



In Gratitude: March 2023

“We forget who we are sometimes- but oh the power when we remember.” Topher Kearby

Are you ready to learn? I am a sponge. I love connecting the dots, implementing and celebrating. I have been on a path to fully understand my genetic blueprint for some time. I have been using several tools and all of them require my exact birthdate, time and location. I find it fascinating. As I move into this next season/chapter, understanding clearly my blueprint will help me to be in flow with what I am meant to be and do on my path.



March is a huge month of shifts astrologically. How has your energy been? A bit of a roller coaster if you have been paying attention. And now we move into the Spring Equinox- March 20th which is the beginning of a new year. *“This equinox is even more powerful because we have an Aries New Moon happening so close together. This is an even more powerful and unusual occurrence because it hasn’t happened since 2000 and won’t happen again until 2030. Shortly after the Equinox reaches its peak, we experience the Aries New Moon on March 21st which unlocks some incredible opportunities for new beginnings, fresh starts, and intention setting.”* I don’t know about you but the energy of new beginnings has definitely been stirring within me and I feel more ready as the work has been a beautiful unfolding for me personally.

Let me know if you are ready to better understand YOU- your numerology, your astral chart and your genetic blueprint. I have access to tools and beautifully talented practitioners that can help you to live you as your authentic self!

At Calming Waters your wellness matters. We believe you and your pets matter.

Sacred Collaborations:

Our first Women's retreat was a HUGE success! We were thrilled with the turnout and the fact that every single person leveled up by the end of the day. Check out this testimonial:



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Testimonial

The retreat was a fantastic segue for my next steps. I'm moving new and different after learning more about my energetic blueprint. God is guiding me exquisitely..unique to my design. Grateful for you and sharing your wisdom!



Kim S. from Minnesota



Serenity Retreats: We are currently working to bring you a series of Retreats over the next 9 months. Our goal is to offer one and 3-day retreats. Our themes have been defined and we are in the process of solidifying the dates.

SAVE THE DATE: April 22nd for our Serenity Reboot & Restore Women's Retreat. This will be at Flowing Waters Sanctuary in Elk River, MN. More information to come!!!

Human Garage: Did you attend our February event? Those that did were amazed at the difference they felt and the overall release and movement they found by doing the Human Garage fascial Maneuvers. Jennifer with Serenity Now Wellness will be hosting another Fascial Maneuver Class on March 30th from 6-7 pm @[healingwatershealthcenter](https://www.healingwatershealthcenter.com) in Stillwater, MN!

Movements created by @humangarage! Learn to self-heal by exploring the fascia of the body. Get your ticket by going to: <https://www.serenity-now-wellness.com/classes>.

Featured Product Line: PETMATRX

We had a successful Market launch of PetMatrx in February. In April, we will be participating in a huge event in California called: The Pet Expo: <https://pethealthexpo.com/> on 4/14 – 4/16. We also have an education speaking spot on Sat. 4/15! Have you had a chance to check us out at www.petmatrx.com? So many great things happening.

Pet Matrx is committed to expanding the life and longevity of our pets through highly bioavailable & deliverable nutrition, for greater and prolonged companionship. Our proprietary Cell Matrix Delivery® method bypasses the dog's digestive system, allowing healthy ingredients to be delivered directly to the cells that need support. By applying advanced science with human-grade, all-natural recipes, Pet Matrx supplements target dog's specific needs with nature intended benefits.



This month I thought I would give a brief overview of the products. More detailed ingredient specifications can be found on our website www.petmatx.com. Use *Luckydog15* as your code when you checkout for special launch pricing.

MOVE

ANTI INFLAMMATION MOBILITY SUPPORT
ADDRESSING DISCOMFORT WITHIN



What's it for?

FORMULATED BY A BIOCHEMIST TO SUPPORT DOGS THAT ARE EXPERIENCING DISCOMFORT, ACHES, OR INFLAMMATORY CHALLENGES. IT CAN ALSO BE GIVEN AS A PREVENTIVE MEASURE BEFORE PAIN IS VISIBLY NOTICEABLE.

THIS OIL-FREE, CBD-FREE SUPPLEMENT DELIVERS NATURAL ACTIVE INGREDIENTS THROUGH OUR REVOLUTIONARY CELL MATRIX DELIVERY® METHOD TO PROMOTE RELIEF FROM DISCOMFORT SO DOGS CAN MOVE WITH GREATER EASE, REGARDLESS OF THEIR AGE OR HEALTH STATUS.

Full list of Ingredients

CURCUMIN, GLUTATHIONE GSH, QUERCETIN, EGCG, AGMANTINE SULFATE, BOVINE COLLAGEN

Recommended use

DISPERSE ON TOP OF OR MIXED INTO FOOD ONE TIME PER DAY BASED ON THE SIZE OF YOUR DOG. CAN ALSO BE ADDED TO WATER BOWL.

