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### Generation Regeneration

#### Archives Available

May 26th 2015: **Going from Chronic Illness to Chronic Wellness**

Going from Chronic Illness to Chronic Wellness will feature author, speaker and certified holistic health coach Susan Ingebretson. Susan will share her personal journey to health with us, which resulted in the writing of FibroWHYalgia. Her story is an engaging one. When she 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. She eventually connected the dots and found wellness. FibroWHYalgia is a half diary, half tutorial guide that exposes the fac

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### Featured Guest



#### Susan Ingebretson

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 journey to chronic wellness. She has been featured in FIRST for Women magazine and as a repeated guest on the nationally syndicated health TV program, Know the Cause

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