



In Gratitude: August 2023

“CONFIDENCE visited me and it reminded me to not conceal or suppress my gifts and talents in order to make others feel more comfortable. But to embrace what makes me...me.” Tahlia Hunter

Here we go starting the month with a full supermoon! Full Moons ask us to re-orient our stance, in one way or another. They illuminate. They reveal. They show us an emergent truth that has already been calling us. Guess what, you get another full moon at the end of the month! So, if you have been feeling all the feels, I can relate. As I say friends, awareness is key. This month is once again jam packed! Get ready for the upcoming Lionsgate on 8.8. It invites you to manifest, get clear and find balance. Take advantage of this energy. Practice manifesting from a base of love. What you place your energy on will come back to you. This is not a time to be fearful or anxious. Resonate gratitude and love and you will be amazed at what your future holds. Embrace what makes you – YOU!



International
**Dog
Day**
♥
August 26

AUGUST 2023

AUG 1: FULL SUPERMOON IN AQUARIUS
AUG 8: PEAK OF THE 8:8 LIONSGATE PORTAL
AUG 12 -13TH: PERSEIDS METEOR SHOWER
AUG 13: SUN IN LEO CONJUNCT VENUS IN LEO
AUG 16: NEW MOON IN LEO
AUG 23: VIRGO SEASON BEGINS
AUG 23: MERCURY STATIONS RETROGRADE IN VIRGO
AUG 27: MARS ENTERS LIBRA
AUG 27: SUN OPPOSITE SATURN
AUG 28: URANUS STATIONS RETROGRADE IN TAURUS
AUG 30 -31: BLUE FULL SUPERMOON IN PISCES

*A TIME TO WELCOME POSITIVE CHANGE &
LET GO OF ANYTHING THAT NO LONGER
SERVES OUR HIGHEST GOOD.*

www.calmingwaterswc.com

Sacred Collaborations: Dr. Jennifer Van Allen

Jennifer and I have been business partners, collaborators, and friends since 2019. I would like to personally introduce you to Dr. Jennifer Van Allen. Jennifer has 20 years of allopathic, modern, indigenous, and naturopathic medicine and research training. Her specialty is Nervous System and brain patterns. Her mission is to return women to enjoying and playing in life NOW, as they are NOW. She connects you with YOU, your unique story, blueprint, purpose, and helps you reclaim joy in the journey- not just focusing on chasing end results.

Jennifer is brilliant. Once you interact with her- you will see and feel her brilliance.



I am excited to share that Jennifer has just launched a new book: The 28-Day Fast Start Plan and The 28-Day Fast Start Workbook. I am even more excited to share that we will be working together to bring interactive supporting content that aligns with her book. Here is a taste of what is coming:

“Did you know that the word, 🩸 Menstruation comes from the Greek word for moon 🌙

I was tired of constantly signing up for programs that never seem to work for me... It took years for me to realize I AM not meant to fit into a 24 hour male energy driven cycle of a world!

Forget what you've been told about needing to be “more” or “ON” all the time.

Just like the earth has its seasons, so do you. That's why we've designed the 28 Day Fast Start Plan specifically for YOUR unique Feminine Energy Cycle and Nervous System Regulation.

Imagine healing your hormones, boosting your metabolism, and understanding your Feminine Energy with Social Cycles.

Plus 🧠 Trauma Releasing, Gene 🧬 Upgrades and Recoding, Video Visualizations and more

It's about more than just exercising - it's about rediscovering how to truly PLAY in your own body.

And that's not all. The 28 Day Fast Start Plan is designed to help you release trauma and old belief patterns, so you can finally break free from feeling "stuck".

With our tools to rewire your brain, you'll have the power to unlock unlimited potential.

Unlike doctors, practitioners, coaches, and dietitians (who may be trained on many aspects of health), I've surpassed that training to focus on YOUR unique Nervous System Regulation and Feminine Energy Cycles.

As you experience and explore The 28 Day Fast Start Plan you will finally get the RESULTS you deserve, based on YOUR unique energy.

To make things even easier for you, I've also created a 28 Day Fast Start Plan Workbook.

This valuable resource includes journaling prompts, checklists, affirmations, and brain tricks to help you stay motivated and never get stuck again.

Don't wait any longer to discover the power of your unique energy. Get BOTH the 28 Day Fast Start Plan Book and the 28 Day Fast Start Plan Workbook today and get ready to succeed like never before.

Stay tuned for future events. I would like to encourage you to Grab your Book and Workbook with these Links:

https://www.amazon.com/gp/aw/d/B0CCCRYBZ?ref=ppx_pt2_mob_b_prod_image&fbclid=IwAR0mXV1g5ipZgaX_HXK0F2Gt51gSDYnj5OR5XdmGEcbr1RsVwfcMgm6pb8

https://www.amazon.com/gp/aw/d/B0CCCX46XW?ref=ppx_pt2_mob_b_prod_image&fbclid=IwAR0wERtn0s5Q7UsqpkGiU8h4huMBu8vNkO9q3I27qRb9Cu4tx7GVFh7XQvk

Featured Product: Lovvare Humic Essentials

You might remember that I launched Calming Waters with a Fulvic product. Over the past 5 years, one of the biggest aha moments I have had with each and every client is the importance of our mineral intake. We cannot supplement forever, however, ensuring we have the appropriate minerals is like ensuring quality of life. Are you ready for a #truthbomb?

