

# The Fibro Lady - Leah McCullough Media Kit



Leah McCullough  
Author and International Wellness Speaker

Leah McCullough  
Email [Leah@TheFibroLady.com](mailto:Leah@TheFibroLady.com)  
Webster [www.TheFibroLady.com](http://www.TheFibroLady.com)  
Cell Phone: 859-380-9737

Office Land Line Phone: 937-439-  
Fax: 937-439-1098



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## Full Contact Information

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Leah McCullough

Email [Leah@TheFibroLady.com](mailto:Leah@TheFibroLady.com)

Website [www.TheFibroLady.com](http://www.TheFibroLady.com)

Cell Phone: 859-380-9737

Office Land Line Phone: 937-439-1098

Fax: 937-439-1098

707 State Route 725, Dayton OH 45459

Leah resides in the Dayton, Ohio area.

Leah generally flies out of one of the Dayton-Area airports, DAY for commercial, or Dayton-Wright (MGY) for private. If absolutely necessary, arrangements can be made for her to fly out of Cincinnati or Columbus.

## Author Bio

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### Short Bio (1 Sentence)

Leah McCullough, affectionately known as The Fibro Lady, is an international wellness speaker, author of two critically-acclaimed books, and is a coach that helps people all over the world holistically recover from fibromyalgia and chronic fatigue.

### Medium Bio (100 Words)

International wellness speaker Leah McCullough, affectionately known as The Fibro Lady, is author of the critically-acclaimed books *Freedom from Fibromyalgia: 7 Steps to Complete Recovery* and *Eat to Energize: Strategies and Recipes for Using the #1 Superfood for Energy*.

After spending 6 years nearly bedridden, Leah found answers and she was able to quickly recover from not only fibromyalgia but also the coexisting conditions including chronic fatigue, depression, IBS, PTSD, migraines, morbid obesity and infertility. She then became pregnant and is currently pursuing her black belt in martial arts with her miracle baby, who is now an 8-year-old boy!

### Long Bio (250 Words)

International wellness speaker Leah McCullough, affectionately known as The Fibro Lady, is author of the critically-acclaimed books *Freedom from Fibromyalgia: 7 Steps to Complete Recovery* and *Eat to Energize: Strategies and Recipes for Using the #1 Superfood for Energy*.

Leah's print and blog articles have appeared internationally. She has been interviewed on radio, television, and on Internet podcasts and videos. She lectures internationally to medical, patient, and corporate groups about fibromyalgia recovery and holistic ways to increase energy.

Leah was ill for about 18 years, the last six of which she was nearly bedridden. Once she put the pieces of the puzzle together, she recovered her health quickly from severe, debilitating fibromyalgia, chronic fatigue, depression, anxiety, IBS, PTSD, infertility and morbid obesity.

Leah has made it her mission to let others know that recovery from fibromyalgia is not only possible, it's within reach. She gives hope to those who have been told to "live with it", or "it's all in your head".

Leah charts out her recovery method in several easy-to-understand steps that she still adheres to in her daily life. Leah's fibromyalgia recovery story shows how one very determined woman triumphed over a supposedly hopeless situation.

After Leah recovered she became pregnant at 41 years old! She is currently pursuing her black belt in martial arts with her miracle baby, who is now an 8-year-old boy!

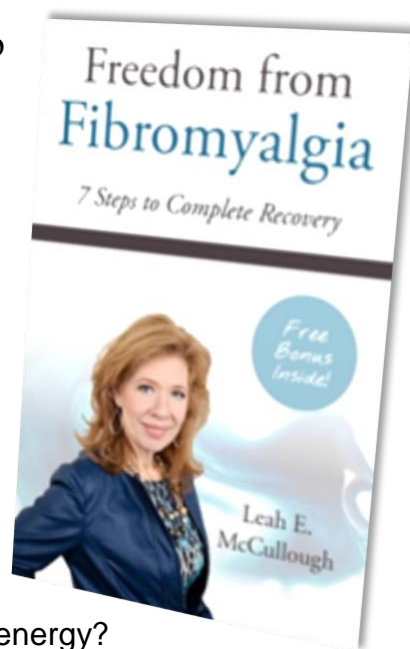
Get the infographic "5 Simple, Fast and Unique Ways to Help Soothe Fibro Pain NOW Wherever You Are" at [www.TheFibroLady.com](http://www.TheFibroLady.com).

