



Location: **Toronto, Canada**

Age: **42**

Auum Product: **Auum Sublingual D and Essential D3A**

Profession: **Court Services Co-Ordinator**

Favorite Pass Time: **Walking along a beach looking for shells**

Proudest Achievement: **Reaching National Level in Figure Competing.**

**What are you up to today?**

I've taken a break from figure competing but am still quite active enjoying power walks, cross training and suspension training. I've recently started obstacle course training and completed my first Warrior Dash and soon to run Toronto's first Tough Mudder!

**Your Auum Experience...Tell us about it!**

I was introduced to the Auum product while figure competing. I was already taking an omega product however found with the physical & mental stresses of excessive workouts and strict dieting I had low energy, restless sleep & poor concentration. After taking the Auum Sub D I had increased energy, mental focus, quicker recovery time & it allowed for a rejuvenating sleep!

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

I always tell friends, family and co-workers about the Auum products especially those that are already supplementing with an omega. Even during casual conversations with people that are complaining of an ailment they are experiencing or even their pets are experiencing I tell them to try Auum. I feel that the benefits of Auum far surpass other products and people should know that.

