



Naturally Healthy
Family Medicine

From the Desk of Dr. Hall

Hello!

Happy October! Heading out these mornings, we find our car windshields obscured by condensation and we know that soon the first frost will blanket our lawns. By now, children have been in school for about six weeks and have more or less made their way through the "settling in" period. I hope that all is well in your household and that everyone is adjusting favorably to the changes that take place this time of year.

If you do have children at home and one of them seems to be having difficulty, either socially or academically as the school year progresses, remember that we are here to help. Sometimes a child's inability to concentrate and stay on task, or a problem that looks like it might be a learning disability, actually stems from an emotional upset such as grief or fear. Children can be deeply affected by life events (both good and bad) that adults are better equipped to move through. Homeopathy, because it addresses the whole person, can be incredibly effective in supporting both adults and children through emotional challenges so that they can be "freed up" to return to better functioning. When it comes to your child's care, you are in the driver's seat. That responsibility can, at times, feel daunting if the way ahead isn't clear. If you think that I could help you gain some clarity about what is interfering with your child's performance and happiness at school, give the office a call and make an appointment with me so that we can work together to improve his or her situation. Every child deserves to be happy at school.

With regard to changes underway here, I want to express thanks to those of you who received and responded to the brief survey we did about selecting a new name for our practice. The favorite, by a large margin, of the five name choices we presented to you was *Naturally Healthy Family Medicine*. This name feels like a very good fit to us, too, since we know from years of experience that consumers of homeopathic care *become* naturally healthy as they are brought into balance by well-matched constitutional remedies. Furthermore, they become and stay this way through the use of "natural resources" – remedies made from substances we find in nature, such as plants, minerals, etc. If you are in balance, you are better able to fend off illnesses that are bringing other folks down around you. That is, you are *naturally healthy!*

A couple of respondents questioned whether the use of the word *medicine* in our name would be negatively perceived by those seeking natural or homeopathic health care. We completely



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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."

understand the question as individuals who choose homeopathy are usually interested in avoiding chemicals and artificial substances as well as the side effects they can bring about. However, homeopathy is a medical specialty and its remedies are *medicines* in that they are *substances used to treat or prevent illness*. It's just that in homeopathy, the substances are *natural* and they are used in tiny amounts to stimulate the body to heal itself! Additionally, I was board certified in Family Medicine in 1978 after completing a full three-year residency in this medical specialty at Wilmington Medical Center (now called Christiana Care Health System). So we feel comfortable using Family Medicine as part of our name and think that it helps to accurately describe the services we provide.

Again, we are very grateful to all who responded to the survey and helped us to finalize our new name. We look forward to using it in the redesign of our website and in the creation of new informational materials for patients in the future.

Well, now that autumn has arrived, neighbors and shopkeepers have decorated their doorsteps and storefronts for the season. When you see a big orange pumpkin nestled next to some pots of colorful chrysanthemums, you might be interested to know that there is a remedy made from pumpkin seeds! It's called *Cucurbita Pepo* and it's used for nausea and seasickness as well as other conditions. Pumpkins, squashes and gourds are all part of the *Cucurbitaceae* plant family which has also produced some "remedy relatives" such as *Bryonia* and *Colocynthis*. These two remedies are more commonly used, and if you have a homeopathic medicine kit of your own at home, you are likely to see them in there. You probably didn't realize that there is a "touch of fall" in your medicine cabinet. Anyway, if you find yourself carving a pumpkin to make a jack-o'-lantern as the chilly temperatures return, just know that that guy with the silly grin and the warm glow is a healer in disguise!

Enjoy the beautiful colors that will surround you in the weeks ahead! And call us if you need us!

All the best,

Dr. Bob Hall

(Homeopathic Support for Children: October 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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Our mailing address is:

Naturally Healthy Family Medicine
7637 Lancaster Pike, Bldg. 2
Hockessin, DE 19707

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