

# You Finished Treatment, Now What?

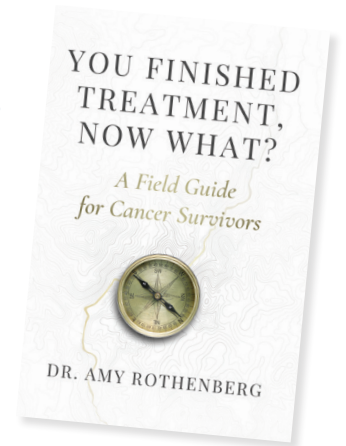
## A Field Guide for Cancer Survivors

By Amy Rothenberg, ND, DHANP

Koehler Books, 2022, 230 pages, hardcover, paperback, e-book, audiobook

ISBN 978-0-578-28931-1

Reviewed by Ronald D. Whitmont, MD



I was pleased when Amy shared her new book, *You Finished Treatment, Now What? A Field Guide for Cancer Survivors*, with me and asked that I review it. Over the years, I have enjoyed reading Amy's numerous articles as they periodically appeared in *Homeopathy Today*. Amy has an easy style of writing that is at once personable and authoritative, gently and sometimes humorously guiding the reader to join her in exploring the world.

### Personable and informative style

Early in this book, Amy makes it clear that the book will follow that same style as she freely explains her personal experience with cancer and how it affected her life. If she wasn't already an expert in helping cancer patients, her experiences quickly taught her to become one. This book is not only a well-written story about her struggle, using a wonderfully relaxed style of writing in Amy's familiar voice, but it is also a watershed compilation of different resources that span a wide diversity of naturopathic approaches to cancer.

The book is divided into 18 short chapters that cover a diverse range of topics: how to effectively communicate with a medical oncologist, how to understand the role of naturopathic medicine, and the benefits of exercise, nutrition, botanical medicine, rest, bodywork, stress reduction, and other alternative modalities. Refreshingly, Amy includes a chapter devoted solely to homeopathy and acupuncture.

Most chapters in this book begin with general information about a topic that includes well-cited, evidence-based research and finish with a story or two about patients who have benefited from these approaches in their recovery.

### Amy freely explains her personal experience with cancer and how it affected her life.

Amy is even-handed and objective and careful to avoid generalizations, frequently emphasizing the need for an individualized approach to every cancer survivor. She thoughtfully refrains from providing specific information on posology, dosages, strengths, or frequency of administration of any botanicals, homeopathic medicines, or supplements. She prudently encourages survivors to seek a team of professional caregivers, experts in naturopathic and integrative medicine. Amy advises readers to consult with specialists in various fields and to avoid the tendency to "go it alone" or self-prescribe.

I would have liked to have seen more space devoted to the current understanding of the nature of cancer and how various environmental and genetic factors contribute to and predispose toward it. Amy does include a reasonable, although brief, description of the

microbiome and reviews its importance in the pathogenesis of inflammation and the tendency to develop cancer.

### Excellent reference for patients and caregivers

Because she covers a lot of territory in this book, there is an unavoidable repetition of information. She handles this superbly using well-placed references, which guide the reader back or ahead to the most relevant sections of the book.

There is no doubt that Amy is a gifted and experienced clinician and writer who has gained tremendous personal and professional acumen through her journey. She has successfully set down an important map, helping guide other cancer survivors to steer their ship through this largely uncharted territory. This book will primarily appeal to patients looking for ways to augment conventional cancer treatment to optimize their health. The book is a great success in this realm and will make an excellent reference for patients and caregivers navigating these waters. 💧

### ABOUT THE REVIEWER



**Ronald D. Whitmont, MD**, is the past president of the American Institute of Homeopathy (AIH). He is Board Certified in Internal Medicine and is a founding diplomat of the American Board of Integrative Holistic Medicine. Dr. Whitmont has

been in clinical practice for over 25 years and has practiced classical homeopathy for the last 20 years in Rhinebeck and New York City. He is a second-generation physician and homeopath who chooses homeopathy from his direct personal experience.