



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

As we near the arrival of the official beginning of summer, I want to let you all know that our second annual blackberry season here at Berry Good Farm will be starting in early July. Our fields are full and every sunrise brings us closer to a healthy and delicious harvest of plump, juicy blackberries. I'll send out an email when the first fruits are picked, boxed and ready to go. For now, I just want to give you a "heads up" that good things are on the way!

Also, I want to offer a suggestion to parents, grandparents and other family members taking long vacation trips with children this summer. You might find it both enjoyable and enlightening to play a game where everyone on your trip takes a turn asking the question, "What would you do if...?" One person answers it first, then others get to chime in with their own answers.

Example questions:

What would you do if you found yourself locked out of the house and night was falling?

What would you do if you found a \$20 bill on the floor at school?

What would you do if you saw someone being chased by another person and it didn't seem like they were just playing a game?

What would you do if another kid at school offered you a chance to look at their answers on a test that you were taking?

What would you do if you were walking home from school with a heavy backpack full of books and a stranger pulled over in a car and asked you for directions?

What would you do if you were working on a group project at school and one of the kids in your group wasn't doing anything to contribute to the work?

What would you do if someone said something unkind about a friend of yours?

What would you do if you saw a child that you don't know being bullied?

What would you do if a stranger asked you to help him/her find their puppy?



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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."

What would you do if one of your teachers at school asked for a student volunteer to take a leadership role in the classroom?

How do you think your family would get prepared to be safe if you heard that a bad storm or a hurricane was coming to your town?

The possibilities for questions that you might formulate are endless, of course, and some of them are unique to your family or circumstance. As adults, we know that our world is full of dangers but it is also full of wonders. It's a fine line that we walk as we guide our children through the joys and challenges of life. We want them to be curious and adventurous. Yet we want them to be safe. We want them to step out into the world, not fearful, but with their eyes open.

This is a game that can not only pass some of the time on a long car trip or during an airport layover; it can also give you greater insight into how your child thinks. It can bring you into deeper intimacy with them. It can be an opportunity for you to impart some really important advice to them. Your children, grandchildren, nieces and nephews are watching and listening to you. Open important conversations in fun ways this summer!

I care about you all and want you to have a safe and happy summer. I'll be back in touch soon.

All the best,

Dr. Bob Hall

(Making the Most of a Family Vacation: June 2013)

"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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