

Hi, {{ contact.FIRSTNAME }}

Rahm Report

April is Stress Awareness Month, a time dedicated to understanding and managing the stress that impacts so many of us. Stress is a natural part of life, but when it becomes overwhelming, it can affect our physical health, mental well-being, and relationships. As someone who has experienced stress and seen its impact on others, I want to share my thoughts on stress, its causes, and effective ways to cope with it.

Stress is our body's response to pressure or challenging situations. It can be triggered by work deadlines, family responsibilities, having too much on our plates or just come out of the blue. While a certain level of stress can motivate us to take action, excessive stress can lead to burnout, anxiety, and other health issues. To manage stress, we have to recognize the signs and symptoms during times of high stress. The most common symptoms of stress are headaches, muscle tension, trouble sleeping, irritability and anxiety.

If you are struggling with stress, there are ways you can naturally manage the situation like going outside, taking a quick walk, calling friends or family, and participating in activities you love. Something I like to do is make a list of things I need to do and check them off as I go through the day. For those who know me, I am always writing things down so I don't forget them. If I don't have something to write on I'll even write it on my hand or put it on my phone. This is a habit my kids picked up on as they grew up, so you can often see us in pictures with writing on our hands! For me, making a list helps me to stay organized so that I do not get overwhelmed. This also helps me arrange tasks by priority level, from most important to least.

As most of you know, I travel a lot and sometimes being on the go so much can feel overwhelming. This week, we are traveling to Singapore for some business meetings. When I am traveling I like to fuel my body with nutrients to stay as healthy as possible. I always travel with Zero-in and ReLive greens. I also love to go outside and explore when we travel, especially if it is my first time there. Being away from home can cause me to feel stressed at times, so exploring and becoming familiar with a new environment helps me. If you are feeling stressed, please do not feel alone. Everyone has experienced stress at some point in their life and it is normal. It will pass. We are all in this life together, always check in on your loved ones. Enjoy your weekend everyone!

With Love and Light,

THE WEEKEND REPORT

Newsletter translations

We are working on a system so that we can keep providing translations of the newsletter. Stay tuned for that!

Nowsite is live

Please visit therootbrands.ai to sign up for your account. It is free for all ROOT customers.

Rahm Roast

The second batch of Rahm Roast is now available for RPS and regular orders.

Sculpt



We are very happy to bring back Sculpt for all customers. This not only is back but available for Root Prime Members. Sculpt is available for two prices now, \$99 for your RPS order or \$129 for a regular order.

South Africa Inventory

We are happy to announce that all orders but a few Sculpt have been shipped to all customers. We have more orders headed that way. Thank you for being patient with us while we work with authorities to get it passed through customs.

ROOT Prime Giveaway

We are happy to announce that we are doing a new 2024 RPS giveaway. Each quarter there will be a new prize for 1 lucky winner. There are several ways to be entered and receive a "ticket". See below for the rules.

Congrats to Bettina Rohr for her first win

You can also increase your chances by purchasing ROOT Tokens.

English <https://youtu.be/vBPHB9PIKRO>
German <https://youtu.be/93rouMjywWl>
Slovenian <https://youtu.be/p-aHuEd63sw>
Spanish <https://youtu.be/flGZT0D7100>
French <https://youtu.be/ZiLxp5ls2kg>
Turkish <https://youtu.be/YActEiihW0U>
Czech <https://youtu.be/yAEmDr-jAk0>

Corporate HQ Announcement Channel

We are happy to announce that HQ will be launching a channel on WhatsApp for all of the latest information. This is a post only channel. Please join for all things regarding ROOT

<https://chat.whatsapp.com/DMeHEgBhX3FAOx7TEeAgCA>

Mind Body Spirit tickets for Dr Rahm's Talk



If you are planning on attending the London event to hear Dr Rahm speak here is a discount code to [purchase](#) a ticket (*only for her talk*) **CR10**

ROOT Events

Below is a tentative list of travel for the next few months. As spoken on a few calls, Dr Rahm is wanting to host round tables if Ambassadors are available to attend while we are in a city near them. Please note that some of these dates are tentative and liable to change.

