

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This weekend I am with Clay, the kids, and their significant others in the mountains to celebrate Mother's Day. We are looking forward to a few days full of relaxation and fun activities. Since I have been traveling so much recently, I am even more excited to enjoy quality time with my family and my kids. As most of you may know, this is my favorite thing to do. Whenever I have the opportunity, I try to be present and enjoy every moment with my loved ones.

Since tomorrow is Mother's Day, I've been thinking a lot about what being a mom means to me. Honestly, it's everything. It's not just a role; it's who I am at my core. And I owe a lot of that to some incredible women in my life. My mother is such an inspiration to me and I am forever thankful for her. She is my rock. I have always appreciated her, but since I am one myself, I appreciate her even more. It is not just my mom who has influenced me. I've been lucky to have other amazing women around me like friends, mentors, and family who have all added their own special touch to my journey through motherhood. They've shared their wisdom, their support, and their endless encouragement, and I'm so grateful for that.

I'd like to mention my kids because they are my biggest blessings, hands down. They've taught me patience, resilience, and a whole lot about myself that I never knew. Being their mother is the best feeling in the world, even on tough days.

I just want to take a second to recognize and say thank you to all the amazing moms out there. You're doing an incredible job. Seriously, you're all heroes. It can be tough, but it is so rewarding. I love my children more than anything. I hope that all mothers or motherly figures have a wonderful day and take time for themselves. Rest, reset, enjoy quality time with your loved ones, and remember that we are all in this life together! I am sending my love to everyone, I hope that you all enjoy a great weekend with your family.

With Love and Light,

Dr. Christina Rahm

THE WEEKEND REPORT

Happy Mother's Day

We want to send a warm heartfelt thank you to all of the Mother's out there. Thank you for your courage and guidance. ROOT is guided by a large group of strong independent women.

New Book Launch

We are beyond excited to bring the new edition of Dr Rahm's book series called Getting to the Root of the Cause. [Available NOW](#)

Newsletter translations

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

Newsite is live

Please visit therootbrands.ai to sign up for your account. It

is free for all ROOT customers.

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/vBPHB9PIKRQ>
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 and Event



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 17-20 [Dubai](#)

May 22 [Cyprus](#)

May 24-27 London, UK [Mind Body Spirit](#) [Tickets to the Event HERE](#)
[Dr Rahm speaking event \(Sunday\)](#)

May 26 London, UK ROOT Event (RSVP to Patrick@therootbrands.com)

May 28 Rome

May 30-June 1 Dallas, TX [Biohacking Conference with Dave Asprey](#)

June 2 Dallas, TX E sports gaming [Dreamhack & IEM](#)

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

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

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

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

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

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<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-enviroware-collection-at-los-angeles-fashion-week/>

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https://www.dailymail.co.uk/femail/article-13170631/Inside-180-000-swag-bag-given-Oscar-nominees.html?ito=native_share_article-nativemenubutton

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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

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:

8:00 AM PST

9:00 PM MST

10:00 AM CST (Nashville)

11:00 AM EST

3:00 PM Ghana

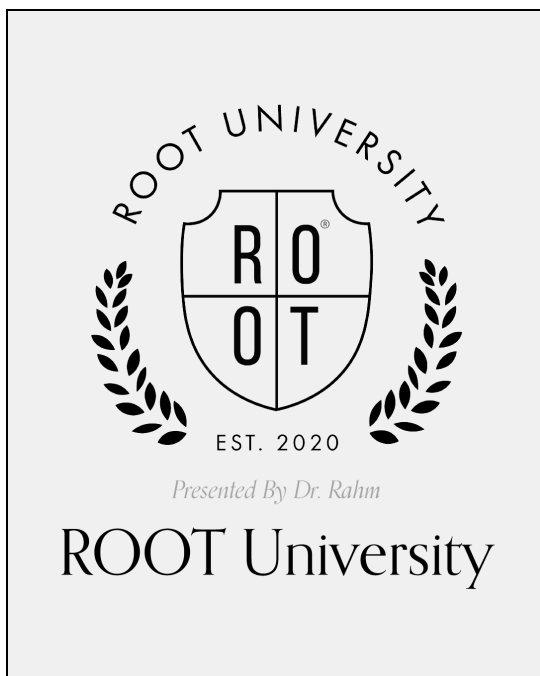
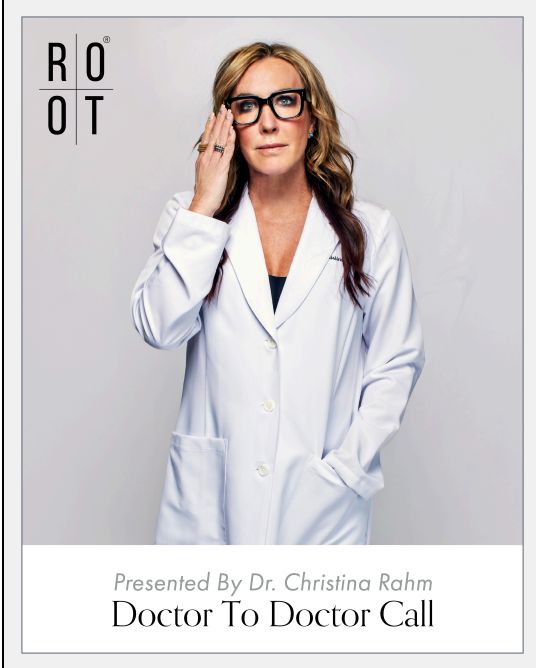
4:00 PM GMT (UK, Portugal, Nigeria)

