Hi, {{ contact.FIRSTNAME }}

Rahm Report

It is often said that art, music, and fashion are the cornerstones of creativity and self-expression. But what if we were to turn the conversation around and look at these forms of expression from a different angle? What is the science behind why we need art, music, and fashion to grow as a society and connect with people and cultures?

To understand the science behind why art, music, and fashion are so important to our development as individuals and as a society, it's important to first look at how the brain processes these forms of expression. Studies have shown that when we encounter creative works—whether it be a painting or a song—our brains are flooded with endorphins like dopamine. This release of endorphins helps us feel rewarded for engaging in creative activities. It also encourages us to seek out more experiences that will give us this same reward. In essence, then, experiencing art gives us pleasure which motivates us to seek out more experiences to sustain that pleasure.

But pleasure isn't the only benefit of engaging with art; research has also suggested that exposure to creative works can help increase cognitive functions like memory recall, problem-solving skills, and empathy—all essential elements needed for interpersonal connection. This means that partaking in forms such as visual arts or listening to music helps prime our brains for more complex interactions in social situations by sharpening our awareness of both ourselves and others around us.

Moreover, on an emotional level, it appears engaging with artistic works has been linked to improved mental health outcomes in populations dealing with depression or other mental illnesses–likely due to the relief from the stress associated with expressing oneself creatively through different forms of media. This emotional outlet may aid individuals in managing their emotions better over time by helping them process difficult feelings instead of repressing them altogether.

Finally, beyond emotional benefits there is something truly special about connecting with creative works from different cultures worldwide; it provides us an opportunity to learn about new perspectives on life and see aspects of humanity overlooked otherwise. Through exploring these cultural differences found within music & fashion styles, for example, we can begin forming cross-cultural bonds which allow for further growth within our societies by building bridges between people who may have never interacted otherwise had it not been for those shared interests!

Ultimately then it seems clear that art, music & fashion serve as powerful tools which can help build relationships between people while boosting mental & emotional well-being--allowing individuals across the globe to engage in meaningful connections while simultaneously improving their lives.

With light and love,

THE WEEKEND REPORT

Out Of Stock/Shipping Delays

Australia - Give Me Back My Youth HAS LANDED! We have worked for months to get this product cleared and finally got 166 bottles through customs. We will send another package this week now that we have solidified a method of entry into the country. Clean slate is right behind it and we are hopeful to get Australia back up and running at 100%. Thank you so much for being patient with us during this difficult time.

Germany - Zero-In has still been postponed and it will arrive this week. All backorders will ship ASAP.

Spain, Ireland, Sweden, Portugal - We have emailed 150 customers about an error with shipping. Our shipping partner in the UK shipped packages that our Germany shipper already sent by mistake. If you have received information about customs due to this being shipped from the UK please refuse and deny this shipment.

Please reach out if you have any questions hello@therootbrands.com

RPS Members Call

We will be having our next RPS members call on Monday January 30 @ 2pm CST.

Dr to Dr

Please not the day change on the Dr to Dr call this month due to travel.

Platinum Call

Due to travel this week we will be postponing the platinum call. We will have it the following week.

ROOT Round Tables

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 this is tentative and liable to change.

Austin, TX	Feb 4-5 (Biohacking Congress)
New York	Feb 9-15 (Fashion Week)
Israel	Feb15-20
Monaco	March 20-22

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 Clayton Thomas

Zoom link:Join Zoom Meeting
https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhlNi9IQT09

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 Republic, Slovenia, and Hungary

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

Click Here To Join

ROOT Prime Members Call

Please check your RPS back office for your custom Zoom Link to attend.

Interpreters: German, Czech Republic, Slovenia

Time:
12:00 PM PST
1:00 PM MST
2:00 PM CST (Nashville)
3:00 PM EST
8:00 PM (UK, Ghana)
9:00 PM CET, WAT (Netherlands, Germany, Nigeria)
10:00 PM (South Africa
11:00 PM (Dubai)
7:00 AM (Tuesday) AEDT Melbourne

TUESDAY

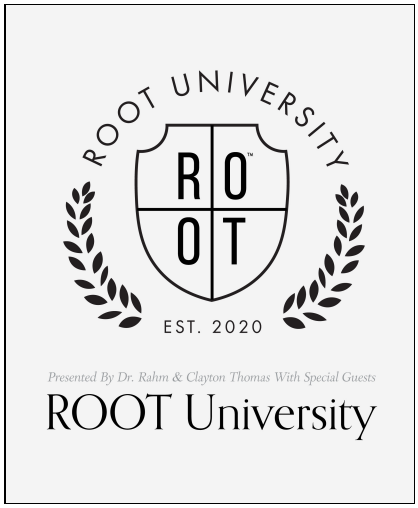
Dr. to Dr. conversations with Dr. Christina Rahm

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

Each month the Dr. to Dr. call is at 12:00 pm CDT for you to join us.

Translation: German

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



ROOT University with Dr Rahm and Clayton Thomas

Zoom Link:
https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUE5RnNXbSs5UT09

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 Republic, Slovenia, and Hungary

Time:
12:00 PM PST
1:00 PM MST
2:00 PM CST (Nashville)
3:00 PM EST
8:00 PM (UK, Ghana)
9:00 PM CET, WAT (Netherlands, Germany, Nigeria)
10:00 PM (South Africa
11:00 PM (Dubai)
7:00 AM (Wednesday) AEDT Melbourne

Click Here To Join

Carrots

Are a root vegetable and often claimed to be the perfect health food. They are agood source of beta carotene, fiber, vitamin K1, potassium, and antioxidants. Carrots alsocontain a number of health benefits including improving eye health, lowering cholesterol, andeven reducing the risk of cancer. Carrots are a good source of numerous vitamins and minerals,especially biotin, potassium, and vitamins A, K1 and B6. Carrots also contain many plantcompounds including lutein, alpha-carotene, lycopene, polyacetylenes, andanthocyanins. Dietsrich in carotenoids may help protect against several types of cancer including prostate, colon,and stomach cancers. Carrots are the perfect snack, crunchy, full of nutrients, and low incalories.

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
116 Wilson Pike Circle Suite 100, 37027, Brentwood
Website: https://therootbrands.com

hello@therootbrands.com

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