



Naturally Healthy  
Family Medicine

## From the Desk of Dr. Hall

### Hello!

I hope you are having an enjoyable summer and that the pace is somehow more restful for you, given the longer daylight hours and the family fun that many of us take time for during these warmer months.

A number of our patients have been interested in the change in our landscape and have asked what we have been growing in the field outside our office. The answer is thornless blackberries and we are excited to report that our first crop is in and we are truly enjoying the fruits of our labor! Better yet, we are making our fresh, organically grown blackberries available for \$3.00 per pint right here at the office. So if you are going to be in for a visit soon or happen to be in the area, we invite you to pick up some healthy, delicious blackberries for you and your family to enjoy!

From this season forward, we plan to have blackberries available from early July to the middle of August each year at our newly-named Berry Good Farm, LLC. And you thought this was just a doctor's office! Seriously, I have found it deeply gratifying and centering to be working the land here at our place, to be "partnering with nature" in this new way and to see the berries flourishing. It's been healthy for me, healthy for the blackberries and now, it's another way that I can extend good health to you!

Did you know that...?

Blackberries are among the highest fiber content plants in the world which means they are very good for your intestinal and overall health.

Blackberries are high in Vitamin C, Vitamin A, Vitamin E, Vitamin K and Manganese. (Along with other benefits, Manganese is good for bones and joints and supports metabolic efficiency.)

Blackberries are one of the top ten foods containing antioxidants. They are filled with anthocyanins, the antioxidants that give blackberries their deep purple color. Antioxidants destroy cancer-causing free radicals which harm cells in the body.

These are just a few of the reasons that blackberries are considered one of the "super foods." As a summer treat, Gale and I enjoy our fresh blackberries by the handful or blended in smoothies or on top of cereal or frozen yogurt. (I also like



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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."

"blackberry sandwiches" which I make with a Trader Joe's oatmeal mini-cookie on either side of a luscious, giant blackberry!)

As you know, we have been offering health care supplements and products in our office for many years...helpful items that we have researched and feel good about making easily accessible to our patients. If you sense my enthusiasm in this newsletter, it's because it feels great to be offering our patients something healthy that we have grown right here on our own property!

So if you like, come on out and taste the first of the finest blackberries you'll find anywhere. And, as always, call us if you have any health concerns or questions. That's what we're here for. Wishing you happy and healthy summer days!

**All the best,**

**Dr. Bob Hall**

***Homeopath & Gentleman Farmer***

(Berry Good Farm: July 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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