

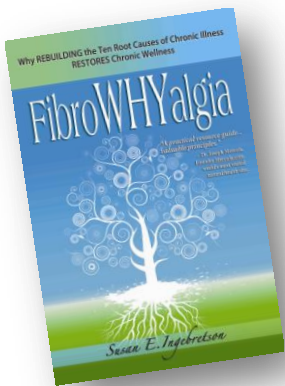
# Sue Ingebretson



*"Helping You Achieve Your  
Goals Your Way"*

Sue@RebuildingWellness.com

Author ★ Speaker ★ Certified Holistic Health Coach



**Sue Ingebretson is an author, speaker, certified holistic health coach, and the director of program development for the Fibromyalgia and Chronic Pain Research and Education Center at California State University, Fullerton. 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. ([www.FibroWHYalgia.com](http://www.FibroWHYalgia.com))**

**What they're saying about Sue and her work:**

*"Millions suffer with fibromyalgia and can benefit from the detailed and practical resource guide that Susan Ingebretson has compiled."* Dr. Joseph Mercola, founder of [www.mercola.com](http://www.mercola.com), the world's most visited natural health site

*"As a practitioner specializing in chronic conditions, I consider FibroWHYalgia a first-aid kit for anyone dealing with long term health issues."* Diane Wendell, ND, CNM, nutrition specialist

*"Sue is a fabulous speaker! I'm trying to implement new things I'm learning each week. People tell me they've seen a change in me and I'm feeling it too! Thanks so much!!!"* Susie F.

*"I really enjoyed Sue's workshops. Her overview of FibroWHYalgia caused me to make changes in my diet, exercise and entire lifestyle. I thank God for her insight. And, her willingness to share with others."* Stephanie H.

*"I have failed so many times in making changes in my eating and emotional habits. Sue's classes have really helped me see that it's not an all or nothing proposition. One step at a time ... one choice at a time ... and every day is a new day. I'm embracing God's grace by giving myself grace too."* Jo M.

"Sue is an experienced teacher with an inviting style that allows clients and attendees to open up and hear what she has to say. Sue knows her stuff!" Jana P.

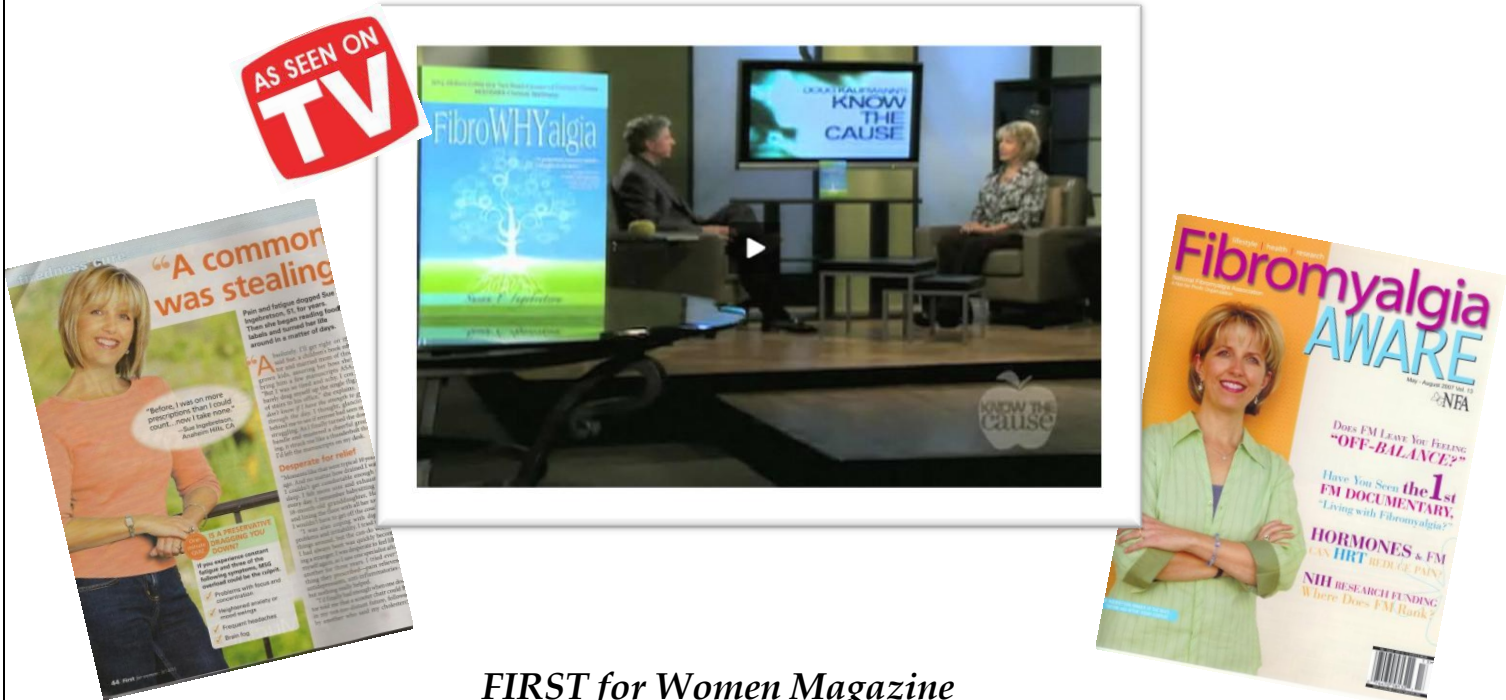
"Sue's enthusiastic teaching approach using hands-on materials and immense knowledge of the research makes her courses invaluable!" Leslie F.

"Whether you're ailing and want to get better or healthy and want to stay that way, you're sure to benefit from Sue's workshops. Sue gets her point across in an interesting, easy-to-understand, humorous style." Pat J.

**Workshops Suggested Topics:** Holistic & Healthy Nutrition, Making Lifestyle Changes Easy, Healthy Eating for Students, Healing from Chronic Illness, Taking the Sabotage out of Self-Talk, Motivations for Fitness Fun, Meal Planning Quick & Simple, The *Genesis Approach* (8 weeks), the *FibroWHYalgia Workbook Workshop* (8 weeks)

**Health Coaching Benefits:** Personalized Attention & Defined Strategies, Flexible & Tailored Recommendations, Experienced & Consistent Guidance, Encouragements & Progress Tracking, Objective Goal-setting & Achievement of Long-Term Results

### Nationally Syndicated TV program, *Know the Cause!*



*FIRST for Women Magazine*  
**Fibromyalgia AWARE**  
& others



[www.RebuildingWellness.com](http://www.RebuildingWellness.com)  
Sue@RebuildingWellness.com \* 714.637.4819