



Naturally Healthy  
Family Medicine

## From the Desk of Dr. Hall

Hello!

While the early Roman roots of Valentine's Day are not so pretty, our contemporary celebration of the holiday is replete with beautiful heart-shaped boxes of chocolates, poetic greeting cards, and fragrant bouquets of red roses. Our most common association with Valentine's Day is its focus on romantic love.

But, as we know, our loving hearts can find happiness in many ways. Just search for the definition of love online or in any dictionary and the descriptions you find will be as varied as the ways you might devote yourself to someone or something dear to you in this life.

Love is...(1): a strong affection for another rising out of kinship or personal ties (maternal love for a child)...(2): attraction based on desire: affection and tenderness felt by lovers...(3): affection based on admiration, benevolence, or common interests (love for his old schoolmates)...(4): an assurance of love (give her my love)...(5): warm attachment, enthusiasm, or devotion (love of the sea)...(6): the object of attachment, devotion, or admiration (painting was his first love)...(7): a beloved person...(8): unselfish loyal and benevolent concern for the good of another...

The list goes on, of course. There are so many forms of love. And when we love, we invest ourselves emotionally, which can lead to some of life's most deeply-felt joys and challenges. Homeopathic care can actually support people through the ups and downs that can accompany the experience of truly loving.

What we sometimes fear about love is the potential for loss. Loss of a parent we adore and have always looked up to. Loss of a cherished husband or wife. The unimaginable loss of a beloved child. The loss of a precious pet who greeted us each day with unfailing love. Loss of self-confidence or self-esteem if love doesn't turn out as we hoped it would. Loss of an unrealized dream.

There is no question that these are profoundly difficult experiences to live through. But the joy of loving and sharing yourself with others outweighs them. Your heart



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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."

is at the center of your very being and its capacity for love is boundless. Love is your most renewable human resource.

Still, I know that with all of the tragic and troubling events we see and hear about in life, it can be easy to become demoralized. If you are ever going through a difficult time, I hope that you will remember that I am here to help you.

Many people consider New Year's Day a day to begin anew. I would just like to suggest another tradition you might want to adopt. On Valentine's Day, take time before you start your day to think about what fills your heart with happiness. Take time to be thankful and joyful about those things. We are put on this Earth to love, within our families, through our work, and in our communities. Consider the fact that what you put out there to the universe is what you tend to get back. Then commit yourself to being a loving person. Lead with love.

All the best,

Dr. Hall

(Hearts, Flowers & Homeopathy: February 2014)

*"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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