

# 'Til Health Do Us Part

## Julie Rooney

### DESCRIPTION

JULIE ROONEY was forty-eight years old in the summer of 2010, and to anyone looking in from the outside, she appeared to be living the dream. She and her husband owned houses in Silicon Valley and Hawaii, flew first class and stayed in five-star hotels. Their four children were all in college.

But Julie was on her last legs. She suffered from Addison's disease, Crohn's colitis, diabetes and hypothyroidism, and after years of synthetic steroids she weighed almost 200 pounds. She had blood drawn more often than most women had their nails done. The bones in her feet were as brittle as glass, and the team of doctors who had cared for her for years had run out of ideas. "If your illnesses don't kill you," her endocrinologist told her, as gently as she could, "the drugs will."

And then, when Julie had nearly given up hope, a scrap of paper with a hastily scrawled name and a phone number changed her life. Eighteen harrowing months later, against all odds, she had weaned herself off all her medications and her labs had come back normal for the first time in more than ten years.

The lessons she learned during her extraordinary journey of healing will resonate with all those who have struggled to regain their health, and more importantly, to understand their own role in the process.

### KEY SELLING POINTS

- Powerful memoir, alternately sad and funny, of one woman's struggle to reclaim her health
- Redefines the roles women can be thrust into as wives, mothers and daughters
- Explores the blending of Western medicine and Eastern healing
- Mass appeal to a female audience wanting to take their health into their own hands

### MARKETING

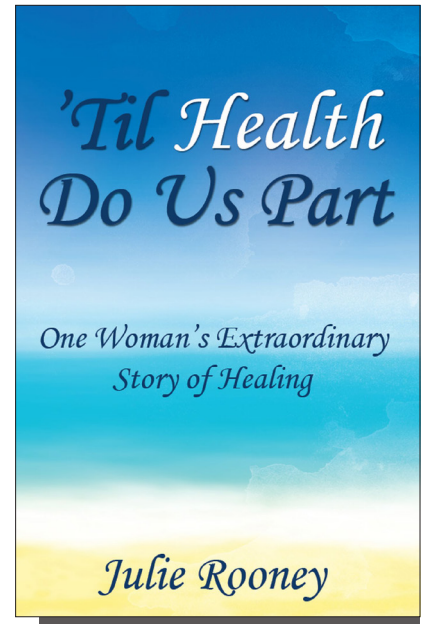
- The author will promote the book utilizing her website and social media platforms including Facebook, Twitter, LinkedIn, Goodreads, Pinterest, Amazon Author Page, and YouTube.
- The author plans on speaking with local radio, local TV, podcasts and print publications.
- The author will reach out to bloggers and podcasters in the women's wellness and naturopath/alternative medicine arenas as a living example of lifestyle change healing.
- The author will participate in a book tour through contacts in northern California, Seattle, Hawaii and New England.

### AUTHOR BIO



Julie Rooney grew up on a farm in Maryland, and after graduating from high school earned her nursing degree and went to work as a registered nurse. In the spring of 2000, she was diagnosed with her first autoimmune disease. Other diagnoses soon followed. By the time the youngest of her four children had graduated from high school, ten years after her initial diagnosis, her doctors told Julie that they had run out of options. But instead of resigning herself to an early death, she decided to try an alternative approach to healing, with the help of a most unlikely guide.

Today, she leads a healthy, medication-free life in San Francisco, lives near three of her four adult children and is the proud grandmother of two lively grandsons. This is her first book.



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NON-FICTION: Memoir: Health & Fitness:  
Healing, Naturopathy, Alternative Therapies

### AUDIENCE

- Women readers
- Fans of compelling memoir
- Readers of health, wellness, self-help
- Those interested in alternative medicine
- Readers interested in healthy diet and lifestyle

### ONLINE

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