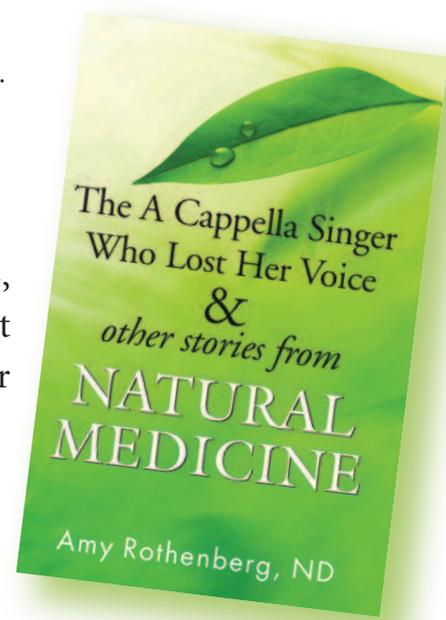


THE A CAPPELLA SINGER WHO LOST HER VOICE & OTHER STORIES FROM NATURAL MEDICINE

by Amy Rothenberg, ND

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Reviewed by TIMOTHY R. DOOLEY, MD, ND

WHEN I FIRST HEARD THE TITLE OF THIS BOOK BY AMY ROTHENBERG, I thought, “That is a very Oliver Sacks-ish title.” And, indeed, the first sentence of the preface to this book reads, “I devoured my first Oliver Sacks book when I was nursing our first child.”

The title is appropriate for this book because, not only is Oliver Sacks an inspiration for a genre of intriguing medical stories, he is a particularly appropriate inspiration for a book primarily on homeopathy. For, like *The Man Who Mistook His Wife for a Hat*, our primary job as homeopaths is simply to recognize and understand what is right in front of us. Amy Rothenberg’s book, through stories and explanation, helps us to do this.

The aim of natural medicine is to help the body heal itself, through the use of a range of therapeutic modalities. Homeopathy is one such modality and is the primary one used throughout this book. So much so, in fact, that the book could easily be renamed so the second half of the title reads, “...and Other Stories from Homeopathy.”

The stories in this book are not only entertaining, they are a medium that conveys information beyond the immediate topic at hand. Somewhat effortlessly, the reader is drawn into a deeper understanding of the relationship between the whole person and their specific health problem. The author certainly succeeds in her hope of conveying, as stated in the preface, “a greater understanding of how I practice as well as an appreciation of the gentle effectiveness and power of natural medicine.”

The book is a welcome addition to the growing literature of natural medicine. I recommend it to anyone interested in natural medicine and to anyone interested in homeopathy in particular.

As for layout, the book begins with material that is introductory to both the author and natural medicine in general. It

then proceeds chapter by chapter through the different phases of life (pregnancy, infancy, children, teens, adults, older adults, and a few special topics). In each chapter, there are varying degrees of explanation interspersed with stories.

While it’s not a self-treatment book, a wealth of information is openly shared throughout its pages. This includes detail on how patients with different health conditions are approached, resources for physicians and patients, and many pearls of insight. I think this book would be a valuable asset to a student of naturopathic medicine.

Despite the acclaim that I am making for the book, however, a few points of improvement could be made. Many of these are things that I would expect the publisher and editor to take care of.

For example, despite the numerous excellent resources mentioned throughout the book—making it a useful reference on many subjects—there is no index or any appendices drawing these resources together. Instead, the book rather abruptly ends, after the shortest of conclusions, on the last page before the back cover. To find desired reference material, the reader must return to the table of contents and try to remember the specific sub-section that discussed that point.

Unlike the quick ending, however, the beginning of the book may seem a bit slow for some readers because the first therapeutic story is not told until after a 40-page introductory chapter, and that after an ample acknowledgment and preface. Finally, while I am personally not a good proofreader, there are some errors

and typos that caught even my attention.

But these criticisms are really minor points in the big picture. What shines throughout the book, without being directly stated, is the fact that what makes you a physician is not just your knowledge or experience; rather, it is your sincere love and compassion for those you are trying to help.

That is why I think anyone considering a career as a physician should read this book. Whether or not the reader is inspired by it, as many will be, to become a natural physician is of secondary importance. What is primary is that they understand what is well conveyed by the author: that being a physician is based on your genuine human concern for the welfare of others.

This is a good book that deserves a place in your personal library.

ABOUT THE AUTHOR

Timothy R. Dooley, MD, ND, is a graduate of National College of Naturopathic Medicine as well as Oregon Health Sciences University School of Medicine. He practices homeopathy in San Diego, California, and teaches at the Southwest College of Naturopathic Medicine and Health Sciences. He is the author of the easy-to-read introductory book, *Homeopathy: Beyond Flat Earth Medicine*. The complete text can be read online at www.beyondflatearth.com. For more information: www.drdooley.net or (619) 297-8641 or drdooley@drdooley.net.