May 4	Nashville, TN Wellness Festival
May 8-10	Savannah, GA
May 17-20	Dubai
May 22	Cyprus
May 24-27	London, UK Mind Body Spirit Dr Rahm speaking event (Sunday)
May 28	Rome
May 30-June 1	Dallas, TX Biohacking Conference with Dave Asprey
June 3-10	Tulum, MX
June 8th	Nashville, TN Music City Fit Expo
July 9	LA, CA Espy Awards
August 10	Hamptons, NY
Sept 5	NYC Catwalk Furbaby documentary Launch
Sept 13-14	LA, CA Emmy Awards
Oct 17-19	Cleveland, OH Rock and Roll Hall of Fame
Oct 26-27	Miami, FL Biohackers World Event

THE NEWS CORNER

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COMPLIANCE STATEMENT



Root Wellness
116 Wilson Pike Circle Suite 100
Brentwood, TN. 37027

December 9, 2022

Dear Root Ambassador:

Congratulations on being a Root Ambassador! Along with the benefits of being an Ambassador come some very important responsibilities. It is critical and imperative for each of you to adhere to certain rules of behavior and this includes marketing Root products per regulatory laws which Root follows. There should never be claims that the Root products cure or prevent any illness or diseases. Root requires that in any of your written statements or presentations of the Root Brand or Root Wellness LLC that you conspicuously include the following advisory language:

"The information provided is for educational purposes and is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professional. We do not aim to diagnose, treat, cure or prevent any illness or disease. You should always consult with a doctor or other health care professional for medical advice or information about diagnosis and treatment. The information in this presentation has not been evaluated by the Food & Drug Administration or any other medical body."

This language is obligatory. Failure to remedy any violations immediately after having been warned will result in the immediate suspension of your account. In the event you have questions about this, please feel free to contact me.

Very truly,

Root Wellness LLC Legal and Executive teams!

WEEKLY CALL SCHEDULE

MONDAY

ROOT University - Ambassador training with The Executive Team and unlocking some new features with NOWSITE

Zoom link:
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/u/kdTB10og1w>

Meeting ID: 846 9261 2526
Passcode: 891630

Interpreters: German, Czech, Slovenia, Spanish, Romania, Dutch, French and Hungary

Time:
10:00 AM PST
11:00 PM MST
12:00 PM CST (Nashville)
1:00 PM EST

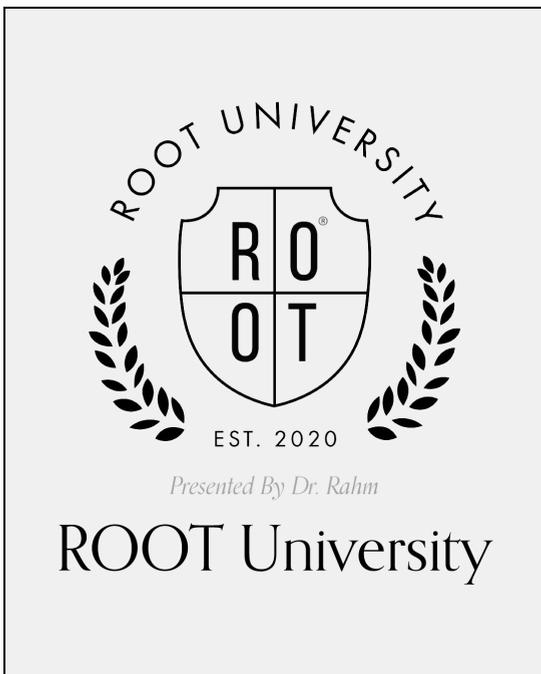


Presented By The Executive Team
Ambassador Training

5:00 PM Ghana
6:00 PM GMT (UK, Portugal, Nigeria)
7:00 PM CET (Netherlands, Germany, South Africa)
8:00 PM EET (Romania)
9:00 PM (Dubai)
3:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

TUESDAY



ROOT University with Dr Rahm on BSCG Certifications and why they are so important

Zoom link:
<https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFmJr1UDVkoUE5RnNXbSs5UT09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/u/kdX0pBQuMR>

Meeting ID: 898 4924 5403
Passcode: 394499

Interpreters: German, Czech, Slovenia, Spanish, Romania, Dutch, French and Hungary