## Book Information

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### Freedom from Fibromyalgia: 7 Steps to Complete Recovery

Using all-natural methods, speaker and author Leah E. McCullough went from "I can barely get out of bed!" to "I want to go for a run!" This is the story and the method of how a very determined woman completely recovered from the supposedly incurable disease of Fibromyalgia and many other co-existing conditions to enjoy vibrant health. Do you want to: Increase your energy?



Decrease or even eliminate your pain? Get the restorative sleep you need? Freedom from Fibromyalgia: 7 Steps to Complete Recovery takes the reader step-by-step to discover how to quickly make a Healing Quantum Leap, nourish themselves even if they are too sick to cook, and go on to completely restore their health. Includes resources on muscle testing, sourcing quality food sources, recipes, and more.

Paperback: 228 pages

Publisher: Braugler Books, LLC; 2 edition (October 29, 2015)

Language: English

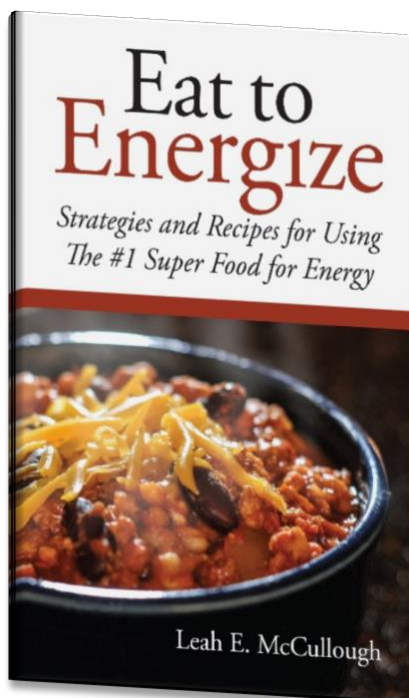
ISBN-10: 1570741026

ISBN-13: 978-1570741029

Website Store link: <http://store.thefibrolady.com/book>

Amazon Link: <http://www.amazon.com/dp/1570741026/?tag=wwwunconven0d-20>

## Eat to Energize: Strategies and Recipes for the #1 Super Food for Energy



What is the #1 Super Food for Energy? Is it some new exotic fruit that you have never heard about from a continent you've never been? Sorry, but this forgotten, sacred food, is fairly mundane, and you can buy it at any grocery store. How would you like to have sustained energy and stamina throughout the day without the ups and downs of sugar, or the jitters of caffeine? How would you like to know that you are giving your body the super-fuel it needs in a whole-food, nutritious, and sustainable way? And how would you like to know the principles for using this food so that you can not only use the recipes in this book, but go on to make your own?

Paperback: 80 pages

Publisher: Braughler Books, LLC; 1st edition (April 28, 2017)

Language: English

ISBN-10: 1945091282

ISBN-13: 978-1945091285

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 3.7 ounces

Website Store link: <http://store.thefibrolady.com/book>

Amazon Link: <http://www.amazon.com/dp/1945091282/?tag=wwwunconven0d-20>

## Testimonials/Book Reviews

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### Book Reviews for Freedom from Fibromyalgia: 7 Steps to Complete Recovery

[This article](#) appeared in [Wise Traditions in Food, Farming and the Healing Arts](#), the quarterly journal of the Weston A. Price Foundation, [Spring 2015](#) (<https://www.westonaprice.org/freedom-from-fibromyalgia/> )

### *Freedom from Fibromyalgia*

JULY 2, 2015 BY TIM BOYD

#### ***Freedom from Fibromyalgia: 7 Steps to Recovery*** **Leah E. McCullough**

Fibromyalgia is a serious condition that leaves sufferers incapacitated by pain and exhaustion. Medical doctors are not much help because there are no drugs that cure it or effectively suppress the symptoms. For those who limit themselves to that option there is little hope.

