



## Naturally Healthy Family Medicine

### From the Desk of Dr. Hall

To Be Prepared Is Half the Victory

~Miguel de Cervantes~

Hello!

When the weather is beautiful and these early days of autumn feel more like the last days of summer, it is easy to ignore any thoughts of the potential battle that lies ahead... the battle against those nasty cold and flu germs that surround us each year as the chilly weather drives us indoors.

**Now** is the time to get prepared if you want to successfully **defend yourself** and your family against seasonal illnesses. **That *doesn't* mean heading to the local pharmacy to get a flu shot.** For most people, a flu vaccine is not the best defense. *Your best defense against colds and viruses already exists within you!*

I'm referring, of course, to your miraculous, God-given immune system. It's on guard on a daily basis and does an amazing job of protecting you. But hectic schedules, lack of adequate sleep and less than optimal nutrition, among other things, can take their toll on your immune system. So below is my annual "autumn list" of the reinforcements you should have on hand as we head into cold and flu season. The lineup includes...

**Echinacea Tincture:** To prevent colds and viruses when you are feeling run down and susceptible. You can take it twice a day 5 out of 7 days if you're concerned about catching a virus at school or work.

**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.

(To learn about dosages click <http://www.naturallyhealthyfamilymedicine.com/wp-content/uploads/2014/10/What-to-Do-for-Infections-Colds-Flu-and-Sore-Throat.pdf>)

As you know, cold and flu symptoms often begin at the most



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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."

inconvenient times! If you stock these products in your home now, you'll be able to help yourself *right away* (no matter what the hour) at the first sign of an illness. You can find them at a natural food store, online, or right here in our office. If you come into Naturally Healthy Family Medicine, from now until November 30th we are offering our early-season combination remedy sale on our cold and flu herbal remedies.

Combination of Goldenseal (1oz) and MesoSilver  
Reg. \$48 (for two products) Sale \$39 Save \$9

Add Astragalus (1oz)  
Reg. \$65 (for three products) Sale \$51 Save \$14

Add Lifeguard Antioxidant  
Reg. \$95 (for four products) Sale \$75 Save \$20

Add Echinacea (1oz)  
Reg. \$112 (for five products) Sale \$87 Save \$25

**Remember to support your immune system in these ways, too:**

Take a good quality **multivitamin** and mineral supplement each day.

Take **antioxidants** (such as Lifeguard) if you do get sick.

**Get enough sleep** and be sure that your children do, also.

**Eat well!**

**Drink plenty of water.**

If you *do* get sick with the flu, you may need a customized remedy based on your particular symptoms and situation to help you return to good health. Just call Gale at our office to make an appointment so that I can assess and treat you as soon as possible. Homeopathic medicine can zero in on the specific ways that the flu is affecting you. And providing just the right remedy will not only get you better but it will also get you back in balance so that you are stronger moving forward. Keep in mind that in the majority of cases, antibiotics are unnecessary, despite the fact that they are so commonly prescribed elsewhere.

The bottom line is, **be prepared** for the season ahead so that you can fully enjoy it! If you have what you need on hand, you will be halfway to health maintenance...halfway to victory over the flu bug! Call us if you need us. We're on your side!

Wishing You Well,

Dr. Bob Hall

(To Be Prepared is Half the Victory, October 2015)

*"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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