“You can trace every sickness, every disease, and every ailment to a mineral deficiency.” Linus Pauling, 2X Nobel Laureate

I have been researching and product testing fulvic/humic products for 2 years. I believe I have found a product worthy of carrying and suggesting to you. I have begun a partnership with Lovvare. Lovvare is a group of like-minded individuals who have set out to make a difference in the world. They have locked arms with award winning formulators, doctors and scientists who are already making an impact in the world and who have the tools available at their fingertips to help you enhance your quality of life.

Their formulators and scientific minds hold decades of experience along with a track record of running successful businesses and helping improve peoples' health and wellness. More importantly, I have worked with some of their leadership team and I trust the processes in place to ensure the highest quality of product. A topical powder Mudtox is currently available and in August, their Humic Essentials tablets for internal use will be available.

I am proud to announce the addition of the Lovvare product line to Calming Waters. The product near and dear to my heart is their Humic Essentials. You can find more about Lovvare and Humic Essentials here: <https://my.lovvare.com/calmingwaters>

BENEFITS OF FULVIC MINERALS

Independent research has shown that Fulvic Minerals offers the following benefits :

- Reduces Oxidative Stress
- Provides the Most Powerful Electrolyte in Existence
- Creates an Alkalizing Environment
- Increases Oxygen up to 45%
- Contains 70+ Trace Minerals
- Supports Healthy Circulation
- Creates an Anti-Aging Environment
- Provides Usable Oxygen Directly to the Cells
- Improves Brain Function, Memory, and Mood
- Regenerates Cells in a Healthier Environment
- Supports Absorption of Nutrients (from Food and S
- Boosts Metabolism and Balances Hormones
- Removes Toxins, Heavy Metals & Pesticides



Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount per Serving		% Daily Value
Ionic Earth Essentials™ Proprietary Blend	500 mg	*
Beetroot Extract	100 mg	*

* Daily Value not established

Other Ingredients: Sodium Carbonate, Malic Acid, Acacia Powder, Monk Fruit Extract

Product Promotions Reminders:

Goli: With the code "calmingwaters" you will receive **27% off** regular orders and **42% off** first-time subscriptions until Sunday, August 6th! <https://go.goli.com/calmingwaters>

Young Living: Did you begin to work on your *wellness home*? The simplest way to swap is by taking it one room at a time. Last month we showed you the simple swaps for your laundry room. This month let's look at the kitchen.

KITCHEN
SIMPLE SWAPS

- Dishwasher detergent = Thieves dishwasher powder
- Dish soap = Thieves Dish soap
- Counter spray = Thieves Household Cleaner
- Hand soap = Thieves Foaming hand soap

At Calming Waters,
we believe YOU matter.

CALMING WATERS
WELLNESS CENTER

20 uses for Thieves Household Cleaner

- Floors
- Windows
- Countertops
- Ovens
- Sinks
- Toilets
- Cabinets
- Bathtubs
- Showers
- Tile
- Appliances
- Walls
- Mirrors
- Stovetops
- Stained clothes
- Cupboards
- Pots and pans
- Exercise equipment
- Toys
- Jewelry

SAFE TO USE AROUND KIDS AND PETS

Interested in learning more? Let's schedule a time to go over simple swaps for your home. You can also see detailed ingredients at: <https://youngliving.com/us/en/referral/1533512>.

Bioreigns is at it again. Enjoy getting your favorites through August 14th for 50% off at checkout with code 500FF! Use link: <https://bioreigns.com/shop/calmingwaters>

August holds many astrological changes and more importantly, August 26th is *International Dog day*. Woof Woof!

Pet MatrX was featured in the Waconia City Lifestyle magazine. You can find our very own Lucky and Jaxon on page 30! Check it out: <https://citylifestyle.com/minneapolis-mn/articles/health-and-wellness/for-the-love-of-dogs-7>

Twice a month Pet MatrX hosts Pet Wellness Wednesday on Talk Shop Live. Catch us on August 9th and Aug 26th to learn more and take advantage of our bundle specials! Here is the link: <https://talkshop.live/channels/petmatrx>

WHO is coming to see me at the Minnesota Arboretum on August 12th? Eric and I are so excited to showcase the Pet MatrX product line. Remember there is a cost to get in and the All About Dogs Day is from 9 am to 1pm on August 12th.

I am stretching for sure to embrace what makes me - ME. Breathing through that confidence to bring you the best of the best through Calming Waters. I am giddy. I am stepping in and the universe is delivering. Thank you again for your continued interest in Calming Waters. If you have questions on any of the content shared, please do not hesitate to call.

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

