



CALMING WATERS  
WELLNESS CENTER

PET MATRIX<sup>TM</sup>  
PREMIUM WELLNESS SUPPLEMENTS

## In Gratitude: October 2022

### *"I am becoming who my soul knows me to be." Girl and Her Moon*

These past 3 weeks have been filled with such gratitude for me personally. I needed to step away and take care of myself and fill my love tank with connections. In late August, my best friend passed away from complications of ALS. About 5 months from the first diagnosis. We were so close, I affectionately called him my second husband. This loss has been felt deeply. I took a road trip to help settle his affairs. That was a 2000 mile trek that allowed me time to grieve. I call this windshield therapy. Highly recommended.

I was home a week and embarked on my scheduled renewal break with Sacred Waters: Remember Who You Are retreat in Taos, New Mexico. Renewal breaks are so important. I was able to visit Ojo Caliente Mineral Springs. Not only did I allow my body to soak in several different mineral pools, I spent extra time simply floating. Floating provides a powerful reset on your nervous system. Also, highly recommended and the inspiration behind starting Calming Waters.



Yep that is me! I was giddy and light after this soak. I was able to release that which needed releasing. During my float I saw my Calming Waters vision and felt re-energized to continue to bring wholistic modalities of healing practices to all.

The 2023 planning process has been kicked off! I would love to know from you- what else I can be doing or offering that is meaningful. Please send your thoughts my way! It matters. **At Calming Waters, we believe you matter.**

**Save the Dates!** I personally love the sip & shop events and craft fairs to purchase gifts. I hope to see you and I would appreciate any sharing you can do to support Calming Waters.



## It's Time To Shop!

**Nov. 2nd 5pm – 9pm Schram Winery; Waconia, MN**

**Nov. 12<sup>th</sup> 2pm – 6pm Enki Brewing; Victoria, MN**

**Nov. 17<sup>th</sup> 5pm – 8pm American Legion; Chanhassen, MN**

Calming Waters will be featuring  
Premium products & Micronutrients from BioReigns;  
Pet Matrix and Young Living.  
We will also have our famous Joyful Dryer Balls;  
Calming Soaks and Blessing Sprays!

**Current Promotions:** It is not too early to shop for the holidays or to stock up on your favorite items!

**bioReigns:** We have seen some extreme specials from bio lately. Currently, ALL proteins have been reduced to **\$30 each**. That is a saving of \$29.99! Whether you want to support your metabolism, build muscle, or manage your weight, you know that protein is the answer. But not all protein is the same – that's why bioReigns created GH Almond Protein & GH Protein, a flavored, vegan or whey isolate protein powder with our exclusive nutrient-delivery technology, rapidCT.

**acvBiotics is also reduced from \$69.99 to \$49.99.** ACV Biotics supports total gut health. New research indicates that a healthy gut leads to improved overall health. biō ACV Biotics wraps three strains of gut-health probiotics, apple cider vinegar, and alpha lipoic acid (ALA) with RapidCT benefits into a great tasting, portable, and shelf-stable gummy. The result: an easy way to support gut health and weight management, improve the balance of gut microflora, and strengthen the immune system.

Just announced today! Buy Balance and you will get Hydrate FREE! Hydrate is my favorite product and I use it daily. We use Balance as a coffee creamer- it is a great way to prepare our body for the day. Balance helps you achieve better weight loss and better digestion. Traditional methods of entering into ketosis can take days of eating a restrictive "keto diet" which significantly restricts carbohydrates. bioReigns Balance supports the body to produce its own ketones within hours. This encourages your metabolism to enter a state of ketosis to support the body in limiting glucose from being stored as fat, while also burning stored fat in the body.

Get yours here: <https://www.bioreigns.com/shop/calmingwaters> remember to use CODE: Balance for this deal at checkout.

**Buy Balance  
Get Hydrate Free!**

Use Code  
**balance**

bioReigns  
October 20-27 when you purchase Balance,  
you'll receive Hydrate FREE!

**my pet matrix:** Highly bioavailable nutrition for canines. Pet Matrix founders have been very busy getting ready to launch- New branding, new packaging, new product offerings... I cannot wait to share this all with you. In the meantime, it is your lucky day as I will need to move all pre-launch packaged products. **Order direct from me for 20% to 35% off.**  
[www.mypetmatrix.com](http://www.mypetmatrix.com) Use Code: Luckydog10

**goli:** Focused nutrition in the form of a Gummy! PLEASE do not buy this at your big box stores! My affiliate pricing should be less than you can get it anywhere else! Plus you will be supporting your local small business- Me!  
<https://go.goli.com/calmingwaters> Use Promocode: calmingwaters

### **young living essential oils: Oct 17<sup>th</sup> – Oct 24<sup>th</sup>**

YLEO is having a SPARK sale and creating space in the warehouse for new items. If you follow me on facebook, you saw the diffusers that were on sale. As of today, only the Dessert Mist diffuser is still in stock. Still a great diffuser- I have this one in my bedroom. If you are looking for diffuser recipes, just ask. Lots of bundles and fan favorite holiday essential oils on sale as well. ONLY while supplies last! If you have questions, please reach out to me.

