



Location: **California & Canada**

Age: **34**

Auum Product: **Auum Essential D3A**

Profession: **Speaker, Wellness Coach, Author**

Favorite
Pass Time: **Dance, walk on the beach, Qigong in nature**

Proudest Achievement:
Olympic bronze medal Sydney 2000 synchronized swimming. Publishing first book! Swimming Out of Water (a tie).

What are you up to today?

With book *Swimming Out of Water* just coming out, I will expand my work and be on a mission to free 1000 Women in the next year from Emotional Eating.

I enjoy being an inspirational speaker and a wellness coach for women who wish to gain greater freedom with body and food. I use my personal experience, my studies in psychology of eating and EFT (emotional freedom techniques) to create life-changing results for my clients.

Your Auum Experience...Tell us about it!

AUUM makes a difference for me by giving my brain a boost and what I feel is a necessary EPA protective shield. I've interviewed enough wellness experts to know that they all agree in the importance of taking an Omega 3-6 oil.

AUUM is my number source on these essential oils!

In what way will you pass on the benefits of Auum?

I'm excited to be building up my blog and most recommended product page so I can feature the best of the best. Auum is my #1 recommended EPA supplement, not only for the women I coach with emotional eating challenges, but for entire families and athletes!!!

Contact Info

Website: www.catherinegarceau.com