Leah McCullough wisely found another way to overcome fibromyalgia with a multi-faceted approach. One facet which is often overlooked is the importance of a positive mindset. Just say no to negativity. If you think your situation is hopeless, or you have bad genes and are doomed to a life of suffering, then you're probably right.

McCullough spends several pages on gentle detoxification protocols and gives specific recommendations for the products that worked for her. Since toxins are often at least partly responsible if not the root cause of illness, it stands to reason that they should be avoided. A good rule of thumb pointed out by McCullough is not to put anything on your skin that you wouldn't eat. That includes cosmetics, deodorants, shampoo, soap, tattoos, chemicals in hot tubs, sunscreens, and anything you can't pronounce.

For nutritional supplementation she recommends fermented cod liver oil and high-vitamin butter oil. Her ground rules for nutrition and eating in general are fully Weston A. Price-compliant.

Leah McCullough suffered severe fibromyalgia (diagnosed by a medical doctor) and by using her protocols is now free of all symptoms. Most people, including me, find it hard to argue with success. She was extremely overweight and has lost all excess weight and looks very healthy. She went from feeling like she was going to die to good health and having a healthy baby. There is a current picture of her on the cover of the book. I have met the author, so I know that picture is accurate and wasn't brought to us by the magic of Photoshop. Her recommendations



are based on her experience and what worked for her. That doesn't guarantee it will work for everybody yet may work for many. The thumb is UP.

### **Other book reviews:**

"In her book Leah shares a wonderful account of how her life transformed from pain and suffering with fibromyalgia to recovery and ability to resume activities. Her path demonstrates that fibromyalgia is a disabling medical condition, and that recovery is possible." **Hal Blatman, MD, DAAPM, ABIHM, Medical Director of Blatman Health & Wellness Center, Past President of the American Holistic Medical Association and co-author of *Winner's Guide to Pain Relief***

"Leah is an expert in collaborating information needed by those whom are suffering from Fibromyalgia. If you or anyone you love has this horrendous condition, I strongly encourage you to talk to Leah!" **Victoria Smith, Board Certified Holistic Practitioner, founder of Significant Healing Well Care Practice, author of *Simply Delicious Healthy Eating Cookbook*, and contributor to *101 Great Ways to Improve Your Health*.**

"This book is written with such a sincere desire to help other that it comes through in every chapter. It is honest with nothing held back regarding the pain of Fibromyalgia and the need to take control of your life to reverse the symptoms. My hope is that doctors will read this book so that they have a clear idea of what Fibromyalgia truly is and how to treat it." **Penne Colen, fibromyalgia advocate**

"This is a wonderful book that gives you steps on how to get healthy and rid yourself of the symptoms of fibromyalgia. It also has good information in general for anyone suffering from a chronic disease. I recommend it to my patients with fibromyalgia, chronic fatigue, depression and PTSD." **Elizabeth Case, MD**

"I have so many Fibro patients and I wanted to tell you I've started highly recommending your book! Thank you for doing what you do!!! As an osteopath, I think a lot of FM and chronic pain patients gravitate towards that kind of care and so many I see have been told there is nothing that can be done, and they are really at the end of their rope. It has been so helpful for me as a physician and (I hope) for my patients that I have been able to say that there are absolutely things that can be done to make this better and things that work because I know someone who has done it. Now, it's not some hollow advice I'm giving that I read about in a clinical trial or learned in medical school. I can say, "I have met someone who was where you are, and I have seen her healthy, happy and her chasing after a toddler with all of this far in her rearview." I know that makes me feel better, and I sincerely hope it helps to give people hope. I remember you telling me your story and being so amazed at what you overcame. You have done such wonderful things to help people. Looks like lots of exciting things on the horizon for you!" **Kristie Downs, DO**



