

Everest Business Coaching

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August 12, 2017

RE; Jamie Arion, Advocare

To whom it may concern,

I happen to be an avid golfer who enjoys walking (vs. riding in a cart) every round including days like today when it's nearly 95° with very high humidity. On days like this, slogging through the heat for 4-1/2 hours can be a real physical test.

Last year, Jamie Arion recommended her product, *Rehydrate*, for my college soccer playing daughter who was experiencing leg cramps. Magically, after a single serving of *Rehydrate*, the leg cramps were gone – forever! My daughter continues to play cramp-free because she continues to use *Rehydrate*.

I was telling my daughter about how tough it was playing golf in this heat and that there were times when I became lightheaded. She recommended *Rehydrate* and Jamie confirmed this would be a good idea. So today, during my round, I had 2 servings of *Rehydrate* while playing the back nine. The results were amazing. I had superior focus and mental acuity than I had in the past in similar hot conditions. I know under normal conditions, the heat can cause mental fatigue. But with the *Rehydrate* in me, I was alert and know that on at least 2 occasions I made putts on the back nine that I would normally have missed due to the heat-induced mental fatigue. And my recovery after the round was noticeably faster than what it has been in the past.

Jamie has great products but even more importantly, she has a lifetime of knowledge she uses to advise her clients on how to improve their health and wellbeing. My daughter and I have benefitted tremendously from Jamie and her products

I can whole heartedly recommend Jamie Arion for anyone who wants to perform at their best.



Jeff Bartholomew

Certified Business Coach