5:00 PM CET (Netherlands, Germany, South Africa)

6:00 PM EET (Romania)

7:00 PM (Dubai)

1:00 AM (Tuesday) AEDT Melbourne



ROOT University with Dr Rahm on The Trinity

Zoom link:
<https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09>

Meeting ID: 898 4924 5403
Passcode: 394499

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

Time:
8:30 AM PST
9:30 PM MST
10:30 AM CST (Nashville)
11:30 AM EST
3:30 PM Ghana
4:30 PM GMT (UK, Portugal, Nigeria)
5:30 PM CET (Netherlands, Germany, South Africa)
6:30 PM EET (Romania)
7:30 PM (Dubai)
1:30 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

ROOT University - Ambassador training on ROOT 101 (The Basics)

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

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09>

Meeting ID: 846 9261 2526
Passcode: 891630

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

Hungary

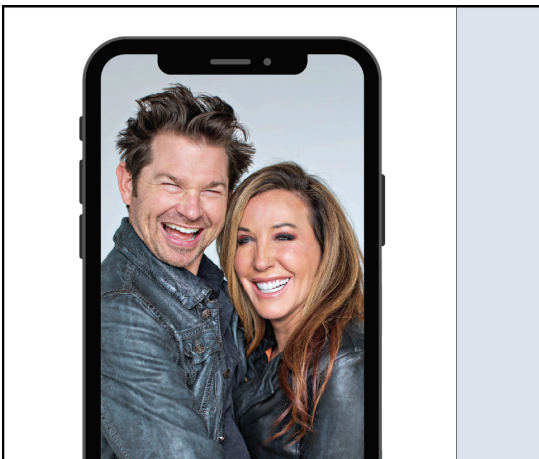


Presented By The Executive Team
Ambassador Training

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

WEDNESDAY



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

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

Time:
TBD with travel

[Click Here To Join](#)

SCIENCE CORNER



In today's diet culture, it's easy to get swept up in the allure of quick fixes and trendy fad diets. However, many of these approaches are based on misconceptions and false promises, ultimately leading to disappointment and frustration. To navigate the sea of conflicting information, it's essential to understand the science behind sustainable eating and debunk common diet myths.

One prevalent myth revolves around the demonization of carbohydrates. While reducing refined carbs and sugars can have health benefits, eliminating carbohydrates is unnecessary and can deprive the body of its primary energy source. Instead, focus on incorporating complex carbohydrates from whole grains, fruits, and vegetables, which provide essential nutrients, fiber, and sustained energy. Another myth centers on the vilification of fats. Not all fats are created equal, and healthy fats are crucial for overall health. Sources like avocados, nuts, seeds, and fatty fish contain omega-3 fatty acids, which support brain function, heart health, and hormone regulation. By including these fats in moderation, you can enjoy their benefits without fear or guilt.

Detox or cleanse diets are also popular, promising to rid the body of toxins and jumpstart weight loss. However, there's little scientific evidence to support these claims, and such diets often lead to short-term results at best. Instead of relying on drastic measures, focus on supporting your body's natural detoxification processes through a balanced diet rich in antioxidants, vitamins, and minerals.

So, what does sustainable dieting entail? It's about adopting a balanced approach to eating that emphasizes whole, nutrient-dense foods while allowing for flexibility and enjoyment. This means listening to your body's hunger and fullness cues, practicing mindful eating, and finding pleasure in nourishing your body with wholesome foods. Sustainable dieting isn't about deprivation or strict rules; it's about making gradual, sustainable changes to your eating habits that you can maintain for life. By embracing this approach, you can achieve your health goals while cultivating a positive and fulfilling relationship with food that lasts a lifetime.



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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