



Naturally Healthy  
Family Medicine

## From the Desk of Dr. Hall

Hello!

Well, it's that time of year again, when we face the usual barrage of brightly-colored posters, wavering lawn signs and peppy radio commercials, reminding us of the availability of flu shots to "protect us" from illnesses lurking ahead as we move into colder weather. If you call your local pharmacy for any reason, you'll probably have to wait through the recorded "flu shot pitch" before you can speak with a human being. Though flu shot peddlers may mean well, they aren't really offering you the best way to stay well.

I just want to remind you that there is another way to manage your health during the cold and flu season that is gentler and frankly, more patient-friendly. Start by getting prepared with a good supply of the following helpful healers including:

**Echinacea Tincture:** To prevent colds and viruses when you are feeling run down and susceptible.

**Astragalus Tincture:** Especially effective if you take it as soon as a nasal cold starts with sneezing and a runny nose.

**Hydrastis (Goldenseal) Tincture:** Good for fighting sore throats and infections with thick, colored discharges.

**Colloidal Silver:** Also great for sore throats and various other infections, including those affecting sinuses, eyes and ears. We recommend MesoSilver.

For complete directions on how to take these products, go to the helpful handout on our website entitled *What to Do for Infections, Colds, Flu and Sore Throats* by clicking here. You can print a copy of the directions and post them inside your kitchen or medicine cabinet door for easy reference. There are other tinctures available for more specific kinds of problems but these are the basics to have on hand.

Remember, too, to take a good quality multivitamin and mineral supplement daily; take antioxidants (such as Lifeguard) to support you if you do get sick; and make sure that you and your family members get enough sleep, eat as healthy a diet as possible and drink plenty of water. All of these measures can help you to stay well or get well more quickly without the invasion of a flu vaccine.

If you do get sick with the flu, you may need a customized remedy,



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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."

based on your particular symptoms and situation, to help you back to good health. Just call our office to make an appointment so that I can assess and treat you as soon as possible. I have already treated a number of patients who have come in with the flu and these individuals have responded really well to homeopathic intervention. One patient had a nagging post-flu cough that wouldn't go away. I was able to give him a remedy aimed at his type of cough. He followed the directions I gave him for taking the remedy and got much better!

Some patients may require help with certain aspects of the flu and homeopathy can zero in on those particular problems. It's not "one size fits all" medicine. Each remedy is researched by me based on a unique set of symptoms reported by you. I choose the remedy that will work best for you by listening to exactly what you tell me about how you are feeling.

I also encourage you to keep in mind the fact that antibiotics are usually unnecessary as a course of treatment for the flu or other infections. Recently, one of my patients who is a new, breast-feeding mom developed a mastitis, a painful inflammation of the breast tissue caused by a bacterial infection. Had she consulted an allopathic physician, she would have, no doubt, been prescribed an antibiotic. But instead, she sought care here at Naturally Healthy Family Medicine and I was able to treat her homeopathically so that she was feeling better and on her way to healing in no time. This new mom made a wise choice in favor of natural health care which was better for her and for her baby.

By now, it is common knowledge that a great deal of medical overprescribing takes place in our country. Sometimes drugs are needed and can be very helpful. But many times they are simply not necessary. In the past two years, I have used less than 70 sheets of the prescription pad that sits on my desk! An allopathic physician likely writes that many prescriptions in just one week! The fact is that the homeopathic remedies and supplies that we provide here in our office are usually all that we need to help our patients return to great health.

The season changes remind us, in dramatic fashion, that the natural world is amazing. I am very grateful for the ability to help so many people stay well and strong through the use of natural medicine. And I am deeply thankful to all of you who trust me to help you heal as nature intended.

Please never hesitate to call. We are here to help you!

Dr. Bob Hall

('Tis the Season: December 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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