## Book Reviews for Eat to Energize: Strategies and Recipes for Using the #1 Super Food for Energy

From the Winter 2017 [Wise Traditions, Journal of the Weston A. Price Foundation](https://www.westonaprice.org/short-reviews-winter-2016/) in the “Thumbs Up!” Short Reviews Section (<https://www.westonaprice.org/short-reviews-winter-2016/>)

*EAT TO ENERGIZE*

by Leah E. McCullough

Maybe this book should have the subtitle, “The Liver Book.” Leah McCullough, “the Fibro Lady” cured herself of chronic fatigue by eating nature’s number-one superfood: liver. She describes a key study in which rats given liver had greatly-increased stamina, and then provides a host of recipes for preparing this traditional sacred food.

### Video Testimonials from Clients

[Recovered from Fibromyalgia, Leah McCullough interviewed Tami Koval, February, 2018](#)

[Recovered from Colitis/Crohn’s Disease, Leah McCullough interviewed Kelley W., February, 2018](#)

### Written Testimonials from Clients

**“...I am sooooo much healthier and happier!”**

“I don’t know if you’ll remember me. I heard you speak in Northern Virginia in August, read your book, and then you and I talked on the phone. Fast forward about six weeks, and I am sooooo much healthier and happier! I have been using your products and eating as you suggest, and I’ve experienced nothing short of a miracle! On the day I heard you speak in August, I bought desiccated liver pills at my local healthy food store and started taking them right away. I went on vacation with my family where I went hiking, mountain biking, and paddle boarding (against a current). I walked all over a very large home and estate one day without getting too tired or being in too much pain; I wasn’t complaining any more than the rest of my family. After all of the activities we did, I didn’t have to stay in to rest which was a big surprise to me and my husband. I read your book on vacation and slept a lot which was great. When we came home, I started the Ferm Plus Pro and the zeolite supplement plus

started drinking broth. I'm eating full fat dairy plus sauerkraut and poultry eggs every day. I've cut out caffeine and sugar and am staying away from gluten.

The first week of September I wanted to go for a walk on a wooded hiker/biker trail about two blocks from our house but down a big hill. My 13-year-old daughter went with me. We drove down the hill, parked, and got out to walk. I drove so that I wouldn't have to walk back up the hill and it was fine. About three weeks later, my daughter and I rode our bikes over 10 very hilly miles to go see the Pope — amazing! I not only kept up with my daughter but rode my bike up a big hill near our house while my daughter (who runs cross country and swims competitively year-round) got off her bike and walked up the hill — incredible! A few days later, I hiked for four hours in the Catoctin Mountains. I kept up with my friends, one plays hockey, and another is a marathon runner. One of them had been with me on vacation in August and could see a huge improvement in my health.

I've had some really great days recently. I woke up on a gorgeous, sunny day last month with a smile on my face and thought this is a view into what it's going to be like down the road for me, this is how I'm supposed to feel: rested, happy, like my systems are working, and with little pain. It's taken me a long time to get to the lowest places of my illnesses (I have rheumatoid arthritis, too) and I'm so happy that I can see the good stuff just over the next few hills. **My family members are happier, too, because I'm healthier and happier and nicer. Wow.**

I wake up or fall asleep thinking about the things I'm grateful for, including fibromyalgia. I'm learning to love fibro because if it had not happened, if I didn't get the chance to recover, I wouldn't know how sweet the recovery, and life, could be. This morning when I was thinking of all the things I'm grateful for, your name came to mind. I'm so grateful for you and grateful that you were sick, so that you could help me. I hope that makes sense. Stephen Colbert lost his dad and brothers to a plane crash and says that the thing that crushed him, his mother, and his family is also the thing he has learned to love. Because of the crash and the emotional recovery from it, he learned to fully live and appreciate all of his blessings. That's me: I know that the journey is a blessing and when I'm really recovered, I will never forget what it was like to be in so much pain and to be so tired that I imagined being completely ready for my life to be over when my time comes (which is NO way I wanted to think and live given that I'm a Type A in a wonderful marriage with two active kids).

