



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

We hope you have been enjoying the summer months and all of the fun they have to offer, even while the temperatures have been soaring! Though work and other responsibilities continue, there is surely a welcome energy that accompanies these longer, sunlit days.

We just want to remind you that we are here to help you feel your best. Right now, the following products are still good to have on hand for those occasional summertime discomforts, such as...

Mosquito bites and bee stings: *Sting Stop Insect Gel* can be very effective in relieving the itching, pain and redness of insect bites and is available here at our office and online.

Poison ivy: The leaves, stems and roots of poison ivy contain urushiol oil. When it contacts the skin it bonds tightly with it and causes a slow onset allergic reaction in most people. The best thing to do is to break the bonding to the skin quickly. A product called *Tecnu Poison Ivy Scrub* (available in most pharmacies) does this and prevents the development of any itching or rash if you use it as soon as possible after your exposure to poison ivy, oak or sumac. Even if you are unaware of your exposure and start having itching or rash, using *Tecnu* can still help diminish your symptoms. *Jewelweed* soap and lotion (available online and in some health food stores) are very helpful for soothing and healing poison ivy. *Benadryl (diphenhydramine)* taken by mouth can decrease the itching. It's best used at night since it makes people sleepy and can help you to get relief and rest. *Homeopathic remedies* can be quite helpful with poison ivy as well and we can get the best results by individualizing your treatment based on your specific symptoms and circumstance. Just give us a call if we can help!

Sunburn: While it may seem counterintuitive, your sunburn will feel better and heal faster if you take a warm shower, gradually increasing it to the warmest temperature you can tolerate. If you have an aloe vera plant in your home, you can snap leaves from it and express the gel from them right onto your sunburn. The plants are available at nurseries, home improvement stores and places like Walmart and Kmart if you don't have one. Though it's best to use the gel directly from the plant, you can purchase bottled aloe vera gel (either pure or blended with other helpful ingredients) at pharmacies, health food stores, grocery stores, etc. You can also promote healing of your sunburn by using calendula gel or



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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."

ointment, which we have here at our office, or by diluting calendula tincture in water and dabbing it on your skin.

Not that we are rushing things but, before we know it, school will be in session again. Let us know if you will need to bring your children in for their **school physicals** and we can get them scheduled.

By the way, we are in the process of redesigning our website and intend it to be a resource that you will be able to access easily, full of helpful health advice; interesting articles on homeopathy and natural medicine; updates on what we have to offer through our practice; and links to other sites we think you might find useful or fascinating!

Remember, homeopathy is about bringing you into balance and optimizing your health and functioning. Most of us have some memory of taking a nap on a summer day and waking up feeling truly rejuvenated, as though every one of our cells benefitted from the rest. That's the way we want you to feel all the time! So keep in mind that we are here to help with homeopathy, natural medicine and good advice when you need us. And continue to enjoy these beautiful summer days!

All the best,

Dr. Bob Hall

(Caring for Common Summer Discomforts: July 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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