

Hi, {{ contact.FIRSTNAME }}

Rahm Report

As I sit down to write this, my heart is beaming with gratitude for the incredible journey that was 2023 and the endless opportunities that lie ahead in this New Year, especially as it pertains to the Root community. The past twelve months have been filled with lessons, growth, and unexpected joys, and I can't help but feel an overwhelming sense of excitement as we step into another chapter of life together! Reflecting on our past year, I am grateful for the challenges that pushed us to grow, the moments of joy that warmed our hearts, and the lessons that shaped our perspective as a community. Each experience, whether amazing or challenging, has contributed to my personal and professional development, and I carry those lessons forward with gratitude. As we embark on a new year, I'm excited to see what unfolds and to seize the opportunities that come our way so that I can support, serve, and lead at Root! We have a lot to do together so I want to share some of the ways I focus.

I want to start by telling you all the creative ways to set goals for yourself in a way you can ensure you do your best to achieve them. I love to create a vision board with all of the things I would like to accomplish, including pictures and loose deadlines. That way, you can assess which small goals you need to create to complete the big one. Another thing I like to do is set small and big goals. Usually for me, The small goals are like stepping stones to the big ones, and checking them off the list along the way is motivation to keep going.

Something I like doing every year is setting personal and professional goals and keeping them separate. Personally one of my goals this year is to travel a bit less and spend more time at home with my family. I have high expectations for my personal and professional life. Zero-in helps me to focus on targets in both of these important areas of my life.

I love to journal every day and keep track of my progress as the year goes by. I will usually check in with myself and evaluate my goals or even create new ones. Something else I find important about goal setting is holding yourself accountable. Tell a friend or someone in your life that is important to you what your goal is. Even just telling one person helps to ensure you will work as hard as you can to accomplish it. That way, when you do it is also shared and celebrated with someone who knew how important it was when you thought of it.

I truly believe you can do whatever you set your mind to as long as you dream big and work hard! Accomplishing something important to you isn't always a straight line and nothing worth celebrating is easy to do. Remember to encourage yourself and practice positive affirmations while working hard to accomplish whatever it is you want to this year. We are on this beautiful journey together, Cheers to another amazing year! As a final statement, I want to wish my Dad a Happy Birthday this weekend and my Son, Duquesne a Happy Birthday this week. I have so many people in my life with birthdays this month. I am very thankful for all these people. But my Father and my Son share my life and heart daily. I can love and care unconditionally because of the amazing family I have. I am so blessed by them and each of you!

With love and light,

Dr. Christina Rahm

THE WEEKEND REPORT

EURO Tour

We are happy to announce our EURO tour is kicking off this coming week. Tickets are going fast so grab them why you can. Please understand that we will not be able to accept walk-ins. Click below on the schedule to sign up.

German Inventory

We are happy to have limited amounts of RENO available in the Germany warehouse on the DE website.

Face Lift

We are happy to announce that almost every location has this product back in stock. The next few days UK, Canada will be receiving their inventory.

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>

Mexico is live



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.

January 10-13	LA-Critics Choice Award
January 13	Berlin
January 14	Munich
January 19	Zurich
January 20-21	Bucharest
March 8-10	LA-Oscars
May 4	Nashville Wellness Festival
May 24-27	London Mind Body Spirit
May 30-June 1	Dallas, TX Biohacking Conference with Dave Aprey

THE NEWS CORNER

<https://30seconds.com/food/tip/60050/Creamy-Vegan-Asparagus-Soup-Recipe-May-Help-You-Detoxify-Strengthen-Focus>

<https://thepuristonline.com/2023/06/pure-vitality/>

<https://www.lefairmag.com/the-journey-of-the-root-brands/>

<https://marcopoloexperience.com/technologies/world-changers-summit-was-a-day-to-remember-biohacking-evolutionary-on-the-spot1>

<https://purelivingnashville.com/the-science-behind-the-business-of-healthy-coffee/>

<https://nyweekly.com/business/meet-the-elite-and-extraordinary-minds-that-hosted-the-world-changers-summit-to-craft-a-brighter-future-july-5th/>

https://issuu.com/lefairmagazine/docs/lefair_mag_roots_brand_update_?lt_utm_source=lt_admin_share_link

Check out this news reporting about the NYC fashion show:
https://www.dropbox.com/scl/fi/vf7tv8n7nntkuz69htmd/CWFB_Fox-Carolina-July-18.mp4?rlkey=ydryakdbr07kwrzp6f4be85qj&dl=0

