

Hi {{ contact.FIRSTNAME }}!

RAHM REPORT

I wanted to take the time this week to address how important it is to support those we love in our lives. Life is way too short to not spend time on taking care of those close to us. Having worked so much during my life, I must remind myself of this daily. Often, it is easier for me to become focused on everyone and everything except for those closest to me. There have been times in my life that I have neglected those that need me the most, because it is easier sometimes for me to take care of the people that don't require so much of my heart strings. BUT this is not ok because those closest to me need me. The same applies to the rest of the Root community. Those closest to each of us, need us the most. It is important that we acknowledge this and always remember to do what we can for others but remember our own homes and families.

As a mom of four, there is always one of my children that needs me at some point during the day. I bet that my children sometimes think I have a favorite, but I don't. I usually give the most attention to the one that I feel needs me the most that day, probably leaving the other three with not as much attention or focus. I bet there are people in the ROOT community that think the same of me. I cannot always give the same attention to everyone, so often, I focus on the people or communities that need me the most those days. Sometimes, just like in my home, there isn't enough of me to do as much as I know I need to do.

All of this can become overwhelming when I try to spread out what needs to get done and how I need to love, care, and serve. I know most of you probably feel the same way as things tug on your time and attention each day as you strive to live your life while taking care of your family and friends.

I wanted to write this during this week because at this time of year there is so much going on and so little time to get things done as kids end the school year, graduations occur, weddings begin, and the end of spring turns to summer. I wanted everyone to know we are all in this together. Yes, we need to support our family, our friends, the ROOT community, work, school, etc. However, we also need to support ourselves and our own lives and to give ourselves a break when we aren't perfect or cannot meet everyone's needs. The great thing about this topic is that we each have tools that can help us achieve to the best of our abilities as much as possible. The ROOT products not only help us support others, but they offer the support we need for our own bodies and our own lives so we can help more people.

Today I was unusually stressed, and I realized I didn't take Zero-In. Zero-In helps me focus on what I need to do and to perform better in everyday task. It personally helps me not just with work, but in loving and serving those around me because it gives me energy while helping me remain calm. Thankfully, I did remember clean slate, Relive Greens, and Restore. These assist me as well as I strive to be the best version of me!

I hope everyone has a great week. I hope you give yourselves a break when you aren't perfect (because none of us are). AND, I hope you support yourselves with the ROOT products because they help support your mind, body, spirit, and soul while you are spreading your wonderful lives all over the world!

Dr Christina Rahm

A handwritten signature in black ink that reads "Dr. Christina Rahm".

SPECIAL ANNOUNCEMENTS

This weeks meetings

- Due to some unexpected travel we will have a limited call schedule for the next two weeks. Please see the schedule below for details.
- Special note- Silver call will be rescheduled again and we apologize for the last minute change. We anticipate the silver call in the next two weeks. We will inform you when we lock that time slot.

Out of Stock/Shipping Delays

- Canada - We are experiencing delays with any order containing Zero In. The shipment that was sent was delayed but we will be fully operational next week.
- Australia/New Zealand - We have a new shipment on its way to arrive in our fulfillment centers. Please know that any orders containing Zero-In will be delayed. Also, please be advised that we have been informed of postal delays in this region due to labor shortages. We have been told that our logistics partner is working to get this resolved.
- United States - We have made great progress and expect the entire region to be fully operational and up to normal shipping times in the next 7 days. In the meantime orders are shipping with slight delays.
- EU - Clean Slate is on its way and will be arriving this coming week to start shipping. We appreciate everyone's understanding while we work through this matter.
- As we continue to expand, we are finding ways to improve our service and shipping. Japan will begin shipping out of the United States this week while we continue to load our inventory with our new partner in Japan.

Credit Card Payments/Checking Out

- We have been seeing a large amount of credit card failures in the past few weeks. We are hearing that there are much more strict measures being made to ensure that it is not a fraudulent charge. Please make sure that all information is current and up to date and matches your credit card information.
- US/Canada - Please note that we have added extra precautions when checking out to make it is mandatory to enter your state in your address. We have had some customers not input their state which created orders to not be shipped correctly.

Monday Ambassador Training

- We heard you! We are currently in the process of putting together a schedule of topics for each Monday calls training.

Back Office Documents

- Comp Plan - We have loaded up the newly updated compensation plan with a few other documents such as 5 ways to earn, and ROOT Rewards Rules.
- We are working on having those documents translated in different languages. Please keep an eye out for those to be uploaded.