Time:
11:00 AM PST
12:00 PM MST
1:00 PM CST (Nashville)
2:00 PM EST
6:00 PM Ghana
7:00 PM GMT (UK, Portugal, Nigeria)
8:00 PM CET (Netherlands, Germany, South Africa)
9:00 PM EET (Romania)
10:00 PM (Dubai)
5:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY

Join us on Instagram Live!
Tune in to Dr. Christina Rahm's Instagram

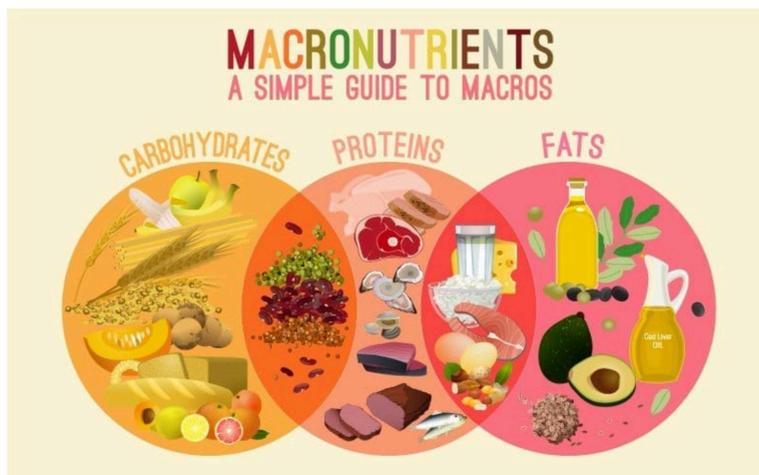


Time:
9:00 AM PST
10:00 PM MST
11:00 AM CST (Nashville)
12:00 PM EST
4:00 PM Ghana
5:00 PM GMT (UK, Portugal, Nigeria)
6:00 PM CET (Netherlands, Germany, South Africa)
7:00 PM EET (Romania)
8:00 PM (Dubai)
2:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

Presented By Dr. Rahm & Clayton Thomas
Live Instagram Q&A

SCIENCE CORNER



Micronutrients

Are the unsung heroes of our diet, playing a crucial role in keeping our bodies functioning optimally. Unlike macronutrients (such as carbohydrates, proteins, and fats), which our bodies require in large quantities, micronutrients are needed in smaller amounts but are no less important. These vital nutrients include vitamins and minerals, which act as catalysts for various biochemical reactions in the body. They support processes such as energy production, immune function, cell growth and repair, and hormone regulation. Without an adequate intake of micronutrients, our bodies may struggle to perform these essential functions, leading to health problems and deficiencies.

Tracking micronutrient intake can be challenging but is essential for ensuring a well-rounded diet. One approach is to focus on consuming a diverse range of whole foods, including fruits, vegetables, whole grains, lean proteins, nuts, and seeds. Each food group offers a unique array of micronutrients, so variety is key to meeting your nutritional needs. Another method is to use technology to your advantage. There are numerous apps and websites available that allow you to track your daily food intake and analyze its micronutrient content. By inputting your meals and snacks, you can get a comprehensive overview of your micronutrient intake and identify any potential deficiencies. Additionally, paying attention to food labels can help you make informed choices about the micronutrient content of packaged foods. Look for products fortified with vitamins and minerals, and aim to include a balance of nutrient-rich foods in your diet.

In conclusion, micronutrients are essential for maintaining optimal health and well-being. By understanding their importance, diversifying your diet, and utilizing tools to track your intake, you can ensure that you're meeting your body's micronutrient needs and supporting your overall health for years to come.



Medical Disclaimer

The information provided is for educational purposes only and is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professionals. This information is not to be used for self-diagnosis. Please always consult with your doctor for medical advice or information about diagnosis and treatment. Statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease. ROOT is a company founded on improving people's understanding of how toxins and chemicals can harm your health. Instead of focusing on symptoms, ROOT targets the underlying root cause with natural wellness.

The ROOT Brands

393 Nichol Mill Ln Unit 250B

Franklin, TN 37067

Website: <https://therootbrands.com>

hello@therootbrands.com

+1 (980) 400-3245

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