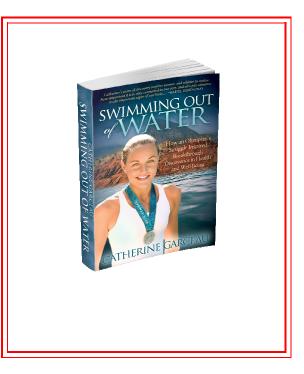
# \*AUUMStar CATHERINE GARCEAU



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