PROTECT

IMMUNE & GUT SUPPORT
CREATE OPTIMAL IMMUNE & DIGESTIVE FUNCTION



What's it for?

PROTECT DOG FOOD TOPPER WAS FORMULATED TO HELP SUPPORT DOG IMMUNE & GUT HEALTH, COMPREHENSIVELY KEY COMPOUNDS & NUTRIENTS WITHIN THIS FORMULA ARE DESIGNED TO SUPPORT FOUNDATIONAL WELLNESS, ALONG WITH SUPPORTING DOGS THAT MAY BE STRUGGLING WITH GREATER DIGESTIVE HEALTH CHALLENGES WITH THEIR STOOLS, INFLAMMATORY GUT ISSUES, YEAST OVERGROWTH, BLOATING, BAD BREATH, & MORE.

THIS OIL-FREE, CBD-FREE SUPPLEMENT DELIVERS NATURAL ACTIVE INGREDIENTS THROUGH OUR REVOLUTIONARY CELL MATRIX DELIVERY® METHOD TO HELP DOGS' BODIES MOVE INTO A STATE OF REST SO OPTIMAL IMMUNE AND DIGESTIVE FUNCTION CAN BE ACHIEVED.

Full list of Ingredients

CURCUMIN, BPC-157, KPV, GLUTAMINE, NAG, MARSHMALLOW ROOT, NAC, BOVINE COLLAGEN

Recommended use

DISPERSE ON TOP OF OR MIXED INTO FOOD ONE TIME PER DAY BASED ON THE SIZE OF YOUR DOG. CAN ALSO BE ADDED TO WATER BOWL.

SMALL / MEDIUM: 1 LEVEL SCOOP = 5CC
LARGE / XL: 1 LEVEL SCOOP = 7.5CC
*SCOOP INCLUDED

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THINK

NERVOUS SYSTEM & COGNITIVE SUPPORT
CREATE CALMNESS & MENTAL CLARITY



What's it for?

THINK DOG FOOD TOPPER WAS FORMULATED TO SUPPORT DOGS THAT MAY BE EXPERIENCING STRESS IN THEIR NERVOUS SYSTEM, OR MAY HAVE CHALLENGES IN THEIR BEHAVIOR & ENVIRONMENTS.

THIS OIL-FREE, CBD-FREE SUPPLEMENT DELIVERS NATURAL ACTIVE INGREDIENTS THROUGH OUR REVOLUTIONARY CELLULAR MATRIX DELIVERY® METHOD TO SUPPORT THE NERVOUS SYSTEM, PROMOTE NATURAL CALMNESS BY TARGETING THE NERVOUS SYSTEM, AND ACHIEVE A HEALTHY INTERNAL BALANCE.

Full list of Ingredients

L-THEANINE, MAGNESIUM, THIAMINE, MAGNOLIA BARK, GABA, CHAMOMILE, BOVINE COLLAGEN

Recommended use

DISPERSE ON TOP OF OR MIXED INTO FOOD ONE TIME PER DAY BASED ON THE SIZE OF YOUR DOG. CAN ALSO BE ADDED TO WATER BOWL.

So many great ingredients for our furballs. They are worthy of the best we can give them. These products are only available online. I will not have physical inventory at Calming Waters. If you have questions, please do not hesitate to reach out!!!

Current Promotions:

Goli:

Are you feeling Lucky? From March 17 through March 20th, you can save BIG by using my code! Check out <https://go.goli.com/calmingwaters> and use my code "calmingwaters" and you will receive a **30% discount** on ALL products and **45% OFF** first-time subscriptions! We especially love the Super Greens Gummies. What makes the Super Greens so good for us? Its Artichoke Leaf Extract, plus essential vitamins and nutrients, help support:

♥ Digestive Health ♥ Healthy Immune System ♥ Healthy Nervous System ♥ Healthy Liver Function

nikken:

Between January 1, - March 31, 2023, if you purchase a PiMag Waterfall, Kenko Air Purifier or any Sleep Pack you will also receive a full size complimentary Kenzen Nutritional. Please reach out to me regarding Nikken, I can send you a preferred link that will save you an additional 10% on select products to create a wellness home. The link has a time limit, so I will generate it special for you.

Customer Appreciation Sale:

During the **rest of March**, I will be marking down all Calming Waters inventory on hand. Bioreigns products will be 10% off which is my cost. Young Living Essential oils will range from 10-15% off- which is what I can do legally. How do you get this great deal (no wait, no shipping cost etc...) by emailing me at tracyl@calmingwaterswc.com with your requested order. I will verify inventory and send back an invoice.

I appreciate you and look forward to continuing to serve.

Tracy Langheinrich; Grateful Healer, RTS, ERS; Founder -Calming Waters Wellness Center

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