



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

The arrival of spring is such a blessing...and one that I never take for granted. Even though our Mid-Atlantic winter has been mild, there is still a welcome and refreshing contrast just outside our windows, being ushered in by spring. Seemingly overnight (and a little ahead of schedule), the bare trees look as though an artist's brush has dappled them with spots of bright green. The morning sun reveals bursts of purple and yellow along the landscape as crocuses and daffodils awake and turn their faces toward the light. Plump robins hop out ahead of me as I walk across the lawn from my home to my office to begin my day. They stop and tilt their heads, looking sidelong at the grass for any sign of movement...of *breakfast*. The feeling and smell of the air...the sights of nature's growth and change...the sounds of birds singing happily to each other...they are all reminders that this life is truly miraculous. They renew my spirit. And I hope that's true for you also.

For some of us, there is just one catch. All of that blooming and bursting means that seasonal allergens are proliferating and will be with us until the cold returns to suppress them next winter. Yes, for some, the blessing of spring carries with it, a little curse. The curse of seasonal allergies! You know, the stuffy nose, sneezing, or itchy, watery eyes that can obscure your view of the beautiful scene I described above. These are just a few of the symptoms that can undermine your energy and your enjoyment of warmer weather. But happily (and also miraculously) if you suffer from any of the various symptoms of seasonal allergies, "we have an app for that!" It's the application of *homeopathy* to rid you of your allergies!

As I mentioned in a previous newsletter, I had allergies that began during my childhood. They were particularly bad in the spring and fall and milder, but still quite a nuisance, in between. I had to have weekly allergy shots just to keep them under control. The allergies remained with me until I sought homeopathic treatment for hypoglycemia during the beginning years of my medical practice. Not only did constitutional homeopathic treatment cure me of my hypoglycemia but it also provided me with the side benefit of curing my allergies as well! It took a couple of years of working with my homeopathic physician to improve my health and achieve such an excellent outcome. But, relatively speaking, that was a short amount of time considering I've not had problems with either condition in thirty years. Ridding myself of allergies meant the end of injections and antihistamines (which can bring on drowsiness).



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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."

If you experience seasonal allergies and want relief, I would certainly be happy to work with you homeopathically to get you feeling better, too. If you suffer in the springtime, it would be best to make an appointment soon, since the season is upon us.

Here are some tips on what you should pay attention to if you are undertaking homeopathic treatment for allergies. Try to be the best observer of your condition that you can be and jot things down so that you can remember to tell me about them. Your details will help in the process of finding the right remedy.

First, describe your symptoms specifically. For example, does the allergy make your eyes red or is there a bland discharge? Is your nose made red or is there a bland discharge? Are your eyes and nose red together? Is one side affected more than the other? Do you have itching of your soft palate? And so on.

What are your accompanying or concomitant symptoms? In addition to the allergy symptoms you described, are you experiencing other things? For example, are you wheezy? Are you burping a lot? Are you having loose stools? Are you having unusual dreams?

What makes your condition better or worse? Some examples here might be: Does it help if you place a wet washcloth over your eyes? Is it better if the washcloth is hot or cold? Are your allergy symptoms worse or better at a particular time of day? Are they worse or better when you are eating? When you are drinking? And so on.

What is your mental or emotional condition? Are you irritable? Are you depressed? Are you anxious?

What is your general condition? Are you tired? Are you feeling hot? Are you sensitive to drafts? And so on.

If you are not sure whether you are experiencing allergy symptoms or a *cold*, you can take *Astragalus* to be on the safe side. If there is no improvement in your symptoms after a couple of days, you are probably dealing with an allergy.

What is an allergy? It's an overreaction of the immune system to something that the body experiences as foreign. This causes *histamine and other chemicals* to be released from cells. These things trigger an inflammatory response that produces the miserable allergy symptoms some people experience. Thus, allergy sufferers often take *antihistamines* to blunt the immune response so they can feel better for a while. (This is okay, but the antihistamines mask symptoms that could help me find the right remedy for you.)

It's also good to have Quercetin on hand to help you through seasonal allergies. Quercetin is a bioflavonoid sold in health food stores. It has mild antihistamine effects and can provide temporary relief. Dosing would be as follows: Adults take 500-800 milligrams every 1-2 hours as needed. Children take 200-500 milligrams every 1-2 hours as needed. (If you take too much, it may give you gas or loose stools.)

Finally, if you would like to pursue *lasting relief* from allergies, such as I have enjoyed, I encourage you to call the office so that we can set up a time to get started. I would be delighted to help you. For now, I wish you a beautiful spring season filled with many blessings.

All the best,

Dr. Bob Hall

"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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