Thank you, Leah. Thank you for writing your book. I've pointed others to your website and plan to take my message of recovery to my fibro support group the next time we meet.

***Name Withheld for Privacy, Maryland, USA***

**Healthier and Happier**

I heard you speak in Northern Virginia in August, read your book, and then you and I talked on the phone. Fast forward about six weeks, and I am sooooo much healthier and happier! I have been using your products and eating as you suggest, and I've experienced nothing short of a miracle!

**Nancy**

**Dear Leah,** Just had to thank you for giving me my health back. I am on my fourth country, on the trip of a lifetime. I would never have been able to do this w/o your help. I am walking endlessly every day and have no trouble finding good food in Europe. This trip would have been impossible in my previous condition. Thank you for making my dream come true! I am looking at the Tour Eiffel from our balcony (with a little champagne).



**Lisa C. September 20, 2017**

I'm SOOOOO EXCITED I could turn flips (but I won't cause I don't want to end up in the Emergency Room)!!! I'm finally down to size 8 & 10 clothes in my closet. I couldn't believe it when I was trying on clothes in my closet Sat to determine which clothes I could donate to Louisiana Flood Victims. I thought surely, I would be donating those sizes. But instead, I got a GREAT BIG SURPRISE...THEY ALL FIT!!! So instead I'm giving away my larger clothes. This has been a long tough road to get here. I am SOOOOO GRATEFUL for the love, support & help from my Sweetheart, Bill and my Health Coach, [Leah E McCullough](#). 😊🥰👍❤️❤️Shelia

**Sheila S. Houston, TX, September 2016**

Dear Leah,

I started my Total Cleanse on February 12, a day I will never forget! My daughter told me yesterday how wonderful I look and that I just glow. My husband just looks at me and smiles. I feel so grateful to you for giving me my life back and can you feel me thanking you daily? My kids and grandkids love the homemade breads, including sourdough, milk kefir smoothies, sauerkraut and soups, and other goodies. Without my new energy and health, I would not be able to feed my family this way.

I have found Kelly, the Kitchen Cop, to be a great friend and resource and love her recipes for chili lime crispy nuts, soaked bread and cheddar goldfish to be family favorites

The one thing I don't understand is why people are still suffering from FM when there is help available. I can't go on FM chat groups as it is just too depressing. When I offered our way of eating in an effort to help, one woman slammed me saying it must be nice to have a rich husband to support me.

Apparently, my culling seeds and growing my own organic veggies and bartering for other items makes my out of work after 20 years hubby rich!

I just want you to hear my thanks, Leah, and to let others know that your methods do work! You rock!  
Lisa Campbell

I was able to plant the most amazing garden, including artichokes, for the first time in nine years!

**Lisa C., Winnipeg, Canada, May 2016**

[Audio/Video Testimonials from Clients](#)

[Leah McCullough interviews success story Lisa C. for the 2017 Healing Fibromyalgia – Chronic Fatigue – ME World TeleSummit](#)



## Article Written About Leah McCullough Testimonial

From the blog of [Kelly the Kitchen Kop](#) [“They Say There is No Way to Heal Fibromyalgia? They are WRONG. \(Testimony from a Mom who did it!\)”](#)

## Book Excerpts

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Excerpt from *Freedom from Fibromyalgia: 7 Steps to Complete Recovery*

### ***I felt like a tortured failure.***

I couldn't be any kind of wife to my husband and he was working two jobs to support us. I couldn't have children either. At my lowest point I was on the bed crying my eyes out. The bed was shaking so bad it started to give me motion sickness. I had to move to the floor and that is where my husband found me. Laying on the floor, crying my eyes out and just wanting this to end! This disease affects families too. My husband was in pain because the love of his life was suffering and there was nothing he could do to help.

