

FibroWHYalgia:

Why Rebuilding the Ten Root Causes of Chronic Illness Restores Chronic Wellness

**--Susan E. Ingebretson
(pronounced-- ING-gah-bretson)**

Interview Overview:

This interview with Sue Ingebretson will discuss her journey from illness to wellness. When her health failed, along with options from the traditional medical community, her faith and tenacity kicked in. Doctors gave suggestions on how to manage her future disability, but Sue's life took a different turn. Find out more about Sue's healing experience and her book, *FibroWHYalgia*, on our upcoming program.

Book Talking Points:

Q. *What led you to write your book, FibroWHYalgia? Was it personal experience?*

A. Absolutely. My book chronicles my experiences both good and bad. Some are funny, others not-so-much. I had many failed attempts at healing – that's part of the process. Each health professional I saw, book I read, and seminar I attended fueled my desire to figure it out. I gathered information piece by piece eventually putting together a customized picture of health. What health looks like – *for me*. I came up with the title, *FibroWHYalgia*, to emphasize the importance of asking, WHY? Discovering WHY I was sick provided me the tools I needed to learn HOW to get better.

Q. *Did you finally arrive at an official diagnosis, and how long did you search for it?*

A. I do have an official diagnosis of fibromyalgia, and searched on and off for about fifteen years. I concentrated my search for the last seven of those years and ultimately lost hope of someone else finding it for me. That's when I took a step back, did my own research, and arrived at my own hypothesis. I later had that hypothesis – fibromyalgia – confirmed by medical professionals.

Q. *What were your symptoms?*

A. There were so many, I put them into a chart in my book on page 16 of my book. The main symptoms included; widespread pain, insomnia, overwhelming fatigue, muscle cramps, female problems, IBS (Irritable Bowel Syndrome), vision problems, pain/tingling in my extremities, dizziness, chest pain, cognitive dysfunction, etc.

Q. *How sick were you?*

A. I was sick enough to feel like my body was a hollowed out shell. I couldn't digest foods properly and nothing seemed to help. I ate very little, but still swelled and gained weight. I was so dizzy, I ended up having to use a cane. I was told one of those scooter-chairs was next. I don't really like to think about that time in my life. It was, by far, the hardest part of my book to write. I've healed enough, now, to feel that that was a completely different person.

Q. *What standard treatments did you try?*

A. I tried the basic pharmaceuticals which were prescribed from every specialist I saw. Anti-inflammatories, muscle relaxers, etc. They helped at first, but the positive results were very temporary. I also tried physical therapy. I was never counseled with any sort of nutrition support or fitness programs.

Q. *What healing principles did you find that work?*

A. In my book, I call the basic healing principles I endorse, The Restoration Trio. They are: nutrition, fitness (strength/toning), and emotional wellness (stress-relief). These three elements are crucial to healing and all three must be addressed in order to improve. You can't choose to explore only one or two. They all work together at a fundamental level to heal the body.

Q. *Of those three, what do you get asked about the most?*

A. Hands down, I'm asked about nutrition more than anything else.

Q. *Why do you think that is?*

A. First of all, nutrition is a touchy subject. Trying to change peoples' eating habits is tough. People want change, but often find making that change a reality quite difficult. We all know that exercise and stress-relief is important, even though we may or may not do it. But nutrition? People (and doctors) argue about IF it's important. Nutritional information can be confusing. Media information (news, magazines, online articles, etc.) provide conflicting information. And then there's the whole emotional component to eating. We don't eat simply because we're hungry.

Q. *There are a lot of books out there on healing, what makes yours different?*

A. I wrote the book that I wish I'd found decades ago. I couldn't find books that talked about the whole enchilada -- everything I needed to know about healing. Many talk about nutrition, OR fitness, OR specific topics like yoga, etc. They offer information on one specific protocol. But I couldn't find any books that put it all together in a fun, easy-to-read format. Each time I sat down to write, I thought about what I would say to a hurting friend in dire need of healing.

Q. *What would you like to say to people who are just beginning to search for answers for their own health issues?*

A. First of all, I'd encourage them to respect their own feelings and opinions. They know more about themselves than any health professional ever will. Self-confidence and self-education provide a great start to problem-solving. Look for respected sources of information. Find books at libraries, research information online, get referrals from friends. I provide a comprehensive Resources Section in the back of my book that lists favorite websites, books, blogs, and DVDs.

Q. *Where can we find FibroWHYalgia and more information?*

A. My book can be purchased online at www.FibroWHYalgia.com, Amazon.com, and BarnesandNoble.com. Locally, in Southern California, you can find it at all Mother's Markets locations, Soul @ Home in Tustin, the Bookman in Orange and several other locations. Find out more about various health-related and healing subjects on my blog at www.RebuildingWellness.com/blog.

Sue's Bio:

Sue Ingebretson is an author, 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 a Fibromyalgia Editor for ProHealth.com.

Her bestselling book, *FibroWHYalgia: Why Rebuilding the Ten Root Causes of Chronic Illness Restores Chronic Wellness*, details her own journey from chronic illness to chronic wellness. She is also the creator of the FibroFrog / FrazzleFrog – a therapeutic stress-relieving tool which provides powerful healing benefits with fun and whimsy.

She has also 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.