



UPCOMING EVENTS

Jan. 22 2pm – 6pm Snowflake Market

Feb. 12 2pm – 6pm Sweethearts Market

Mar. 12 2pm – 6pm SpringForward Market

Calming Waters will be featuring Oxygen Therapy & 2022 I AM Manifesting sessions with Aromatherapy.

Spots are limited- Reserve yours NOW!

All events will be held at Enki Brewing in Victoria, MN.

In Gratitude: January 2022 Events & Specials

It is a new year and a new opportunity for change. Did you pick your 2022 Word?

At Calming Waters, we spent several weeks in preparation before landing on the right set of words that will support this coming year. We find ourselves continuing to pivot with respect to our offerings. Of course, our foundational products and services remain. Our space must be flexible. We will always aspire to bring you the latest micronutrients that give you the highest bioavailability and overall results. Lots of excitement is brewing for our newest offerings. Please continue to follow and check in often.

2022 Word 1: Action: Process of doing; to achieve on aim; to proceed forward.

2022 Word 2: Aligned: To arrange; to adjust to; to achieve clarity; unity of ideas, actions & purpose.

Through this “word” work, we have identified our overall affirmation for 2022 and the “action” plan to ensure we deliver to our clients the best Calming Waters experience. At Calming Waters, we believe YOU matter.



We have added an Events & Specials tab to our website. We will do our best to keep this updated for you. Our affiliate companies create special offers frequently. Please check in at www.calmingwaterswc.com or our Facebook page @calmingwaterswcmn for the latest and greatest.

Looking for therapeutic grade products? We would love to have a conversation about Wellness and help you implement the appropriate products that compliment your lifestyle!

why goli? We are driven by the belief that everyone has the power to make their own happiness. And that power begins with being healthy. Easier said than done, right? At Goli, we work hard to invent smart new supplements and provide customized advice to help keep your nutrition goals right on track. Because we do it with easy-to-take, and easy-to-integrate products that don't interrupt your busy lifestyle, but actually complement it. **Goli. It's the simple way to wellness.**

Grab yours here: <https://go.goli.com/calmingwaters> and make sure to use Promocode: *calmingwaters* for the best deals.

why young living essential oils? They are simply the best. How do we know? Purity starts in our fields, but it's proven in the lab. The highly trained scientists of our D. Gary Young Research Institute perform hundreds of tests at every step to ensure that we deliver the purest, most potent, and highest quality essential oils and oil-infused products.

Use this link to shop: <https://www.youngliving.com/us/en/referral/1533512>

why bio? In today's society, finding and maintaining a healthy balance can be difficult. With hundreds of convenient fast food options, little time for exercise, and seemingly even less time for proper rest and recovery, our lives are easily thrown out of balance. BioReigns is committed to continually providing innovative products designed to address today's most common health and wellness pitfalls. Highlighted by BioReigns' proprietary RapidCell Technology, along with the wide-ranging benefits of ingredients like collagen, curcumin, and quercetin, our family of products quickly turn any routine into a healthy, transformative lifestyle.

Got Goals? So do we! Don't miss out on our January promotions! Check us out here: <https://calmingwaters.bioreigns.com>



BETTER HYDRATION
25% off Hydrate
SHOP

The image shows a white bag of Hydrate powder and a pink shaker bottle with a wooden cap, both featuring the BioReigns logo. They are placed on a wooden surface outdoors.



BETTER NUTRITION
Buy One Get One Free
Almond Proteins
SHOP
with a free shaker bottle too!

The image shows a white bag of Goli Almond Protein powder and a pile of almond meal. The bag has the Goli logo and 'gh almond protein' written on it.



BETTER NUTRITION

25% off all Vital IQ Products

[SHOP](#)



BETTER WEIGHT LOSS

25% off Balance

[SHOP](#)

And we saved the best for last! We heard your immune system could use a boost! NOW through the end of January, **Buy one get one FREE of all BioDefense tinctures!** BioDefense was developed in early 2020 specifically to bring those nutrients that are hard to absorb to the market with our RapidCT technology. Taking supplements in a capsule form requires your digestive system to break the products down. Science has reported that in this method you are receiving 16% to 20% of these nutrients- which is why you are seeing doctors state you need thousands of mgs of certain vitamins.

BioDefense: WHAT DOES IT DO? Helps your immune cells by strengthening their defensive processes. Vitamin D can help decrease vulnerability to infections, and quercetin works hand in hand with EGCG to enhance each other's bioavailability and antioxidant properties. Check the ingredients below- and remember bio products due to their delivery technology are in your system at a cellular level in seconds. 99.9% bioavailable. I don't know about you, but it is nice to know that I am getting what I paid for- my body thanks me everyday. Time to grab your BOGO!



