

Sue Ingebretson - BIO:

www.RebuildingWellness.com

Sue Ingebretson is a writer, speaker, certified holistic health practitioner and the director of program development for the Fibromyalgia and Chronic Pain Center at California State University, Fullerton. She is also a Patient Advocate and the Fibromyalgia Expert for the Alliance Health community of health conditions website and the Fibromyalgia Expert for ProHealth.com.

Her #1 Amazon chronic illness best-selling book, *FibroWHYalgia: Why Rebuilding the Ten Root Causes of Chronic Illness Restores Chronic Wellness*, details her own journey from chronic illness to chronic wellness. When Sue found her health spiraling out of control, she wanted to know *why*. Her tenacious research into the causes of chronic illness led her through a maze of traditional and nontraditional healing methods. Ingebretson eventually connected the dots and found wellness. *FibroWHYalgia* exposes the facts, fibs, and fairytales of failing health and offers practical solutions.

She has been featured in *FIRST for Women* magazine and as a repeated guest on the nationally syndicated health TV program, *Know the Cause!* She has been featured in numerous radio interviews including KABC in Lost Angeles. Her writing has appeared in various print and online publications including *Fibromyalgia Alternative News*, *Fibromyalgia AWARE*, and *The (U.K.) Fibromyalgia Magazine*.

Sue has authored many books for Playbooks, Inc., a children's publisher of instructional classroom books. Her book, *Fabulous Food Detectives*, teaches students to read food labels and discern the difference between whole and packaged foods.

Sue posts news and encouragements geared to promote positive lifestyle changes and healthy living on various social media sites. More information on her book, blog, and services can be found at www.RebuildingWellness.com/.

Business facebook: www.Facebook.com/FibroWHYalgia

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