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**New Book Offers Hope for Chronic Illness Sufferers
and Challenges for Traditional Medicine**

CEO Turned Self-Published Author Crusades for Health in Wellness Piece by Piece

SCOTTSDALE, Ariz., June 2005 – An insightful, comprehensive look at how a software CEO discovered the pieces to his chronic health puzzle now offers hope to the 125 million Americans suffering with chronic illness.

Wellness Piece by Piece is the self-published debut of Pat Sullivan, the two-time successful entrepreneur and long-time chronic illness sufferer. Sullivan gained fame in the late 1980s and 1990s as the inventor of ACT!®, the leading brand of contact management software and as CEO of SalesLogix, where he again succeeded in helping companies improve their relationships with customers.

His book, however, describes a different kind of relationship: the one he had with his own body during his rise to the top. In a candid discussion of his 30-year struggle with recurrent health issues, the book chronicles Sullivan’s journey to understand the complex web of symptoms and causes behind his bout with candidiasis, mercury toxicity, chronic fatigue and irritable bowel syndrome.

Sullivan’s health struggle – fueled by dissatisfaction with traditional medicine’s approach to his illnesses – put him on the path to self-discovery. Through rigorous research, steadfast faith and the quick removal of dental amalgams, which many leading medical authorities consider a dangerous source of toxic mercury, he began to understand the complexity of his chronic health puzzle. He also began feeling healthy again.

“I wrote *Wellness Piece by Piece* for the millions of people who know they should be feeling better than they do and are struggling to find solutions,” said Sullivan. “These illnesses don’t just happen; they *must* have a cause. And more often than not, the causes are well within our control.”

Through 16 chapters of compelling first-hand narrative, Sullivan guides readers through varied topics like Balancing Hormones, Fixing Your Gut, Clearing Infections, Finding a Good Doctor, Nourishing Your Body with Supplements and Proper Nutrition and the importance of Spirituality.

But for Sullivan, there’s one topic that deserves special attention: mercury and heavy metal toxicity.

“Discovering the damaging effects of mercury in dental amalgams and vaccines has truly changed my life,” he said. “I firmly believe the mercury in my fillings has poisoned me significantly and played a destructive role in my body.”

On the slow road to detoxifying his body from mercury poisoning, Sullivan crusades against the use of heavy metals in medicine. The issue underlies his general frustration with traditional medicine that he hopes will encourage *Wellness* readers to take charge of their health issues.

“Despite the many great doctors out there, our current medical system is a mess,” declares Sullivan. “Through *Wellness*, I hope readers will feel empowered to take charge of their health, because at the end of the day, they are the ones ultimately responsible!”

In 2004, Pat founded Jigsaw Health, a company dedicated to helping those who suffer from chronic illnesses, including those he suffered from and a long list of others including depression, Crohn’s disease, and ulcerative colitis. Launched online in April 2005, JigsawHealth.com offers nutrient-dense foods, premium-quality supplements, diagnostic tests and educational materials to help sufferers piece together their own chronic health puzzle.

Wellness Piece by Piece is available for sale on JigsawHealth.com and at Sullivan’s personal blog PatSullivan.com. The book is also available at Amazon.com.

About Pat Sullivan

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 candidiasis, mercury-toxicity (from dental amalgams), irritable bowel, chronic fatigue, and adrenal fatigue syndromes. Suffering from these conditions has driven Pat to discover the pieces to his own health puzzle. His motivation came from his deep-seated belief in cause and effect — if there is an effect, there MUST be a cause! His desire to help others piece together their own chronic health puzzles has led to the creation of Jigsaw Health.

Pat lives in Scottsdale, Arizona with his wife Cyndee.

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