Due to the fact that we lost half our income overnight and because of all the bills and expenses, for a time we went into debt. I spent thousands of dollars trying all kinds of conventional and alternative treatments. While sometimes they helped a little, like massage and chiropractic, for the most part, none of them worked.

By the time my 40th birthday came around I had been so miserable for so long I did not want to live anymore. I asked for God to take me or heal me. I didn't really want to die, I just wanted to be out of pain and able to do things. Since I couldn't "do" anything but lay in bed, I decided to spend my time praying and meditating. I was inspired by my German "coma." She was 90 years old, could barely see or hear but she felt like she made important contributions to the family and the universe through her prayers.

One day I was in such a great amount of pain and so desperate for relief that I decided to pray to Jesus. What did I have to lose? I was never particularly religious or even spiritual, but at that moment I was in so much pain, that I was willing to try anything. Anyway, I don't know where the idea came from, but I asked Jesus to pour cool water on my upper back, where I felt the most burning pain. In my mind's eye I saw Him, and he had a very interesting urn with a lid. I have probably seen an urn like that before, but honestly, I don't remember ever having seen one like that before. (Years later, I saw some Middle Eastern women gathered in the park in the evening and they had urns just like that!) He poured water from the urn onto my upper back, and I actually felt a cooling sensation in that area. I was astounded! To this day, I still cannot fully explain what happened, but I know for sure that Jesus is my friend and He lives!

Even though I had virtually no hope that my life could improve, I decided to start visualizing myself being healthy and well. Every disease has had people cured of it, so why not fibromyalgia and why not me? I started thinking and saying if there is a cure I will find it. I feel that the prayers, the visualizations/affirmations, and God's grace led me to the people who could help me. I didn't want to let me feelings of failure take over. Maybe this is happening right now to you too!

*Excerpt from [Eat to Energize: Strategies and Recipes for Using the #1 Super Food for Energy](#)*

### **But I Don't Like Liver!**

Even after learning about how nutritious liver is, I was still not convinced to try it. I just could not get over the strong taste of it, and I know a lot of folks feel the same way. However, after I read the following study, I was convinced to try to find a way to get it into my diet.

### **The Unidentified Anti-Fatigue Factor**

I read this article in *Wise Traditions*, the quarterly journal of The Weston A. Price Foundation ([www.WestonAPrice.org](http://www.WestonAPrice.org)). In it, it quotes a 1975 *Prevention Magazine* story about a study by Benjamin K. Ershoff, PhD, in a July 1951 article published in the *Proceedings for the Society for Experimental Biology and Medicine*.

Ershoff divided laboratory rats into three groups. The first ate a basic diet, fortified with 11 vitamins. The second ate the same diet, along with an additional supply of vitamin B complex. The third ate the original diet, but instead of vitamin B complex received 10 percent of rations as powdered liver.

“After several weeks, the animals were placed one by one into a drum of cold water from which they could not climb out. They literally were forced to sink or swim. Rats in the first group swam for an average 13.3 minutes before giving up. The second group,

which had the added fortifications of B vitamins, swam for an average of 13.4 minutes. Of the last group of rats, the ones receiving liver, three swam for 63, 83 and 87 minutes. The other nine rats in this group were still swimming vigorously at the end of two hours when the test was terminated. ***Something in the liver had prevented them from becoming exhausted.*** [Emphasis mine.] To this day scientists have not been able to pin a label on this anti-fatigue factor.”

### **The way I read it, the rats swam so long the scientists got tired!**

After reading this long-forgotten study, I was convinced to try and find a way to add liver into my diet without suffering the taste. Before I became pregnant I had recovered from fibromyalgia and chronic fatigue. I had what I would consider to be normal energy. When I became pregnant, my worst symptom was fatigue, not as bad as when I was sick, but still bothersome.

