

# Wellness Piece by Piece

## By Pat Sullivan

More than 125 million Americans suffer with chronic illness; at least half of those suffer from multiple chronic illnesses. In the coming years, doctors expect these numbers to rise, leaving sufferers struggling to find solutions to their chronic conditions. While chronic illness can be the result of genetic predisposition, it is often a result of causal factors well within an individual's control. Author Pat Sullivan explores the complexity of the chronic health puzzle in his self-published debut, WELLNESS PIECE BY PIECE.

**The Book** WELLNESS PIECE BY PIECE is an open, candid discussion of one man's 30-year struggle with chronic recurrent illnesses. Author Pat Sullivan relays the discoveries that have helped him solve his complex health issues and offers hope with practical advice to help readers find the pieces to their own chronic health puzzle. Through 16 chapters of first-hand narrative on the symptoms, causes and treatments of chronic illnesses, Pat helps sufferers:

- Get Rid of Heavy Metal Toxicity
- Balance their Hormones
- Fix Thick Blood
- Heal their Gut
- Nourish the Body with Supplements
- Clear their Infections
- Learn about Good Nutrition
- Take Charge of Allergies
- Find a Good Doctor
- Understand the Role of Spirituality

**The Author** A two-time successful entrepreneur, Pat Sullivan founded Contact Software International in 1987 and SalesLogix Corporation in 1996. As co-founder and CEO of Contact Software, Pat designed ACT!®, the best-selling contact manager, used by millions of sales professionals and thousands of corporations.

Since his college days, Pat has struggled with the varied, recurrent symptoms of chronic health issues. Suffering from these conditions has driven him to discover the pieces to his own health puzzle. In an effort to determine the cause of his own illnesses and help others piece together their own chronic health puzzles, he created Jigsaw Health and chronicled his journey in WELLNESS PIECE BY PIECE.

**Jigsaw Health** Pat Sullivan decided the best way to help others solve their chronic health problems was to form a new company offering the solutions he discovered through his years of suffering. Founded in 2004 and headquartered in Scottsdale, Ariz., Jigsaw Health is dedicated to helping those who suffer from chronic illnesses such as candidiasis, chronic fatigue and irritable bowel syndrome. [www.jigsawhealth.com](http://www.jigsawhealth.com) offers nutrient-dense foods, premium-quality supplements, diagnostic tests and educational material to help sufferers unlock the answers to their own chronic health puzzles.

**The Mercury Connection** Through research and personal experience, Pat believes that his body's exposure to mercury through dental amalgams has poisoned him enough to suppress his immune system, damage his digestive system and significantly alter his hormonal balance. Since having those amalgams removed, he has experienced dramatic improvements in his overall condition. In Wellness, Pat takes a closer look at the role of mercury as a catalyst for many chronic conditions and builds a solid case for its destructiveness.

**Online** For more information or to purchase WELLNESS PIECE BY PIECE, visit [www.JigsawHealth.com](http://www.JigsawHealth.com).

For more about the author, visit Pat's blog at [www.PatSullivan.com](http://www.PatSullivan.com).

WELLNESS is also available at Amazon.com for \$18.97

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