<https://thepuristonline.com/2023/07/the-science-behind-the-business-of-healthy-coffee/>

<https://medium.com/authority-magazine/self-care-mental-wellness-clayton-thomas-of-root-wellness-on-the-top-five-self-care-practices-664863fbf898>

<https://readelysian.com/women-and-the-lack-of-patent-ownership/>

<http://bellamedia.co/home/the-haute-roster-for-the-5th-annual-hamptons-fashion-week>

<https://jameslanepost.com/the-fifth-annual-hamptons-fashion-week-held-runway-shows-at-southampton-inn-brunch-at-hampton-classic/08/29/2023/Hamptons-News-Happenings>

<https://medium.com/@salmediausa/hamptons-fashion-week-unveils-a-dazzling-array-of-styles-d2782c54db27>

<https://youhadtobethere.nyc/f/times-square-fashion-week-takes-over-nyfw>

https://readelysian.com/?mc_cid=7ccd7a89c8&mc_eid=41c6d3b643

<https://purelivingnashville.com/september-marks-national-suicide-prevention-week/>

<http://www.timessquaregossip.com/2023/09/elysians-catwalk-fur-baby-wins-best.html>

<https://resident.com/2023/09/01/global-health-solutions-dr-christina-rahm/>

https://resident.com/2023/09/01/global-health-solutions-dr-christina-rahm/?utm_source=rss&utm_medium=rss&utm_campaign=global-health-solutions-dr-christina-rahm

<https://hauteliving.com/2023/09/benefiting-african-community-conservation-foundation-as-well-as-prince-williams-foundation-tusk-and-communities-across-the-world/736056/>

<https://bellamedia.co/around-town/times-square-fashion-week-2023-a-resounding-success-with-10000-attendeess>

<https://medium.com/@salmediausa/times-square-fashion-week-shines-a-spotlight-on-sustainable-fashion-sal-media-irfan-ahson-fed0db351824>

<https://readelysian.com/rahm-roast-the-epitome-of-pure-gourmet-coffee/>

<https://sociallifemagazine.com/2023/09/20/12496/>

<https://www.aninews.in/news/business/business/21st-asian-business-amp-social-forum-2023-amp-the-healthier-india-conclave-202320230925172808/>

<https://exeleonmagazine.com/clayton-thomas-transforming-wellness-from-within/>

<https://www.einpresswire.com/article/660769621/enviware-and-drc-ventures-proud-supporter-of-celebrity-studded-cmi-sustainable-fashion-awards-2023-in-milan-italy?n=2>

<https://www.einpresswire.com/article/660775517/enviware-and-drc-ventures-feature-a-new-collection-merci-dupre-clothiers-couture-collection-at-nyfw-23>

<https://resident.com/2023/10/14/dr-christina-rahm/>

<https://thedailycases.com/world-changers-power-women-summit-donne-al-vertice-unite-come-unorchestra-che-suona-per-il-bene-dellumanita/>

<https://www.forbes.com/sites/nadjasayej/2023/10/21/merci-dupre-clothiers-debuts-enviware-collection-at-los-angeles-fashion-week/>

https://www.prnewswire.com/news-releases/scientific-business-entrepreneur-dr-christina-rahm-creates-innovative-line-of-neutraceuticals-for-animals-301957706.html?tc=eml_cleartime

<https://sociallifemagazine.com/2023/10/24/12744/>

<https://saubiosuccess.com/merci-dupre-clothiers-by-dr-christina-rahm-debuts-at-la-fashion-week/>

<https://itsnotaboutme.tv/news/fashionevent-merci-dupre-clothiers-collection-fashion-show/>

<https://hauteliving.com/hautebeauty/member/dr-christina-rahm/>

<https://hauteliving.com/hautebeauty/663183/venture-into-dr-christina-rahms-world-of-wellness-and-innovation/>

<https://splashmags.com/index.php/2023/11/03/merci-dupre-clothiers-by-dr-christina-rahm-debuts-at-la-fashion-week/#gsc.tab=0>

<https://sociallifemagazine.com/2023/11/08/12954/>

<https://www.harlemworldmagazine.com/gill-tresvant-common-brown-and-more-at-dr-rahms-the-root-brand-at-the-annual-rock-roll-hall-of-fame/>

<https://exeleonmagazine.com/clayton-thomas-transforming-wellness-from-within/>

https://issuu.com/metropolitanmagazineny/docs/dec_mm_23_-_web

<https://exeleonmagazine.com/the-visionary-duo-behind-the-root-brands/>

<https://resident.com/fashion-and-style/2023/12/21/elysian-hosts-launch-reception-for-catwalk-furbaby-2024-in-new-york-city>

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."