YOUNG LIVING  
**DISCOUNTED OILS**  
HOLIDAY  
*sale*



#3361	DREAM CATCHER 5ML	\$32.63
#3093	IDAHO BLUE SPRUCE 5ML	\$29.92
#3614	PEPPERMINT 15ML	\$22.27
#35240	WINTER NIGHTS 5ML	\$18.03
#3552	SACRED FRANKINCENSE 15ML	\$93.60
#3570	PATCHOULI 5ML	\$17.78
#32741	VANILLA 5ML	\$31.05
#5313	NORTHERN LIGHTS BLACK SPRUCE 5ML	\$24.75



ESSENCE OF THE SEASON COLLECTION  
#318 // \$78.00



SEED TO SEAL COLLECTION  
#24279 // \$42.00

YOUNG LIVING  
**GIFTS FOR THE HOME**  
HOLIDAY  
*sale*



NEPALESE WOOL DRYER BALLS  
#35328 // \$24



HOLIDAY HOME CLEANING KIT  
#39629 // \$40.75



WOODEN TREE COLLECTION  
#39895 // \$36



HOLIDAY HOME COLLECTION  
#40165 // \$139.23

YOUNG LIVING  
**WELLNESS GIFTS**  
HOLIDAY  
*sale*



LAVENDER AROMA RINGS (5 BOXES)  
#43258 // \$81.01

AROMAEASE AROMA RINGS (5 BOXES)  
#43259 // \$81.01



SERENITY NOW COLLECTION  
#33418 // \$61.83



WISH YOU WELL COLLECTION  
#33427 // \$43.14

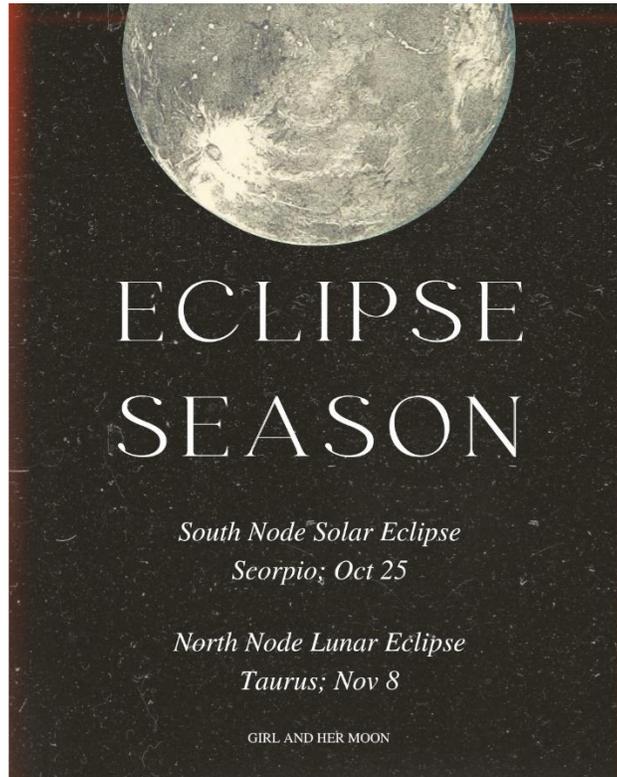


TO THE RESCUE COLLECTION  
#33423 // \$72

Please use this link: <https://www.youngliving.com/us/en/referral/1533512>  
There are many essential oils and bundles on sale as well. Try Christmas Spirit- a fan favorite this time of year.

**govvi:** A fuel catalyst that puts \$\$\$ in your pocket and helps the environment! I must share my personal experience. As I mentioned, I just drove 2000 in 5 days. I then drove 1800 miles in 4 days. My average miles per gallon increased from 21 to 25/26 by using the Govvi fuel catalyst tablet. THAT IS HUGE SAVINGS! Driving across the Midwest, I saw gas prices as high as \$4.26 for 87 octane. I can use 87 because of the technology of the fuel catalyst. This is a no brainer for our family. If you need the scientific data, please check out our website. If you would like more testimonials, let me know I will invite you to the Govvi Experience group. <https://www.govvi.com/go/calmingwaters>

**inspiration:** “In January we began a new 18 month period when the Nodes switched signs. All the eclipses over this year and half period will be in either of these two signs to collectively help us evolve our survival needs.



We will be releasing (*the south node*) dependencies emotionally, financially, and psychologically so that you can focus on creating more self-reliance, self-sufficiency, and deeper self-worth through your own efforts and inherent value. It's a time to reassess the ways we have been giving our power away by sacrificing our own needs or values in order to maintain relationships with those things outside of us that we feel we need to be ok. This can be a person, a job, a philosophy, an identity, an association, the list goes on.”

If you would like to learn more, check out this blog: <https://girlandhermoon.com/your-guide-to-eclipse-season-october-november-2022-horoscopes/>

Awareness is key when you are reading about astrology. I find it fascinating. At Calming Waters, we are here to help you move to the next level of your amazing life. We look forward to our next interaction!

*In full appreciation of you- Happy Eclipse season!*

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

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