

Interview Questions for Sue Ingebretson and *FibroWHYalgia: Why Rebuilding the Ten Root Causes of Chronic Illness Restores Chronic Wellness*

1. In what areas would you call yourself an expert?
2. Share with us why this phrase describes you? “I didn’t know I could do it, and yet I succeeded despite all odds.”
3. What led you to write your book, *FibroWHYalgia*? Was it personal experience?
4. What inspired the title of your book? And why was having an official diagnosis so important to you?
5. Describe some of the symptoms of Fibromyalgia.
6. Share with us your timeline of becoming ill, and then your recovery? And also would you describe yourself as well today?
7. Tell us about this quote “I tell everyone that I'm thankful for my chronic illness and know that I wouldn't have learned the lessons I needed to learn any other way.”
8. What are the parallels between Fibromyalgia and other chronic health issues? Will people who don’t have Fibromyalgia benefit from your book?
9. In *FibroWHYalgia* you refer to the Restoration Trio; nutrition, fitness and emotional wellness. Describe these components to us and why they are essential to building wellness.
10. You’ve given a seminar to Christian Women entitled “*Label & Fables: How our Thoughts Can Keep Us From Living the Life we Desire*”. Why is faith and spirituality an important part of your healing message?
11. Why is your message and *FibroWHYalgia* so significant to women?
12. As a Holistic Health Counselor what tips would you suggest to people who are just beginning to search for answers for their own health issues?
13. There are a lot of books out there on healing, what makes yours different?
14. You are very active as a speaker, workshop presenter, author/publisher where can we find out more information about your upcoming events?
15. Where can we purchase *FibroWHYalgia* and *FibroWHYalgia: The Workbook*?