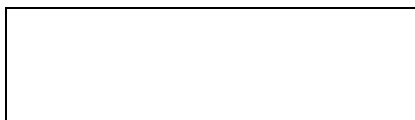
This language is obligatory. Failure to remedy any violations immediately after having been warned will result in the immediate suspension of your account. In the event you have questions about this, please feel free to contact me.

Very truly,

Root Wellness LLC Legal and Executive teams!

WEEKLY CALL SCHEDULE

MONDAY



**ROOT University - Ambassador
training with The Executive Team**

Zoom link:
<https://us02web.zoom.us/j/84692612526>



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pwd=dU1yR1kza2o2ZDQrK2hnOFhNi9IQ
T09

Find your local number to dial in by
phone:
<https://us02web.zoom.us/j/kdTb10og1w>

Meeting ID: 846 9261 2526
Passcode: 891630

Interpreters: German, Czech Republic,
Slovenia, Spanish, and Hungary

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

[Click Here To Join](#)

TUESDAY

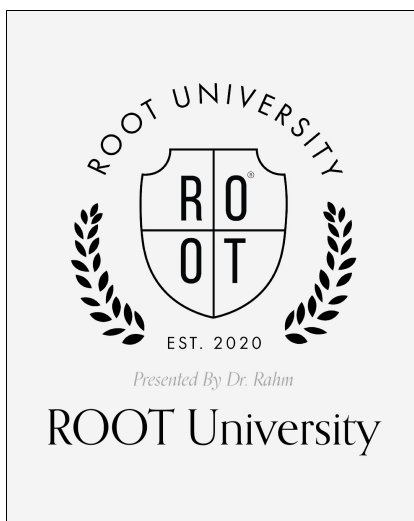


Dr. to Dr. conversations with Dr. Christina Rahm

This is an invitation call only and is
exclusively for MD, ND, Ph.D., or
Scientists.

Translation: German, Romanian

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



ROOT University with Dr Rahm

Zoom link:
<https://us02web.zoom.us/j/89849245403>
?
pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs
5UT09

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

Meeting ID: 898 4924 5403
Passcode: 394499

Interpreters: German, Czech Republic,
Slovenia, Spanish, and Hungary

Time:
11:00 AM PST
12:00 PM MST
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2:00 PM EST
7:00 PM Ghana, UK, Portugal
8:00 PM GMT (Netherlands, Germany,
Nigeria)
9:00 PM CET, WAT (South Africa)
11:00 PM (Dubai)
6:00 AM (Thursday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY



**Join us on Instagram Live!
Tune in to Dr. Christina Rahm's
Instagram page for a Q & A**

TIME:
9:00 AM PST
10:00 AM MST
11:00 AM CST (Nashville)
12:00 PM EST
5:00 PM Ghana, UK, Portugal
6:00 PM GMT (Netherlands, Germany,
Nigeria)
7:00 PM CET, WAT (South Africa)
9:00 PM (Dubai)
4:00 AM (Thursday) AEDT Melbourne

[Click Here To Join](#)

SCIENCE CORNER



InnoSlim

Introducing InnoSlim, a revolutionary ingredient in our upcoming weight loss product, Sculpt! InnoSlim is a unique blend of extracts from *Panax notoginseng* and *Astragalus membranaceus*, traditional herbs deeply rooted in East Asian medicine. This proprietary blend is designed to support weight loss by enhancing metabolic processes, reducing fat absorption, and promoting overall metabolic health. *Astragalus membranaceus*, also known as *astragalus* or *Huang Qi*, has a rich history dating back centuries in traditional Chinese medicine. Scientific studies indicate its potential to support metabolism, aid in weight regulation, and reduce inflammation. With additional benefits in improving insulin sensitivity and stress management, *astragalus* plays a key role in contributing to weight loss efforts. *Panax notoginseng*, or *Sangqi*, is another powerful component of InnoSlim, recognized for its anti-inflammatory effects. Research suggests its potential to regulate blood sugar levels, promote lipid metabolism, and enhance blood circulation. As an adaptogen, it further aids in stress management—a crucial aspect of maintaining a healthy weight.

Watch out for Sculpt, our upcoming weight loss product featuring the innovative InnoSlim, blending ancient wisdom with modern science to support your weight loss journey effectively. Stay tuned for a transformative experience with Sculpt!



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

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