Triad Aer

- If you have pre-ordered a Triad Aer and live in the US or Canada you should have received tracking for your unit. Please reach out to info@therootbrands.com if you have any questions about your order.
- EU - We are working on importing the stock into our fulfillment center so that we can start shipping in June. We will keep you updated.

Masspay

- Masspay Is back on track for most users. If you are seeing difficulties in the system please email us. We do know that Masspay is having difficulties with the conversion into GBP and are hoping that they get that resolved as soon as possible. This is out of our hands at the moment but we intend to keep pushing for a solution.

Country Call Schedule

- May 25th - Australia (Special time TBD)
- June 1st - United Kingdom
- June 8th - Break due to potential travel
- June 15h - Break due to potential travel

IMPORTANT COMPLIANCE STATEMENT

- All members of the ROOT Community must adhere to our strict company guidelines, and refrain from making medical claims or providing medical advice in conjunction with ROOT Wellness and our products, either verbally or in print. As a reminder, we are posting the FDA guideline below.

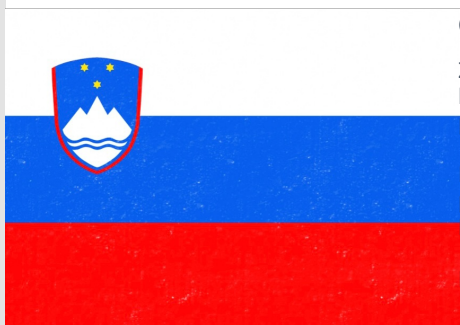
The following is an example of what you can use in your correspondence with customers

- 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.

FAILURE TO REMEDY OR RESPOND ONCE WARNED
WILL RESULT
IN SUSPENSION OF YOUR ACCOUNT

YOUR WEEKLY CALL SCHEDULE

WEDNESDAY



Country Call - Slovenia

Zoom link below:
<https://us02web.zoom.us/j/81442997826?pwd=RjZRczlhNXpjYStQnJvJnXl1YUlsUT09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/81442997826?pwd=RjZRczlhNXpjYStQnJvJnXl1YUlsUT09>

Meeting ID: 814 4299 7826

Passcode: 820633

Time:
11:00 AM PDT
12:00 PM MDT
1:00 PM CDT (Nashville)
2:00 PM EDT

[Click here to join](#)

THURSDAY



Science Conversations with Dr. Christina Rahm

Zoom link:
<https://us02web.zoom.us/j/85601012507?pwd=V1NWWFRQSVoyVUtInzRjMlJGZDFRZz09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/85601012507?pwd=V1NWWFRQSVoyVUtInzRjMlJGZDFRZz09>

Meeting ID: 856 0101 2507

Passcode: 682282

Interpreters: Germany, Czech
Time:
11:00 AM PDT
12:00 PM MDT
1:00 PM CDT (Nashville)
2:00 PM EDT
6:00 PM Ghana
7:00 PM GMT (UK, Nigeria)
8:00 PM CET, WAT (Netherlands, Germany, South Africa)
10:00 PM (Dubai)
4:00 AM (Thursday) AEDT Melbourne

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Selenium

is an essential mineral that the body cannot produce and has to be obtained through diet or supplements. Selenium is a very powerful antioxidant that prevents damage to cells caused by free radicals. Antioxidants such as selenium aid in reducing oxidative stress by keeping free radical levels in check. Selenium may also protect and reduce the risk for certain cancers. It reduces DNA damage, helps boost the immune system, and aids in destroying cancer cells. Selenium also contains anti-inflammatory properties and may aid in decreasing the risk of heart disease. Oxidative stress and chronic inflammation have been linked to atherosclerosis, which is the buildup of plaque in arteries. Atherosclerosis is dangerous and can lead to serious health problems such as stroke, heart attack, and heart disease. Selenium aids in reducing inflammation and oxidative stress, therefore, protecting against atherosclerosis and heart disease. Selenium plays a role in boosting the immune system by identifying and fighting off potential threats such as bacteria, viruses, and parasites. Selenium can be found in foods such as eggs, brazil nuts, sunflower seeds, and chicken breasts. Incorporating selenium into your daily routine is an excellent way to maintain good health

The Root Brand
116 Wilson Pike Circle Suite 100
Brentwood, TN 37027
info@therootbrands.com



Website: <https://therootbrands.com>

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.

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