circumstances can work for us or against us. Years ago, I had a friend who wanted to quit smoking. He had become concerned about how people would view him if he continued smoking. He was also concerned about his health. He had tried to stop on previous occasions but had returned to smoking after each attempt. Then one day, as he was crossing the Delaware Memorial Bridge, he tossed his cigarettes out the window of his car into the river below. (He later joked with me that he figured if he ever wanted to start smoking again, he knew where to find his cigarettes.) The moment before throwing his cigarettes in the river he made a "quality decision" and in that instant, he went from being a pack-a-day smoker to being smoke-free. He was no longer trying, he was doing it. His life changed because something had clicked in his mind, allowing him to make a high enough quality decision. He followed through because he made a decision from a deep place within himself after a powerful shift in his perception.

People tend to overestimate the control that *external forces* have over their lives, feeling trapped and unable to make positive changes that could improve their quality of life. For example, how often have you heard someone say that they are having trouble losing weight because they have no time to exercise? Sometimes



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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."

it takes a major life event to cause them to see things differently. The truth is, of course, that the capacity for change lies *within* each of us.

As an exercise for those who want to make a big change or cut a habit out of their lifestyle, I encourage you to take one day (when you are not working) and make it a “radically different day.” Live the day differently in as many ways as you can. If you are right-handed, eat with your left hand. If you normally leave your home through the front door, leave through the back door. If you are driving to the grocery store, change your route for getting there, and so on. Have the whole day be as unrecognizable as possible. Live this day outside of your usual habits and allow yourself to perceive things differently and deeply. As you go through the day, ask yourself questions and listen to your answers and your thoughts. Write down anything you learn that you really want to be sure you'll remember.

This kind of experience is part of why many people value traveling. Changing what we experience can alter our perception and thinking in a positive way. It promotes personal growth and change, helping us to find our way out of places where we are stuck. It's freeing.

As a physician helping patients to optimize their health, I don't see myself just as a homeopath but also as a facilitator and problem solver. Homeopathy is an amazing tool and is certainly central to my practice. But I complement it with many other modalities I have learned and used over the years to help people make positive and lasting changes in their health. No matter which approach I employ to help a patient, the whole person is considered in every effort to heal.

Because homeopathy is holistic, supporting the wellness of mind, body and spirit, it can help a person with thoughts or perceptions that may be interfering with their ability to change and move in the direction of better health. It is a healing art and science that addresses an individual's entire system. When someone gets stuck in an unhealthy pattern, a well-matched remedy can help them get unstuck. Cure means getting rid of the problem without doing harm to the rest of the system...enhancing the system while changing the pattern.

I find it tremendously rewarding helping people to get and stay healthy. If you are endeavoring to make changes to improve your health (and your happiness), I am cheering you on! If you want help, just give a call. I'm ready, willing and able. That's why I'm here.

All the best,

Dr. Bob Hall

Go confidently in the direction of your dreams.

Live the life you have imagined.

Henry David Thoreau

(Change and Growth toward Optimal Health: February 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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