After the baby was born, the fatigue let up, but when the baby napped, a lot of times I did too. When he turned about 3 years old and didn't want to nap anymore, I was really sad. He didn't need a nap anymore, but I did! While the crushing fatigue was gone, I had about normal energy, but I felt like I could use some help. I read that story about the rats and I was convinced to find a way to get liver into my diet.

**Are you convinced to learn more about giving it a try?**



Leah with her newborn baby – notice he's awake, and mama is exhausted!



## Interview Questions

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1. Does Fibromyalgia usually strike at a certain age?
2. What type of diet do you recommend for sufferers?
3. How long does it take for your relief suggestions to take effect?
4. Should Fibromyalgia patients use your wellness strategies while on doctor's meds?
5. What are the most common Fibromyalgia symptoms?
6. Do children and teens get Fibromyalgia symptoms? Do you recommend anything special for them?
7. Do symptoms tend to arise at certain times of year?
8. How does Fibromyalgia pain relate to one's emotional issues?
9. Do you recommend certain exercises for pain relief?

## Story Ideas for Reporters/Public Service Announcements

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**May 12th and the entire month of May is Fibromyalgia Awareness Day/Month**

The Hidden Reason for Your Joint Pain, Migraines and Fatigue

The Hidden Reason for Your Joint Pain, Migraines, Fatigue and Sagging Sex Life

She Healed Herself from Today's Most Mysterious Health Crisis

The Chronic Health Issue You Might Have in Common with Lady Gaga, Morgan Freeman and Millions of Others

This Chronic Health Issue is Ruining Sex for Millions

Is this Hidden Health Crisis Ruining your Sex Life?

It's Hindering Lady Gaga's Career and Personal Life

January – New Year's Resolutions and how to resolve to be pain-free in the new year

Spring/Summer - Making a fresh start as the weather becomes warmer

May 12 -- National Fibromyalgia Awareness Day

School year - Helping students and teachers stay well for optimum education/learning

Holiday Season/vacation season/wedding season -- staying pain-free and fatigue-free for special times of year and life

Winter - boost energy and live pain-free during times of seasonal affective disorder

## Downloadable Author and Book Photos

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[Link to Head Shot Photo for Leah McCullough](#)

[Link to Freedom from Fibromyalgia cover](#)

[Link to Eat to Energize cover](#)

## Fun Facts

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- Leah can say, “Please,” “Thank You” and “Bathroom” in at least 5 languages. Although not fluent, she sometimes dreams in German.
- While serving in the US Army, Leah was the first woman to qualify on the Mark 19 Automatic, Belt-Fed Grenade Launcher. She also qualified as a Sharp Shooter on the M16 Automatic Rifle. The lady has wicked aim!
- One of Leah’s favorite meals is Squid and Eggs.
- Hobbies include international travel, body boarding, horseback riding, and martial arts.

## Host Testimonials

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### **Radio Host Testimonial from Tara Robinson, Host of Waves of a New Age, 88.3 WAIF FM, Cincinnati, Ohio, August 20, 2014**

So, truth is, sometimes it's the people who aren't as well known who give the best interviews. In truth, I've been very excited to interview some New York Times bestselling authors, only to be disappointed by the one-dimensionality of the conversation...or their arrogance. It's an unexpected delight when a new, self-published author can walk into the studio, hold her composure on-air like a pro, and offer information that has me taking notes like mad. Great job Leah!

## Links to Interviews

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### Video Interviews

[Interviewed by Dan Neuffer, author of CFS Unravelled, for his CFS/FMS/ME Recovery Show, aired on February 4, 2018 \(taped in 2015\).](#)

### Radio Interviews

[Alive at Five, Interviewed by David Leonard, KYNT 1450 AM, Yankton, SD March 16, 2018](#)

[Waves of a New Age, Interviewed by Tara Robinson, 88.3 WAIF FM, Cincinnati, OH, August 20, 2014](#)

### Podcasts/TeleSummits

[The Frenching Your Food TeleSummit, interviewed by Adrienne Hew, The Nutrition Heretic, April 18, 2018](#)