KEY INGREDIENTS	FUNCTION
Epigallocatechin-3-gallate (EGCG)	An antioxidant derived from tea leaves that supports your liver, your blood vessels, your heart, and stimulates the immune system.
1,3β D-glucan	Along with EGCG, can boost the ability of NK immune cells to better destroy pathogens.
Quercetin	A naturally occurring polyphenol that can increase the bioavailability of EGCG and help boost its antioxidant properties. On its own, quercetin can help with inflammation.
Curcumin	An extract of turmeric that can help the body manage pain, stress, and inflammation.
RapidCT	The exclusive BioReigns delivery technology. By using the body's natural ability to absorb water, rapidCT protects and delivers each nutrient quickly, efficiently, and directly to your cells, offering optimal nutritional benefits and creating a better way to a better you!

The above Bioreigns Promotions expire January 31st, 2022, at 11:59pm Pacific Time. Offer valid in the United States and Canada. May not be applied to Smart Ship Loyalty. Promotion stacks with affiliate discount.

*Interested in saving more? Let's talk!

why nikken? Simply put, their philosophy and their products support everything Calming waters already stands for. Nikken has been around since 1975. Their technologies have stood the test of time and they continue to bring sustainable living products to market. At Calming Waters, we bring you water soluble micronutrients. So, it only made sense to have available the best water filtration system on the market. Water is more than a drink, it is an essential nutrient for life. The Nikken piMag Waterfall system provides pure, alkaline, and mineralized water for you to hydrate with.

6 Benefits of NIKKEN PiMag Water:

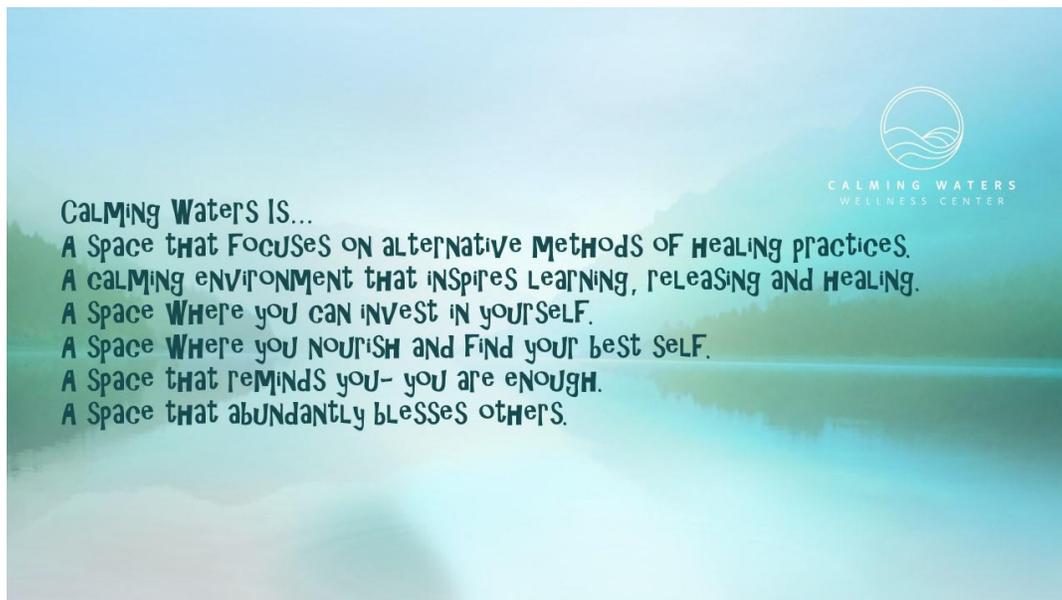
- Pure & Clean Water: Reduce harmful contaminants, removes sediments, color, chlorine, oxide, detergents. Helps to remove bacteria and heavy metals.
- Provides natural minerals to water making it more nutritious for cells.
- Ionizes water through fields magnetics that helps reduce potential oxidation.
- Regulates PH making the water more lightly alkaline.
- Optimizes water for cellular absorption.
- Becomes antioxidant water

For more information on all Nikken products: <https://www.nikken.com/na/calmingwaters>

whats new? We have partnered with Enki Brewing Markets. We will participate in several markets and bringing to you different offerings at each event. Please **tell your friends** and please **come visit us!** We would love to see your beautiful faces. **The first Market is this Saturday, January 22nd from 2pm to 6pm. We will be offering Oxygen therapy sessions!** These days, there is soooo many reasons to supplement with Oxygen. Enki Brewing is located in Victoria, MN.

The second Market will be **Saturday, February 12th from 2pm – 6pm.** We will be offering **Power Thoughts Manifestation sessions along with Oxygen therapy sessions!**

We are working on some big announcements for March. Whoot Whoot! One might say Woof Woof! Stay tuned!



At Calming Waters wellness matters. At Calming Waters, we believe YOU matter.

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

P: 952-913-7086 * **E:** Tracyl@calmingwaterswc.com * **F:** @calmingwaterswcmn * **W:** www.calmingwaterswc.com