[The Fibromyalgia Freedom Summit, interviewed by Whitney Gordon-Mead, July 11, 2016](#)

[The Weston Price Foundation Wise Traditions Podcast, interviewed by Hilda Labrada Gore, March 2, 2017](#)

## [Links to Articles](#)

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[Natural Recovery from PTSD](#) Article in *Natural Awakenings*, Cincinnati, OH, November 2014

[From Fibromyalgia Despair to 110% Recovered](#) Article in [Whole Living Journal](#), Cincinnati, OH, January-February 2015

[Natural Recovery from PTSD](#) Blog for [Military Musters](#)

[Fibromyalgia Symptoms, Causes and Total Healing](#) on [Kelly The Kitchen Cop's Blog](#)

## Leah's Speaker 1 Sheet

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[Link to Leah's Speaker Sheet](#)

### **Leah E. McCullough** **International Wellness Speaker and Author**

#### **Synopsis:**

International Wellness Speaker Leah E. McCullough is author of the critically acclaimed books ***Freedom from Fibromyalgia: 7 Steps to Complete Recovery*** and ***Eat to Energize: Strategies and Recipes for Using the #1 Super Food for Energy***. Leah shares with audiences her personal achievement and health information in an inspirational, engaging and informative way. Because of the personal breakthroughs she experienced, she has a unique perspective she shares to help people succeed when things seem impossible.

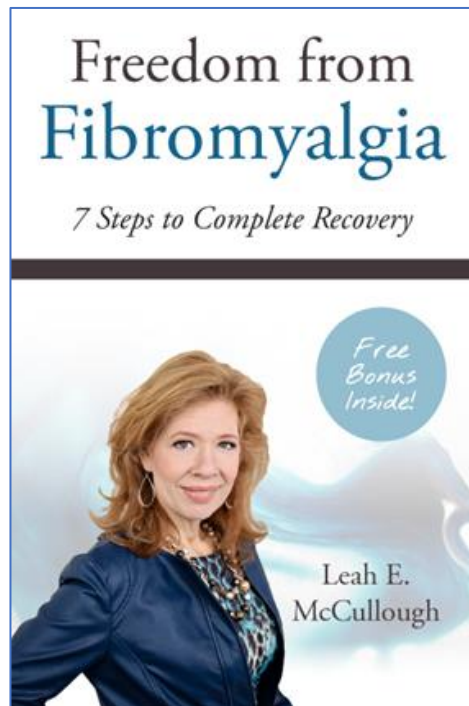
The presentation can be tailored to your group from 30 to 90 minutes, with 60 minutes being the average. Generally, she likes to use Power Point to add visual interest to the presentation, but if it is not available, handouts can be used. Also, she will bring one associate with her to help.



## Topics:

What is the transformation you want for your group?  
Presentations can be tailored for your event!

- Freedom from Fibromyalgia
- 3D Holistic Healing: Increase Energy, Sleep Better, and Reduce or Even Eliminate Pain
- Fibromyalgia: Removing the Cause (for health care practitioners CEUs)
- The #1 Food for Energy and 3 Easy Ways to Get It into Your Diet
- OR A Customized Program to *TRANSFORM* Your Group



## About Leah E. McCullough:

Natural Healing Expert Leah E. McCullough is always looking for holistic solutions to the challenges in her life. After spending 6 years almost completely bedridden she was able to completely recover from the supposedly incurable disease fibromyalgia and a number of other illnesses, and then went on to even have a baby. She is on a mission to help others achieve joyful lives and optimal health. She is an international coach, wellness speaker, and author of the critically acclaimed books ***Freedom from Fibromyalgia: 7 Steps to Complete Recovery*** and ***Eat to Energize: Strategies and Recipes for Using the #1 Super Food for Energy***. She may be reached at 859-380-9737 or Leah@TheFibroLady.com. Sign up for her free newsletter at her website [www.TheFibroLady.com](http://www.TheFibroLady.com).

